

Amazing Grace



TRUST

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

Trust in God

For establishing oneself in the contemplation of the omnipresent Lord, there are no limitations of time and place. There is nothing like a holy place or auspicious time for this. Wherever the mind revels in the contemplation of the Divine, that is the holy place. Whenever it does so, that is the auspicious moment.



Make it a habit to run to God for every small thing.
Make Him your best friend.
He alone ought to know - no one else!
Trust Him in whatever He gives you...
trust Him in whatever He takes away...
trust Him at whatever time He responds to you...
that is the right time!
Trust Him in whatever way He responds...
that is the right way!
Trust Him!
He is always there!

Sri Sathya Sai Baba

Trust and Letgo

A woman asks: What about having a lot of thoughts during meditation?

Sathyam: When the mind thinks a lot during a meditation, it is because it has gotten your attention a lot during the day, and to stop that is to just stop and to just not care.

(Addressing the woman) Just close your eyes for a moment and sit very comfortably. Just don't care for a moment, bring your concentration down to your heart.

This meditation continues for a few minutes

Sathyam continues: Slowly open your eyes. (Addressing the woman) Was it better this time?

The peace is in the silence, so those of us who are looking for peace, we cannot look for it in the chatter. It will not be there, it is like looking for your watch here in this room, although you haven't even brought it in here. It would be hard to look for your watch in a place that you did not lose it. This is so important, because there is not one person in this world who doesn't want peace. The method, however, is silence; *it really is*. Not silence of the mouth, but the silence in the heart... concentrating on that.

Tonight, I would like to talk about something which I don't think I have ever talked about before, and I don't know why there is such an urgency for me to talk about it tonight. My teacher (Sai Baba) says that if you bring an elephant into a room or a garden, wherever you want to put it, and blind fold ten people, each one will touch a different part of it, and decide that it is something that it actually isn't.

One will touch the trunk and think that it is a hose; one may touch the ear and think it is a fan, and so on and so forth. When they remove the blindfold, they all agree that it was an elephant. They will all agree on this and why do they agree? Because they were all allowed to see!

I hate to inform you that most of us in this world are blindfolded to the Truth. We see things that are not really so; it is as if we are in a room full of mirrors. And if you don't know any better, you will think that there are so many of you in the mirror, until you realize that it is only your reflection and then you are ok, the game ends. And this is how it is in this world and it is so important for each of us to understand this fact.

To help you understand it better, I will take it one step further. For the first time in six years I am going to talk about religion, so bear with me because I am going to make a point. Islam talks about surrender, Christianity talks about brother-hood and love, Buddhism talks about compassion, Judaism talks about the laws of humanity. In Hinduism, they talk about the unity of all forms as being One and so on and so forth. But each religion has the blindfold. Although each says the same thing; they each see one part of the elephant and think they have seen the entire thing. What is the remedy at this time in the world for this crisis? The remedy is for us to see the underlying Existence, that there is nothing but one current, that there is nothing but One. You can call it God or any other name you want.

It is very important that we really, really live this Truth, we can't just hear it. Why is it important to *LIVE* it? This is because every time you see That, your consciousness will expand, then the form differentiation between Hinduism and Islam, and this or that in your mind, in your world, melt into each other as one. The person who is imbued with the oneness and unity, will have unconditional love, and

the person who has unconditional love, is a healing in this world.
This is how it is!

This is really nice to know and I am sure I am not saying anything new to any of you, but I think saying it brings urgency to the practice for living it day to day. It is important to not neglect the practice on some days just because we are too busy. What is life anyways? The moment it ends, everything that we thought was important in our life ends. Of course, we all know this, but have we contemplated on it? Have we contemplated on the end of our life? For example, the meditation that we do sometimes on 'Playing dead' reminds us that in a moment, *in a moment*, everything we thought was important is no longer important.

The thing that gives quality to this long quantity of life is this unity, it is peace, it is unconditional love, and it is the deepest understanding which surpasses our imagination. To the extent that we bring it to our thoughts, words and deeds, to that extent we are not unpeaceful or pitiful. Have you noticed how each of us can become really pitiful at different times with our emotions? We can make calamities out of something that is not even worth a moment of our time. It is not our fault; it is the universal belief in many instead of One.

So, again what is the solution? If we want a long life, it stems from the fact that we are eternal. If we want happiness, it stems from the fact that we have this happiness; it is always within us. In 1981, my Guru told me to be happy, and I thought I was really happy at the moment He told me that. I thought to myself, 'What is wrong with Him, He knows everything, why is He telling me to be happy?' What He meant is that your Being is happiness, your existence is happiness! You might think that you are happy now, and in the next minute you might not be. But if you find your Existence, the happiness is eternal.

