

Where Is Your Luggage





Sathyam's Prayer

Dear Truth, Dear One
Let us see One, where there is two
Where there is pain, let us see One
Where there is fear, may we see One
Where there is stress and anxiety, may we see One
Where there is disharmony, may we see One
Where there is mis-trust, may we see One
Where there is loneliness, may we see One
Where there is love, may we see One
Where there is hate, may we see One
Where there is understanding, may we see One
Where there is mis-understanding, may we see One
May we see One, Only One, in that, may we keep quiet, because there
is nothing to see, nothing to hear, nothing to say, nothing to do, and we become a
flute, like Krishna's flute, where beautiful songs, beautiful music, and beautiful words
would flow out of us to that One.

Amen



Divine Love

In the Ocean of God's Love, questions are swallowed, the future is swallowed,
the path is swallowed. There is only a leaf, a particle of existence that goes
freely, abundantly, and carelessly to wherever this Ocean takes, without thoughts
about where am I going, when am I getting there, how am I getting there, and
who is going to help me. This Love cherishes, nourishes and is infinitely
effective.

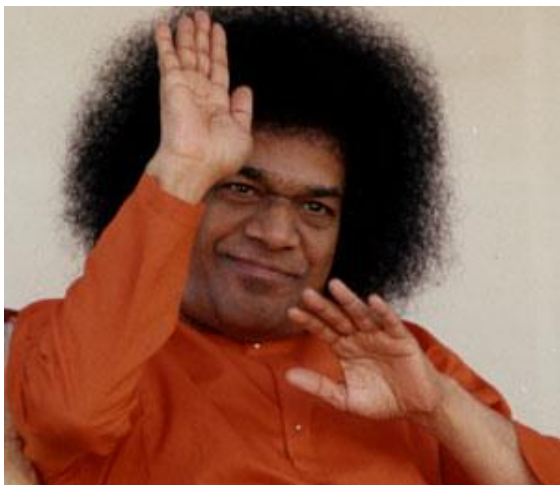
Sathyam

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4 Brothers are the characters of your luggage.

Sathyam, private phone conversation



REDUCE THE LUGGAGE

Look upon life as one long railway journey. Reduce the luggage you carry about, when on the journey of life. Remember, all that is not 'you' is luggage! You are not the body. So, the body is an item of luggage. The mind, the senses, the intelligence, the imagination, the desires, the plans, the prejudices, the discontent, the distress -- all are items of luggage. Get rid of them soon, to make your travel lighter, safer and more comfortable. Learn this lesson watching the great, who are humble and simple. They are the elders whom you should admire and follow. They are the people who bring forth your tears when they pass away. There are people who bring forth tears when they pass your way. These people should be avoided.

Sathya Sai Baba

SSS Vol. 16, p. 143

Contemplation

Most Precious Q36



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



Please, Most Precious One, speak to us again, what is the best way to be? Remind us of it once more.



First be, then be “this” or “that” as you know the Truth. First know you are merely acting on the Universal stage; then act. First find out that you are merely sleeping; then you are able to change the drawings, if, at that time, you even have a desire to change any appearances. First realize the Truth about who you really are; then do. Be, learn to just be. Be ever full, be who you really are. Be ever content, ever happy! That is who you are. Dwell in stillness. As you go through life have your inner eye on your Isness, Beingness, Absolute, Ever-Existing, Never-Changing, All-Embracing “I”.

Maya

*Maya maya undress yourself
So I can behold my Beloved
As you come, so shall you go
What is it to me?*

*I am the Eternal
Infinite existence
Never was born
Nor will I die.*

*I have done my work
with you, trying to get my
attention to persuade me.*

It never stopped me

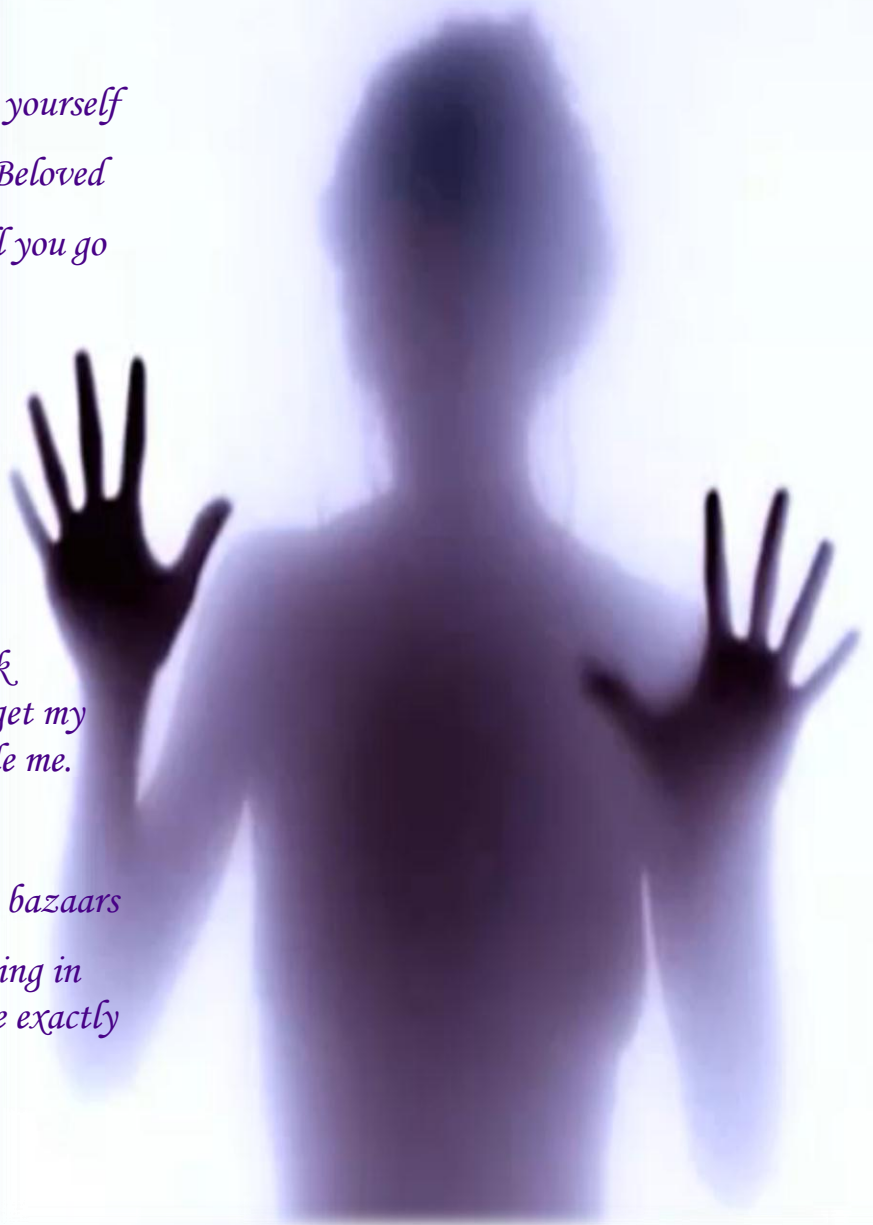
I have been in many bazaars

*They all have one thing in
common: to show me exactly
who I am not.*

Thank you for that.

Allah Malek

Sathyam, 11/21/10, Reno



SATSANG WITH SATHYAM

LUGGAGE

10/25/05

Includes Trust and Stop Meditations

Sathyam: Tonight we are going to talk about luggage, which ones we should carry and which ones we should put down. I am just as surprised as you guys are right now about this topic (laughs).

When we enter the gate of self-realization, God-realization, or the Kingdom of Heaven, whatever you want to call it, the language doesn't matter; we are probably very, very weightless. This is because if we are still carrying the extra weight or luggage with us, the climb would be too steep. It would be pretty much impossible to carry it up.

I am sure you would be surprised to know that the luggage we carry can be very invisible, and those are the ones that are really heavy. And what is luggage? Luggage is when we send our senses out, when it is not necessary at all. When the eyes see too much, the ear hears too much, the tongue talks too much, and the feet take you to too many places. They all bring in information, which I call luggage. This luggage comes in and gets compared to the ones we had collected in the past, and we either fear, love, or hate it. No matter what the situation is, it is not going beyond the activity of the mind.



So, tonight I would like to talk about just one aspect of this luggage and that is time. As we all know, we all have a story that has a beginning, middle, and an end and they all vary; some stories are really bizarre and some are very ordinary. As soon as we admit we have a story, we have bound ourselves to the past, present, and future and we are no longer homeless.

What I mean by homeless is the opposite of what you think; homeless means free. So, most of us, particularly in the technologically advanced countries, put a lot of attention on time. Time is very important. One of the things that add a lot of luggage is holding on to the story of the past. 'I have a sad story, listen and hear me say it. I have a spiritual story and I want to tell you about it. I have a story of a broken marriage and need to communicate it to you. I have a story that my mother did such and such and I need to tell you about it'.

These stories are chains upon our neck, because the memory of each story is a belief in the world and the more belief you have in the world, the less freedom you have to move around in it, and you begin to identify with it. I know you all know this, but it is not enough to know it. It is always pleasant to emphasize it over and over again, so we don't get fooled again. When we are in the kingdom of Self-realization and Self-recognition, the past means absolutely nothing, because we no longer identify with that story.

Some of you have a lot of stories, some of them sad and some very happy. But you are not the story; the story just unfolded itself in your life. I am not my toe (referring to Her broken toe), but the story of the toe unfolded itself the way it did. Did I experience pain? No. But the toe did what it would do in a situation of a crash.

So the Home, which is our own inner-sanctuary, does not have room for luggage and baggage. Why? Because when you take it there, it is no longer Home; we are living again in the mind. It is very tricky, very subtle; it will vanish as soon as you start to think of something. In other words, every time we think, we are believing in the body and the mind, every time we think, even, spiritual thinking! While we are going through life, anytime we don't take any thoughts and we are dipped into that silence, we are Home. That is the true being at Home, true silence is at Home.



So far any comments about the past before we go into the future?

(pauses a few moments)

How many of us, truthfully carry luggage?

When we don't dwell on elaborating on our story, it will fade away. It is just like putting a movie on the shelf and not using it for a long time, and when you try to play it after a while, you see that it has lost its quality and it has faded away. Every time you drag it out, even just to show yourself how miserable you are, how victimized your life has been, or how awesome your stories have been, you are renewing this memory that should not even be there.

Now, there are a lot of remedies for that, and there are a lot of places you can go to get help for yourself, such as taking certain medications or lying on a couch and answering a lot of questions (referring to seeing a therapist). But wouldn't it be better to learn a way where the stories are not used anymore, to the point that you forget you even have them? For example, if

someone asks you, 'did that happen to you?' Your response would be 'no, I don't think so.'

For instance, when I go to my brother's house, he remembers everything that has happened in our childhood, and he gets furious when I don't remember them. It is as if I was under anesthesia. It is all by choice, it's not as if I try to avoid it, or you try to avoid it, it is just that the new of self-recognition is greater than the old of slavery.

So how do we get rid of our luggage? One way of doing it is by dwelling in a high place. Every time we have this inkling, this habit of bringing up these delicious, poisonous dishes, we should raise ourselves to a higher platform of unity, purity and divinity. That is one way of doing it, having our eyes up like Yogananda does in one of his pictures. The other way is to Stop, like we did here. As soon as a story comes to your mind, or compares your story to someone else's and you come to a conclusion, just Stop. Not try to stop, not force to stop, just Stop. I don't mean stop, sit down and meditate. I don't mean it that way; I mean while you are thinking whatever, Stop. These are two ways to get rid of your luggage, and of course you might be able to come up with your own method that works better for you.

Now, how many of us have the habit of being concerned about the future, again, being time-bound, what do we do with that? We can use the Trust Meditation, which I have given here before. The Trust Meditation is that before we were born as a human being, as this form, there was a promise that was given in our bosom, that to the extent of our relaxing in the Self, everything would be taken care of, everything! The more



you take thoughts, the more that promise will be in the background. It takes the backseat and it is no longer the Driver, but rather the passenger.

We were born in a family that doesn't know about this promise, and this family pushes us towards the future, tells us to make our life successful, to go out and strive, etc. And we begin to have these stories being drawn on the canvas of our Being, and the stories (drawings) begin to get so crowded that we can hardly remember the promise.



Therefore, the Trust Meditation is really good for future baggage; you just trust that promise that was given to you and experience it for yourself firsthand. And if that promise is not there, come back to me and tell me, 'you are wrong'. But try it anyways; try to see it for yourself.

Now, how many of you have done the Trust Meditation? I know tonight not many of the regulars are here. You tailor it your way. It is not easy, but it is so much easier than the gymnastics of the mind that we are used to. Spirituality is not a mood, it is not knowledge, it is not even wisdom; it is the Art of Living. And that is because when we leave this body, we are who we are anyway; so all of this striving or imaginary striving is from point A to point B, from the day the body is born to the day of death. So freedom, freedom, freedom; I have seen wanderers that don't have anything with them, but they have so much luggage in their mind. And I have seen, first hand actually, someone who has everything and really doesn't have any luggage at all, really nothing at all! It is not about not having a TV and being a renunciant. Do we carry the luggage of the past, the present and the future and all of the stories associated with them? If we

don't, then we are free. If we do, it doesn't matter what we have or don't have.

The Art of Living is to live with information that was not given to us at birth. If we all had information on how to truly, truly live our lives, we would not have that many falls. So, there was not a guideline and yet there was. It's just that too many people did not know it, and they did not pass it on.

Therefore, Stop Meditation is an Art of Living tool. And the Trust Meditation is really good to educate the old way of thinking, to the point where it is no longer necessary to think that way- that there is a Center and its function is completeness- that there is a Center and its function is perfection. And there is nothing that we could do by the power of the mind and by the strength of the body that could make it any better than what it already is. So this is what is meant by 'Be still and know.' Know what? To relax and Just Be! This Art of Living is the reason why I am here, through the years it unfolded itself, without me having anything to do with it.

Again, we cannot individualize God; if we do that, then we don't have the real God. Divinity does divinity, the doing does doing, and thinking does thinking. We have to quit thinking that we are God as an individual; we are



not God as an individual. As long as we think we are God as an individual sitting here or sitting there, we don't even know God. And that is because until we don't see individuality, we cannot know the totality, because individuality is division. A lot of people say, 'I see God in everyone,' and I ask, 'everyone, really, everyone?' Perfect! But if they know the truth, this picture will fade, and what is

left, is that orange we were talking about last time. (Referring to Orange Peeling DVD 10-18-2005.)

I give you some guidelines, so you can unmask what you are not. Every time you are tossed between 'I should, I should not; I do, I do not; I want, I want not;' anytime we are caught in the see-saw of indecisiveness or judgments, we are living in duality. It's as simple as that. So, if we find out we are living in duality, we drop it and the luggage is gone for good. And the next thing we know, the mind that was bringing in all this information through the senses, is now helping us to spit it out. The same mind that had the habit of gathering and going through different motions and moods is now becoming an avenue of wisdom.

When we say we need to live simply, people run out and sell their cars and their clothing and start to eat simple foods, which is wonderful, but living simply is the art of realizing we are o.k. to relax in the center of our own Being, and start from there.

Can anyone say what it is to dwell in the most high? What does that mean?

A woman says: "White light."

Another woman says: "Highest Truth."

Sathyam: Uh hum. You see these are all concepts. What is highest Truth?

The woman responds: "Just the Truth. There are no masks around it; it doesn't have any ands, ifs or buts."

Sathyam: Uh hum.

The woman with the 'white light' response says: "When you tell us to be still and know, to go deeply in our own place, where we are nobody and nothing, to me that's dwelling in the most high."

Sathyam: Yes! She is absolutely correct about dwelling in the highest Truth, the reason I asked her with such curiosity is because I wanted her to dissect it. And yes, that is it; it is when the junk is thrown away through the expansion of the consciousness. The important point here is that whatever is not accepted as a belief in your consciousness, will not be your experience. So, if your consciousness is not beholding certain things as a story, that story is ended right there

Someone asks about “conscience”.

Sathyam clarifies: Conscience is different from having a conscious voice. Conscience is dos and don'ts. It is a very noble dos and don'ts, but it is not the conscious voice. My Teacher told me ‘listen to your conscious voice’. The conscious voice does not judge, it has no mind for judging. It is that stillness that swallows you, and in that there is Omnipresence, Omniscience, and Omnipotence.

Now, with conscience, you can say ‘my conscience is clear’, it means that I am a good-doer, I did my job, I helped somebody cross the street, then I cooked for my mom, my conscience is now clear. It is still a high level of purity of action, but it has nothing to do with Divinity. If you didn't have a good conscience, I don't think you would be attracted to divinity anyway, we would all be carrying guns and hurting each other.

Someone once asked me about the difference between psychic and intuitive? When you don't have any desire to know anymore, when you rest in the center of your Being and the knowing comes to you, that is Divinity. When you develop that psychic psyche, then you are really going into the gymnastics of the mind. So what if you know someone's future, present or past. It's still in the picture; it's still in the Creation; it's still about bondage, period. It is bondage! I am not judging the people who practice that; it is probably good for them, I am just saying that for us who

showed up here, it's a trap. What we really want is to wake up. The waking up happens spontaneously, it is not by force. You just get rid of the cluttered room and what is left there is the orange that is peeled (referring to Orange Peeling DVD again.)

Now going back to what one of you said earlier about dwelling in a high place, when you say dwelling in a high place is dwelling in the "light", I say, 'O.k. light.' But it is not enough, to me when you say that, you are still not dissecting it. We have to go so deep in the meaning of it that we see more depth and we experience more realization.

Any comments? (Sathyam pauses for a moment.)

I would now like to do a round of Trust practices with you tonight. I don't even want to call it meditation, because we don't even have to close our eyes. It's just being vigilant.



Just sit comfortably in any position you like, because you want to be able to do it even if you are driving or shopping. When there is activity of the mind coming in, or any type of thoughts, go back to that promise which says,

'I am here to take care of everything in this picture for you. Everything! Rely on Me; give your back to Me.'

And we just relax in that trust of that promise for a few minutes.



After a few minutes, Sathyam continues: Please come to.

(She pauses so that everyone comes out of meditation.)

This practice eliminates a lot, once you learn how to do it. The beauty of it is that it has a double gift in it. One releases you of luggage; the other replaces it with tranquility and peace. So it does not leave you dangling, it replaces the thoughts with your nature. And the closer we are to our true nature, the more peace we have. That is where Home is. Where we want to be home-less in our senses, it is good to be home-full in our hearts.

How was it for you? (Sathyam asks one of the men in the class.)

He replies: “Well, what it focuses on is trust, like you said ‘give your back to me and trust.’ When I did that it felt like pages of a book falling open, and shedding off.”

Sathyam: Yes, yes, and the beauty of it is that one day all of this talk will even shed away. There is no knowledge that needs to go in that Home. Although it is necessary now, even that page will get unbounded. It will just fall off, when you are really established in that trust.

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

She replies by talking about her experience with doing the Trust Meditation for the first time and how much of a relief it was for her. She then talks about how she now lives her life by that Trust and how she doesn’t even see her life as a picture of events.

Sathyam: Isn’t that wonderful that it takes you there so that you don’t even see the picture. That is what I was saying a little earlier, exactly what you are saying now. I said it gets to the point that you eliminate so much that you don’t even have a memory of having it before.

One of the men says: “When we first started doing the Trust Meditation a few years ago, I remember you said to imagine that we are on top of the highest mountain in the coldest weather, and trust that we won’t be cold and we won’t need any outside help, not even a fire to keep us warm.”

Sathyam: That's right. It is the truth; I have heard of Yogis in the Himalayas, who are naked in the bitter cold of winter, where most people could not even survive. It is not really a state of mind; it is getting close to your natural state. A lot of people will do it out of suggestion or will power. We are not talking about that. We are talking about shedding things, so we are closer to the nature of who we are. At that point you've gotten it.

One of the women says: "And then for a long time, you just really trust. I mean really, really trust. My mind is very active, so whatever worries would come up for me, I would trust. And in time it became a natural trust that I am always taken care of."

Sathyam: Different people can do this to different degrees. Some people are born with that knowledge. Some people strive and get it, some people have it later. We are talking about the Art of Living.

Most people feel that their life is in their own hands, not knowing that really it isn't at all. Life does what life does, just like the sun shines, because it is the nature of the sun to shine. So we are trying to control a shadow. And we wonder why we cannot grasp it, or change it to make it any better.



These are just ways for those of you who would like to apply what you are hearing here, and if it is not necessary for the rest of you, just throw it away. Just throw it away, if it is not for you. But it does help some of us who need something more tangible. Like you were saying (pointing to another person in the class), a lot of things are said here, but lucky those of us who actually take one and run with it, practice it, make it their own and benefit from it.

Someone asks: "I understand it, but want to hear you say it again. When we talk about trust and solving a problem, can you explain that again?"

Sathyam: As it is said in '*Most Precious*', a problem cannot be solved on the level of the problem. You could try that, but what happens is that you are inviting another problem, because your eyes are not transcending to something more subtle and invisible.

So, say for example that we are very much a good doer, we are a social worker, we are 'this' and 'that', and all of our attention goes to fix 'this' and 'that'; even Mother Teresa could not fix everything. She did what she could and it was wonderful. I am not defending not doing service; this has to be very clear. I do it myself. What I am saying is that it is not a permanent solution. It never was and it never will be. The permanent solution is to Wake Up and realize.

A few years back I had a dream, which I came here and shared with the class. I dreamt that I had this intimate relationship with a man who had Aids. In my dream, I looked at him and thought to myself, 'why am I with him?' I remember that in my dream. He said, 'I am sorry to tell you that I have Aids.' That's devastating if you don't know that you are dreaming, and you know what Aids is. I said, 'oh my God, why didn't you tell me?' To which he replied, 'I didn't care;' he just didn't care in my dream. Immediately I went 'in', and when I went in the Center that I usually go to, I woke up. Just as soon as I left the dreamland and decided to transcend in the dream, I woke up. When I woke up, what happened? Did I need a solution for my Aids? Did I need to feel guilty that I had a husband and had been with someone else? What happened? By waking up, the Aids went, the guy went, the need for a solution went, the need for hiding it went, they all went away.



The same thing goes here when we are trying to fix things all the time. Wouldn't it be much better to just realize who we are and just put an end to these gymnastics? And yet most don't want to wake up, and most pretend that they are waking up and they are still dreaming, because it is just the Universal process we each go through.

A man asks: "How would you tell the difference between pretending to wake up and actually waking up?"

Sathyam: This is my suggestion; you don't have to listen to it. And I don't find myself to be an authority; I am just sharing it with you. When it is on the mental level and the mind is mimicking the Truth that you heard, you think that you are waking up. When you practice and you find freedom, you are actually living it. The mind will mimic wisdom and that is the worst bondage anyone could have. So, we should all rely on our own experiences. Even more than our experiences, we should rely on the expansion of our recognition. We walk the walk, that's how we know. How many of us have had night dreams, where in the middle of our night dream we realized it is just a dream and that there really was no monster behind us and we just started laughing and woke ourselves up? This is what happens when we hear the truth.

So, when my Teacher can create or change things, it is because He knows the nature of the dream, the nature of the Creation. He knows the essence of the five elements.

The main thing I guess I want to close with tonight is individualizing God is impossible, but by erasing our own individuality, we become that which

we are. I am talking about a very fine line here and I hope that everybody understands what we are talking about. It is not about Sathyam as a form.

(Sathyam pauses for a few moments.)

I asked my Teacher many years ago, 'What can I do to please You?' He said, 'Whatever gives you peace pleases Me.'

Sathyam then says 'This is fun time now,' and hands out little plastic pumpkins for Halloween filled with candy and a quote from Sai Baba.

NAMASTE

Our Presence Does Not Have a Story

For some reason many people hold on to their story that was self-inflicted. It is self-inflicted because we had repeated it. The more we let go of our story, the more we let go of our luggage. When we stay in that Presence without thinking that we are the mind, we can watch the mind, but we don't need to say we are That. What happens is that not only our Presence does not have a story, but it is also in the form of tranquility and will therefore continue on.

Reading the Mind DVD, 4/11/06

Where Is My Luggage and What Are Its Contents Made of?



What I have found by experience, to a certain extent, is that one of the most important things on this path is identifying the Four Brothers in various situations that we face. Thanks to being able to identify these Brothers, an individual may be able to not open his/her luggage, or get mixed up with other people's opened luggage. It is really fundamental to understand that the cause of how we react in different situations in life is the mind or the Four Brothers.

For me, Stop Meditation is the strongest tool I have used in this regard. My personal experience with this method involves using it mostly during my daily interactions with my friends and colleagues. Every time that I catch myself being absorbed by the mind, I stop for a split second. Every time I do this short and instantaneous stopping of the thoughts, I am reminded of this truth that "No manifested individual or power in the world is the Doer or is real."

Several times during an engaging or a serious discussion with my friends, an internal nudge suddenly has brought up these questions for me: "Where is this conversation coming from? Is believing and drowning in this discussion anything but forgetfulness?" The key point for me is that the more I am actually paying attention to these constant reminders, value and understand the Grace in these moments and learn to be a watcher of the Brothers, the more I can feel the Self and experience it better.

Reza

The Last Stroke



The following is an excerpt from a private phone conversation with Sathyam on November 22, 2011. Sathyam is comforting this person who has been facing some difficult situations on the way back Home.

Sathyam: ... As I have said many times and I repeated it in Bodrum too, this path of Self-realization is not an easy path, because it is the last stroke. The last stroke is different from the blows we get from life. Its basis and foundation are not of this world; its reasoning is not of this world; its charity is not of this world either. Every aspect of it comes from the depth and another place, and many do not have the courage necessary to go through with it. It is very difficult, but the part that is difficult, is the part that needs to go. None of the judgments that we used to have that say, 'this is good or that is bad' no longer make sense. It requires a lot of courage. If I wanted to talk about my own destruction on this path, I would have to write volumes, I really would have to write volumes! No matter how much you say it is difficult, you have no idea what I had to go through.

... But as I always say, and I am repeating it here too, this is the last path. This is the last part of getting back Home; this is serious; this is ruthless. I

have said it a thousand times: Do you have the courage to become FREE? Do you have the courage to become one-pointed? My God is a Witness, it is all for your benefit, I swear to Baba, it's not for me. Anything that I do is always for the person that says, "Sathyam, I'm ready." On this path, we can't pretend to trust, because we will be caught. What you face on this path is no joke; this path does not recognize close friends and family. Why? Because dedication has to be to the Self, to the Self, to the Self, to the Self. ...

Sathyam continues: So yes, it is hard when you are one of the few and out of those few people if I feel that you are in a right place, then the attention comes on you and yes it is hard, and in your pain, you have to embrace it. If you guys look into my life, you will see that this is the path of finishing. That is all there is to it. And the beauty of this path, this place that God has put me at, is that very, very quietly, It knows. There is no advertisement, there is no showing off, there is nothing and that's where people make a mistake. They think I'm an ordinary person, having ordinary life. It is not so at all.



Sathyam: Know that whatever takes place is supposed to take place. Like in the war, in Bhagavad Gita, when Arjuna was in stress of fighting with his relatives, and Krishna said they are already dead. Symbolically, it means it has already been taken care of. And in the case of people who talk trash about the Truth, if you don't stop them, you let them make worse and worse karma for themselves. So the biggest love for a sister, sister-in-law, or daughter, etc. is to stop that, so they don't make a fool out of themselves for too long. That is True Love. Even if they don't correct it, at least you have warned them.

Sometimes when you don't confront the evil right away, it lingers and bites you later, because you are supposed to stand up. Every situation is

different; in my situation, I simply don't care, I stay silent. Now this is not the same situation for you guys at times. And there are times that I have to take action, but I take action for the sake of that person, not for myself. Why is that? It is because I have learned that people will say a lot of good things about me that they don't feel in their heart, they say it because they are just afraid. And there are a lot of people who say junk about me and they don't even know me. So, how much attention can I give to either of them?



Sathyam: When someone makes a mistake, they have to figure it out and understand it for themselves. The person who gets it himself, can remedy it. I have talked a lot and my life has been an example of the message, but it is no use, each individual has to feel and taste it for himself, they have to confess and bear the consequence and then come out of it.



Sathyam: We all are born with handicaps, different Brothers. But you stand the ground of the Truth and fight for it if you have to, sacrifice whatever you have to for it. That is how you become an example for others. If we feed people's weaknesses, how in the world are we an example for them?



Questioner: Sathyam, I once told You that I do not hear my inner voice and You said, "I am your inner voice." I said, "Although I am not with You

all the time, but I really feel that I hear my inner voice from Your mouth whenever it is necessary.”

Sathyam: I rarely say that, but I say it when I mean it. And if you trust it 100%, you will hear your Inner Voice immediately, because they are one and the same. The problem is that people don't know who they are, and they also don't know who the person standing in front of them is. So we just have to go with the love and the trust that that love gives. And to stand up for the Truth or Sathyam, means you are standing up for the Self. Every time you stand up for the Self, the Self becomes more visible and the bazaar becomes less visible.

There are a few of you guys that I am interested in, because you can attain freedom. Even out of those it is going to be less and less. It's a very, very narrow, very, very genuine, and a very, very true path. We have been very lucky.

... To the people that I am most interested in, I will stand up more, and the rest I let them fall. The thing is that if you are being corrected over and over, consider yourself lucky. The progress is endless, endless.

Questioner: Even though this path is difficult at times, the Grace supports us and helps us stay on it.

Sathyam: Do you know why? Because it's not of this world. You would think, “oh I'm going to have a nervous breakdown, this is the end of it.” But only the bazaar can give you that. The Inner life comes out of Grace, how could it damage you? It gives you enough pain to realize it. That's it; no more, no less.

Questioner: This will give one a lot of comfort.

Sathyam: Yes, yes. When the correction comes out of love of God, you know, the Divinity, the Self does the correction, not because it is upset, not

because it is mad at you, it's because there is a need for correction. There is always a quietness, there is an okay-ness, but then the change has to take place, because it comes out of Love, it doesn't come out of viciousness. You see, the Bazaar when it's upset with you or wants to correct you, it is vicious and it's loveless. God is full of Love when it corrects. Those who have not been corrected don't have true quietness or silence. That is a very big thing to understand, this correction does not come from personal activity; it comes for a specific result...

I want every day, those that are close to me, in the quiet of their heart, ask the Grace and that Divinity that we are, to send the genuine people to us. This should be our Mantra and prayer. The reason I say that is because very, very, very, very few will understand this path, and I hope those who don't understand, stay away, because it is not going to be beneficial for them or for us. Unless, of course, there is a lesson to be learned



As I told you before, we have a mother and a father; and yes, we have to serve them to the best of our ability, but they are no longer mother and father on our path. They are on our old path, but nobody is our relative on this path, no body. They are just people that happen to be in the picture we are in, and we help them out of love, but not out of duty.

The biggest love is understanding and the biggest expression of love is understanding. That's it! The more we understand our Self, the more we understand the Guide, because they are one and the same.

Excerpts from a private phone conversation with Sathyam, 11-22-2011

I Carried My Luggage

Before hearing Sathyam's sweet words, I was miserable. I carried my luggage on my back. I would wake up in the middle of the night, screaming "No!" I was afraid of my thoughts, because I believed them. I believed the thoughts that judged me, and the thoughts that judged others. I didn't know anything else.



Sathyam teaches me to see my thoughts and my world differently. Over the years, with Sathyam's teachings, I no longer feel the burden of my thoughts as much. The thoughts do not seem as personal. I do not feel as responsible for them. After even the most horrible thought comes to my mind, there is the thought of Sathyam. Sathyam reminds me not to believe my thoughts or the world. My practices help me to sit and not believe the world.

I feel so blessed that I can now see the thoughts for what they are. Being able to see my thoughts as separate of who I really am has alleviated my fears. I am less afraid of this world and the judgments of the mind. And I don't believe the thoughts that judge others, like I once did. I have a greater understanding for others as a result. When I feel hurt, I know that it is the ego that is hurt and not me, and that brings me peace.

I do not know where my luggage is at this point, but it is not on my back anymore. It is not even mine anymore. I am so appreciative of these practices and this truth. Sathyam's teachings brought me to life. The only urgency that I consistently feel now is to not take Sathyam or Her teachings for granted anymore.

Shab

CROWDED HOUSE



Imagine that you just bought a brand new home. As you started living in that home, people came to visit you. With the passage of time the carpet gets dirty and you begin to fill up your closets and your rooms with things. Each time you go shopping, you buy more and more knick knacks, and this goes on for years and years. In some cases, it goes from the beginning of a life to its end.

Let's assume that you came home one day and said, 'oh my God, this house is too crowded and there are too many things going on in here.' You then decide to start cleaning it up, perhaps have a garage sale and get rid of a lot of your things—and then clean the house thoroughly, even shampoo the carpet, put a fresh coat of paint on the walls and put in new tiles. You may do all of these things and then sit down, look around your home, and say, 'wow, this is so beautiful, it looks brand new. It reminds me of the day I had first bought this house.'

In order to have the Christ Consciousness, one has to realize that he/she is living in a crowded house. It is not to find 'it', it is not to buy or envy 'it'; it is just the recognition of the fact that the house never went anywhere. The Consciousness of Christ was never away from us, but we over-crowded it

with furniture. The 'crowding' is done with thoughts, habits, beliefs and tendencies. This is not exclusive to just you and I, every human being is having the same problem.

So, what is it to have the Christ Consciousness? Christ Consciousness takes place only by the removal of what is unnecessary. It is the crowded thoughts, words and deeds that are not necessary. If our life is too busy, it is just too busy. If our mind is too busy, it is just that, too busy. If we are like a chatter box, talking away day and night, this is it.

Cleaning the house, is about settling down and letting go. This took Jesus into the wilderness for eighteen years. Do we have to leave our family, our home and our responsibilities, as they are taught or assigned to us? NO. What are we then to do? We are to work on one point that I would like to share tonight.

There are three dimensions, as far as our appearance goes, and I am not referring to the dimension that we all know about. It is what I think I am, what others think I am and who I really, really am. The house gets crowded when we are busy with the first two scenarios, what I think I am and what others think I am. The house gets empty and becomes brand new when our concentration is on who I really am.

This is because by concentrating on the third one, you have already denied, dismissed, and ignored the first two. So, what I normally think I am as a human being and what others think I am comes with a name. For example, I say 'my name is Sathyam, my last name is Warner, I am such and such age, I live on such and such a street, etc.' Sometimes even when you ask someone who they are, they say 'I am a doctor.' Are you kidding me? To that extent, we have the wrong impression of who we are. So, cleaning the house and to make it new like before, is to dwell on "who am I really?" And that is the Christ Consciousness. The person who has the slightest inkling of an interest is cleaning the house. We are cleaning the house!

Christ Consciousness DVD, 6/19/07

FROM DARKNESS TO THE LIGHT



The faculty that will take us from darkness to the light, from death to immortality, from unreal to the real, as my Teacher says does not entail gathering more information, but rather discarding it and to Just Be. You may now ask, 'Well, if I am just Being, can I perform my day to day activities?' No, not through your mind you cannot, because there is no mind to perform; your performance however becomes flawless. This is because it is so spontaneous, and so unbeknown to the mind that there is nothing there to screw it up. Just our Being becomes a beam of light, not so much our doing, but our Being becomes that. This is the life that is moving with grace, not by the mind or the power of the body, but rather by Being, by what the Bible calls the Spirit or the State of Being. By going to the past and the present, it is impossible to Be, the way we experienced Being tonight. So, by Being, you have gotten rid of the past and the future, as well as all the excessive weight on your shoulders, and you fire the mind (let go of the mind). This is because the mind is fed only by doing, planning and all the anxiety in planning. The only difference between a realized person and an unrealized person is the Art of Being, because we are That.

To Be DVD, 9/14/04



TRUE KNOWLEDGE

The best way to get rid of desire, anger and hatred is to strike at the very taproot of the tree-the mistaken belief that you are the body, with this name and form, senses, intelligence and mind. This is the luggage you are carrying. Don't you say, my nose, my book, my umbrella? Who is this 'I' that calls all these 'mine'? That is the real 'you'! It was present when you were born, when you were sleeping, forgetting everything else, including your body and its afflictions. That "I" cannot be harmed, it does not change, it knows no birth and death. Learn the discipline that makes you aware of this truth and you will be ever free and bold. This is true knowledge (*atmavidya*), which the preceptors and sages have gleaned for you. You too must, one day or the other learn this and save yourselves. All have to reach the goal, travelling along the path of wisdom.

Sri Sathya Sai Baba Divine Discourse, Feb 20, 1965



In the Separation You Cut off Your Nourishment

The story, which has been given in the appearance of our lives, needs to be drowned in that trust. The story which we are living day to day has to be drowned in that trust, and then we live by grace. Do not pick up the baggage of doer-ship; you will be banging your head against the wall. When you release yourself in that Presence that you have within and without yourself, things that would have been impossible to be done in your life will become possible.

And why is it this way? You might say it is not fair, that there are people who work hard and they don't get anywhere. But that is because in the separation, you have cut the nourishment that comes from the Omnipotent, the Omniscient, & the Omnipresent.

Sathyam, 6/27/06

Honesty in Relation to the Self

Honesty in relation to the Self means we do not cover up. We cover up a lot within our own Self because we keep judging ourselves, and if we don't stay with a judgment of ourselves, we don't have to cover up. It doesn't matter. So...I get angry. (Moves Her hand to indicate: 'Who cares!') In forgiveness of ourselves, the mind calms down. And when the mind calms down, it becomes like a dog that quit barking. Then you can transcend the mind, but as long as we condemn ourselves or believe we have made a

mistake, and as long as we hang on to the luggage of the past and the future, we cannot know the Self, it is impossible. This is because we are too busy solving the imaginary problems of the mind. This is why I always say to those of you who come here often, and are a part of me now, that if you hold on to the story of your life, there is a very little chance to see what cannot be seen with the two eyes. You cannot be aware of the Invisible or the Unseen, if you are constantly repeating your stories from the past and your concerns for tomorrow.

Not in the World DVD, 4/10/07

The Truth about the Ego

Ego is misunderstood, it means identifying with the false, identifying with the body and the mind. Ego exists as long as we think we are somebody and that we know something, because it is fed on that. And once we drop all of our knowingness and all of the images of who we are and admit to ourselves, 'I really don't know' and sit down and contemplate on that, honestly we will all realize that we don't know. Yes, we can go to the file of our memory and bring out documents on why we do know, but it is not the truth, because it does not exist here and now. It is an old newspaper.

Be Nothing DVD, 9/27/04

By Understanding Who We Are We Get Rid of the Drama

The whole society encourages us to hold on to our imaginary story. Then we wonder why nobody is happy, because the story is not who we are and we go into our imaginary self and we are not comfortable. It feels like we are wearing tight shoes and it hurts and it is painful. When you had a moment of concentration tonight and your mind stopped, you were in the natural state. To be able to carry that with you is the Art of Living and to be able to do that, I was given certain methods, which I have used myself or I would have never talked about it. These methods will help us not only understand the certainness of this Universal drama, but to also understand who we are and how to get rid of this drama.

Reading the Mind DVD, 4/11/06

I Am Not My Brothers

Just by knowing this truth that “I am not my Brothers”, so many heavy burdens have been lifted off of my shoulders. Knowing this destroyed my daily battles, the battles to be better, to be “this” and to be “that”.

This is such a simple truth and one that is even visible, but I don’t know why prior to Sathyam, we don’t even know anything about it.

One of my frequent memories that I always had from childhood was that I would condemn myself for having thoughts and bad personality traits. And when I would be by myself, I would say to God, “You know that I do not want to be this way!” yet I would consistently drown in the whirlpool of condemnation.

For me the magic charm of the sentence “I am not my Brothers” is extremely interesting, because if I allow it, in each moment, this truth can liberate me from any new entanglements. And I am in complete astonishment of what I and others have actually done to the “Self.”

I wish that instead of talking about my experiences, I could speak only of Your love, Your Patience & Your Understanding. The presence of such a beautiful Being as You, is more beautiful, lovely and amazing than any other occurrence in my life.

Hanieh



SATSANG WITH SATHYAM

**TRUTH ONLY,
NOTHING BUT THE TRUTH**

4/4/07

Sathyam: First let's connect with ourselves. For a few seconds, let's just feel our bodies and see if we are comfortable. That is all we need to do. No more care than that is required right now. Then we look inward and pull all of the senses inward. The seeing, hearing, tasting, touching, we let them come in very gently. Let's roll our attention downward to the region of the heart; we can picture a brilliant light there or just stay in the silence.

Meditation continues for a few minutes.

Sathyam continues: The past is only a story and nothing more, just an old story. It can become our luggage throughout our life. The past has passed and that is exactly what it is. As long as we bring it forward in our memory, we rejuvenate it in 'now'. Instead of wasting that space, we can fill it with our Home and comfort. Our future is only an imaginary story that is worthless and has no importance. Thinking about the future is also worthless, so what is left for us is to stay here and now. Be still and know. Just constantly stay in the present time, happily and joyfully. Trust that promise which is within us. Trust that the promise fulfills. What will happen will happen, and what will not happen will not. So the best position is to stay relaxed and happy.

The thoughts are like a cloud, the moods are like a cloud, the feelings and the sentiments are like a cloud; let them come and let them go. The Sun does not identify with a cloud and neither should we. These are the practices that add strength to an aspirant. A serious aspirant after freedom and peace does not identify with every little cloud, thinking that he/she is

not shining. Go back and Be who you are in the midst of a breeze, cloud, rain, snow or even a tornado. How to do that? Be still daily and abandon care, luggage and stories, with the realization that there is a promise within you. This promise, in the form of Omnipresence, goes before you and you only have to relax, believe it and trust it. Nothing outside of you is as great, as unlimited, or as unbounded as who you *are*. It is high time that you come to believe in this, it is high time that we relax and lean back on it.

This world of thoughts is a jungle, so very gently we come back home and we let everything be the way it is. We don't carry our luggage. Consciously, as we go through our day, we refuse to become entangled with the past or to care for the future. It is really a waste of time. It requires discipline to not go with it and to just Stop. Relax and release thoughts, and relax in that promise.

Honestly, it is very simple. If only we believe in it and apply it, we will see the fruit of it. Otherwise, a meditation once a week is just a meditation once a week; it is not "*Art of Living*". What is the Art of Living? It is to realize that we are not the cloud; we are not the wind, we are the Sun that shines constantly and without a break. These are not just pleasant words, but rather they are words of Truth. These words are not meant to uplift you, but to make you realize. This is how it is. It is not any other way.

Sathyam gets quiet for a few minutes.

She continues: There is a silence permeating through the Universe and beyond, that is no other than the "**I**"- the "**I**" of me and the "**I**" of you. Let's be in tune with it; let's concentrate on it one-pointedly, far above anything else. Everything else comes and goes, but the silence is here forever.

Sathyam gets quiet for another few minutes.

She continues: Fear not, you are divine. Fear not! Don't let the mind steal your peace; it is not even real. Just stay in your State of Being; it is splendid

and it is even beyond anyone's imagination. It is greater than great. You are Truth, Awareness, and Bliss; be it. Do not look around and be curious about this world, for it is temporary. Be curious about who you are and wherein your peace lies. And it is within you. It is closer than your eyelid, and that is the truth. Anytime we want to go home, the Home is available to us, because we have the most amazing Home, forever. Why worry for tomorrow or the next day? Stay in the cloudless state, stay bright, stay as yourself. Just be still in yourself and know that you are Divine.

Thoughts have no power. The only power is the Perfection of who you are. This is not a myth; this is the truth. If you don't believe me, practice it and see it for yourself. We are not here in the body in vain; we are here to see our own capacity as limitless.

People come to my classes and then they leave here, as if nothing happened. What a pity! Every word I say is the truth of my own experience. Take it to heart and use it. You are *That*. You are free to eternity. Use it!

What can I say to prove it to you? You must see it unfold for yourself. This is not an ordinary place, and these are not ordinary words.

Sathyam gets silent for some time and continues:

Don't lie to yourself anymore. Don't think that you are limited, no good, a sinner, someone who has made mistakes, or someone who is weak. Do not jip yourself, don't believe it and don't tell anyone else who he or she is not either. This is a spiritual world and not a limited and miserable world. Don't believe it anymore. Within this state that I am now, I can hardly talk, for I have sunken so deeply within myself, and it is almost a sacrifice to be here for you guys. I am going to have to say Namaste. You can stay in here for as long as you like, but I can't talk anymore.

NAMASTE

I am Nobody & I Don't Know Anything

If you feel too much responsibility for what is going on around you which a lot of men do, what I recommend is that you sit for a moment and put everything in perspective and say 'I am nobody and I don't know anything.' That will strip you of your story right there, and therefore you can just be in the State of Being; this is the meditation that will take you to stillness. The ego begins to deflate itself and the body identification begins to shut down when you say 'I am nobody and I don't know anything,' even spiritual knowledge is a hindrance.

First Be Then Do DVD, 4/25/06

My Faults Have Become My Teachers



From the moment I met my Guide, my life was not the same again. I was still deep in the Bazaar, but something would pull me toward

Her, even in times of what seemed to be a bottomless hole of agony and pain. My story has beyond a doubt faded through Her motherly Love, Her deep understanding and priceless teachings. The life that I knew before no longer exists, and the enslavement that I felt toward this so called life has become an effortless independence within my own Self.

The condemnation I felt towards my words, deeds and thoughts have been transformed into a freedom I now have with my words, deeds and thoughts. If I fall, I do not stay down, because my intention is no longer to fulfill these worldly desires, yet to follow my Guide as closely and vigilantly as I possibly can.

Through Her teachings, my faults have become my teachers. The road of this journey has become easier and joyful with a clear path and Guide to follow. There is no longer room for sorrow or blame, and if it does come it simply passes. There is no longer shine or luster to this world, because She is the only One shining for me.

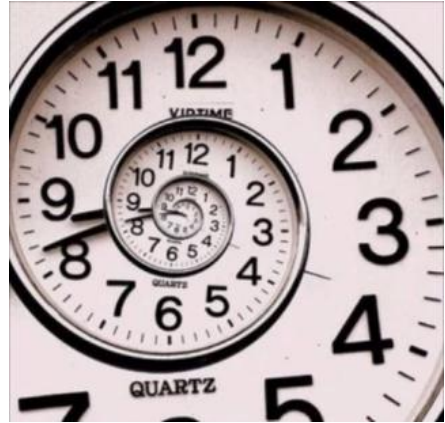
Sathyam has allowed me to see the miracles I never knew existed, because of the blindness of my past. Through this clarity, I am grateful beyond gratefulness, I am blessed with more blessings than my heart can hold, and I am humbled deeper than an ocean, for all of Her Love. I humbly fall to Her precious feet with the treasured joy She has bestowed upon me.

My heart beats for Your Love,

I LOVE YOU,

Your labkhandeh ziba

Here & Now Is for Eternity



Let's go back to the Art of Living, which is very important: we have bombarded our mind and we have cluttered it with falsehood, when we empty it however, our mind becomes an avenue of awareness and awareness is God. Is it easy to do? It is easier than breathing. Is it however common for people to get it and practice it? Perhaps one in a million will, why is this? It is because when we leave here, we pick up our garbage all over again. It has to be a refusal to pick up the garbage, to read an old newspaper, or to write the news for a newspaper before the events have happened. What I am referring to by reading an old newspaper is going back to your past; the Art of Living is here and now. I am not talking about here and now as in the present time, for it has nothing to do with time. Here and now is timeless. Do not associate it with time, it is here timelessly, it is new and it is perfect. Imagine this: even if we pick up the garbage all over again, as long as we know it is the Art of Living, we know that within a second we can empty ourselves again of any extras. To me, that is a true treasure and at any given time we can access it, because here and now is for eternity. There is no room for ambition there, there is no room for anxiousness, becoming somebody has nothing to do with it, your

name has no importance there. It just IS, as perfectly as anyone could have ever imagined, because it is impossible to imagine. And, what is this truth or what do we call it? As my Teacher says, it is called Sat-Chit-Ananda. Sat means Truth, Chit means Awareness, and Ananda means Bliss. When you live in this Truth, you are aware without knowing, without having to know and that awareness is eternal Ananda or bliss.

So, are we lucky to be able to experience this? We are beyond lucky, our existence is luck. This is because our existence is made up of bliss. This is incredible news, that our existence is nothing but bliss. Why then do we see so much misery in the world? We see it because the nightmares go on and on until we wake up. Once you wake up, do you care that a tiger was chasing you, or that your plumber did not do a good job, or that your husband left you? They were only nightmares, and when you wake up you no longer have those problems. So, the solution to all problems in our daily life, the problems in society, the problems in this country, is to wake up. What is important then? It is important to wake up, and how do we wake up, we wake up by staying in the Truth rather than the false.

To Be DVD, 9/14/04

The Dreamer Cannot Meet the Cause of the Dream



This study Circle discussion is about Sathyam's comments "The Dreamer Cannot Meet the Cause of the Dream" and "How we can get the Dreamer and the cause of the dream to meet one another" based on the Study Circle Discussion at the Reno Sai Baba Center on 2/26/12.

Sathyam: It is a contradiction...

The study circle coordinator says: "We have been talking about how the remedy for waking up is to practice all the teachings and to use all the tools that You have given.

In the study circle in Reno, which we are focusing on tonight, You say, 'When you are in the dream, you can't perceive what happened that you are now dreaming. You are so involved with the dream that all you can feel is ignorance or body consciousness. This is why they don't meet, even though the dream and the dreamer are one. One is real and one is not. So they cannot meet one another. And the part that is asleep must wake up and begin to feel the oneness.'

We would like to ask You to clarify the part where You say that the dream and dreamer are one, and how one is real and one is not, so they cannot meet one another.

So, what does it mean that the dream and the dreamer are one?"

Sathyam: That is exactly why you have a study circle; this is something to contemplate on.

A woman says: I think this is referring to Creation and the Creator being one.

Sathyam: What is the Creator? Explain to me what Creator means to you.

She replies: For me Creation and Creator are the same.

Sathyam: I understand, these are beautiful words, but what does it mean to you?

She says: The whole Universe...

Sathyam: Aha, so the whole Universe is created by the Creator and who is that Creator that created all of the universe?

She says: God.

Sathyam: Who is God?

She says: Everything.

Sathyam: Everything is God? So you mean the trees, the horses, the lamas, and you and I are God?

She replies: Yes.

Sathyam: So then we created the Creation?

She says: I feel as though I am part of the Creation. I am not the Creator.

Sathyam: If the Creator is everything, what part of it are you a part of?

She says: A part of the Creator.

Sathyam: Who is the Creator?

She says: The whole.

Sathyam: The whole of what?

She replies: The whole of the Universe, the whole of everything.

Sathyam: You see, this is the problem! We have learned things and we have accepted them, but we never dissected them to see how true it is for us. We have never experienced the Creator or the Creation. So this just becomes something you learned, and you are spitting it out because you believed it to be true. But you have to find out if it is actually true or not. And that is why we have a study circle, to not say what we already know, but rather to discover what we did not know. That is when you really advance.

Someone else says: Please explain this more.

Sathyam: You ask me to explain this more, but an explanation does not do it. You have to question, you have to question yourself, you have to question 'why do I believe the way that I believe? What made me believe that way and what does it mean to me? Where did that belief come from and how much of it is true?' This is self-inquiry; this is the crux of the matter, because we've really grown up now, we can't play the way we used to play. Those who dissect it are those that are enlightened.

So, it is like you are trying to repeat what you learned in third grade, but now you are in fourth grade and the question they are asking is, 'what is the use of it for me now?'

A woman says: When I go to contemplate, I don't know how to distinguish between my mind just giving me thoughts, or am I really contemplating, or how to tell the difference between the two. Sometimes I think I do not contemplate enough and I tell myself, 'oh these are just thoughts.' But what you are saying tonight is ringing so true for me, to go deeper and to ask these questions and to not accept what I have come to believe as truth. How do you know if they are just thoughts and you should not listen to them or ...

Sathyam: It doesn't matter, you do it and you see what happens. The curiosity is what brings the answer. And you don't have to worry about it thinking to yourself, 'is it my mind?' when your concentration gets really sharp, then you don't have to worry about that.

Someone says: With regards to the section we had been talking about and how the Dreamer cannot meet the cause of the dream, in my contemplation I was thinking about how we use the night dream as an example for the day dream, I feel like this is completely opposite of what we heard earlier about the Creator creating the Creation. If the Dreamer cannot meet the cause of the dream, then the Dreamer doesn't even know why this dream is even happening. So it is not like the Dreamer making the dream, but rather just dreaming. If we are relating this to the actual Dreamer which is God, then did God not know the cause of this Creation? If that One wakes up from the dream, does He realize that he was not involved with the dream?

Sathyam: Are you asking me or are you answering it? My answer to you is the same that I gave before; you still don't know what's going on, so contemplation will be good.

A woman says: The cause of the dream is sleeping. So if I am sleeping and I am dreaming, when I wake up, obviously I am not sleeping anymore. If you wake up, you are no longer asleep, so you don't dream, so you don't experience both at the same time. You

can't be awake and sleeping at the same time. So, only as long as you are dreaming, the cause of the dream which is sleeping exists.

A man says: When I contemplate on this, at first I just get this beautiful explosion in my heart, and after that I get that the Dreamer cannot meet the cause of the dream, because the Dreamer is in the dream. When you are sleeping, you are in the dream, so how can you know what the cause of the dream is if you are in the middle of it. If you are in a painting, how can you know the canvas?"

Sathyam: Who else dares to come forward? (She laughs heartily) This is a good practice in breaking your ego.

Someone asks Sathyam to elaborate more on how we can distinguish whether our mind is mimicking the Truth or actually experiencing it.

Sathyam: I hope every one of you grabs this answer, so I don't hear it again. When you dive within yourself and you get to know your Self; you cannot dive within yourself with a doubt, just do it-that is what I did. Once you get to know yourself in your heart, as who you really are, then you can know where the mind is; once you know your Brothers, you can recognize them easily.

And you have to shoot in the dark until you are in the light. There is not a theory or an equation that I can give you and send you to go practice it; on this path we were born alone and we will die alone. And in between, if we are lucky we have someone who shows us the path, the rest is on our own shoulders and I am a living example of that.

And believe me, even though I did not have physical contact with my Guru, I had a tremendous amount of support that I had found within myself, without His physical presence.

This is because I had the grace of my Guru always, or the grace of the Self. And so do you, the interest, the interest to go deeper, the interest to know the truth and the interest to love, the interest to have devotion to that love, these are all the ingredients. It is simple, it really is simple, all the questions you ask are repeated questions; so I call it repeated thoughts, all the answers have been given to you, but the practice is lacking or there wouldn't be any question.

Each one of us are supported more than we can think we are, we have more bliss than we can imagine, we have more ways of freedom than we could ever need to seek, everything is there, what is the problem? The main good news is that we are not wasting our life, if we were wasting our life, we would be doing something else. So what is keeping us from being ordinary? It is the

grace, our number is in our hand, we all share this grace, there is no difference between you and I; it is just that I started earlier than you did with a tremendous intensity.

Study Circle discussion on 4/6/2012, Atlanta Cave



The following is a private phone conversation from 4/7/12, where Sathyam is discussing in greater detail this person's answers to the questions Sathyam asked her during the above study circle in Atlanta. This questioner's comments are the ones that begin with "I think this is referring to Creation and the Creator being one."

Sathyam: Last night when you were talking about the Creation and the Creator, I was not denying what you were saying; I just did not want it to stay on the surface for you. And that is because when you go deeper, you open a world of wisdom that you had not experienced yet. We have accepted so many things that we have come to believe that we have actually experienced them, when we really haven't realized them yet. And when you realize it for yourself, it becomes yours completely; you find your freedom within yourself. You find that spring within yourself.

Throw away all that you know and have experienced and start new. Take your comments from last night to silence and contemplate on them, ask yourself, 'what does my sentence of the Creator and the Creation being one mean? Where is it? What does God being Omnipresent even mean? How do I benefit from it? Where is this Omnipresence? How can I experience it?' If we say that the Creator created the Creation, let's go find the Creator first, and then talk about His Creation. Just be silent within yourself and whatever you may be doing, every once in a while go inside and be with that.

When you are doing Contemplative Meditations and you ask a question, you are very sure that the contemplating will do its own thing. And you are sitting, waiting for an answer, it is not as if you ask a question and then move on about your daily activity. That means you have to look for the answer. And in time as you practice it more, you will get used to doing it. Little by little the door is going to open for you and you will become aware of what you need to do. You have to practice this yourself because if I tell you, it will become another concept for you.

Private phone conversation on 4/7/2012

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

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