So, when we go into the world as one who carries the Truth, every time news comes to entertain our senses or anytime our senses are entertained through our sight, our hearing, our sense of touch, talking, etc. we need to translate it into this unity. I don't mean to just *think* about unity, but rather to actually translate the multiplicity to One. By doing this, we are giving the world healing; we are giving it *incredible* acceptance.

When I myself hear something in the news about terrorist attacks and other happenings in the world, just for one moment, I refuse...with an extreme conviction that there is nothing but "That" ...not just because I heard it, but with a conviction that there is nothing but "That" (God). That alone takes the judgment and throws it away, it takes the fear and throws it away, it takes the resistance and throws it away. This also applies to self-preservation, meaning anytime you want to protect yourself or you fear something, you do this practice. (Sathyam elaborated.)

I also know that in this world, there are a lot of cries, so it is really nice to translate this world into One. One of the methods I suggest, which I have done in the past, and it has worked for me, is to contemplate that if there is only the Omnipresence¹, then I must trust that that is who I am. I must trust! Just remember, it is not just enough that we know God is Omnipresent, we must trust that.

Tonight, I want to emphasize *WALK THE WALK*. We have heard the talk; now it is time to walk the walk. Even if we take baby steps, even a crawl is better than nothing.

So, we are like a person who is standing in a room looking at himself in mirrors at different angles. If you make a face at the mirror, ten

¹ Omnipresent by definition is all that there is; it is *everything* and *everywhere*.

others will do the same. If you bow down, ten others will do the same in different mirrors. (Sathyam puts her hands on her chest and bows down, the same way She always says namaste at the end of the class.) However, if you just sit with your eyes closed, there is no mirror at all. (Sathyam demonstrates this by sitting quietly, without motion and with her eyes closed.)

So, what I am really trying to emphasize tonight is that if we want peace, we have to find that peace within ourselves. If we want understanding, (I have said this before) we need to give understanding to ourselves first and then to others. If we want love, we give love and the understanding of that love to ourselves. What does that mean? I don't mean that I should love my character; rather I should love the fact that there is only Omnipresence and I *cannot* be anything beside that, therefore I can *not* hate. Who is hating who? Who is killing who? This is the deepening of our understanding, by contemplating on something like this. I am sure we all do it; I am just saying it as a reminder of how lucky we are that we know this.

We cannot fake realization, we cannot fake understanding, we have to develop it so we can recognize the I. I would like to tell you a story that is very inspiring. This is a story of a woman, who saw nothing but the Omnipresent God, and she was *really* living it. She was homeless, not homeless in the way that she had no other choice; she was homeless because she walked and stood for peace. She did not have a home or belongings nor did she want any.

One day she was at a friend's ranch, and her friend asked her to watch her seven year old daughter, while she went into town. As she was sitting with her head down and writing something on a piece of paper, she looks up and sees a man dragging her friend's daughter into the stable. She runs into the stable and sees this man who looks very suspicious and villain-like. Even though she is in her 70's, she

throws herself between the man and the girl, looks the man in the eye and realizes who he really is. The man has no idea what she is doing, he just sees an old lady staring at him. But what she was staring at was the recognition of who that man really is. By this act the man was transformed and left the stable without hurting them at all. Had it not been for her complete and utter realization of who she is and what he is, there would have been hideous things happening in the stable.

Can someone who does not have this consciousness in them, throw themselves between a child and an intruder? I would say 'no', that would be foolish, it would be better to call the police. But if we have developed this (consciousness), there is no way that by really seeing the Truth in every one of us that that will not change the picture (situations). It has to and it will. So the Trust Meditation is very, very important, which we will talk about in a minute.

A woman asks: Did this older lady see herself in the intruder?

Sathyam responds: No. She saw *only That* which constituted her Being and his Being as being no different.

So, if I say that I see myself, meaning 'this' body in someone (points to her body), I am fooling myself; they don't have my body. What she saw, however, was what she had realized in herself, that invisible Existence. Therefore, with that invisible Existence being Omnipresent, there was no way that he would be devoid of That. This is just one example and there are a lot more examples of this.

Another example happened at our house in Tahoe. Our house up there has a stair case that leads up to the front door, which does not have a backing. We had gone out one afternoon and when we came back, one of our old dogs had ran down the stairs, slipped and was caught in between the opening in the step. He was in bad shape,

saliva was coming out of his mouth, and you could tell he was not feeling well at all, as he was nearly dying. My husband and I ran to him, and tried to bring him out, but could not do so. There was no way to get him out, since he was so tightly stuck, so much so that we would have had to break his ribs, in order to get him out. My husband went to get some tools to break that part of the stairs. Meanwhile, I just looked at the dog, and this is the honest truth and you can try it yourself, I am just giving a small example of what goes on, I looked at the dog and said to him, 'I know who you are and you cannot fool me. Can the Omnipresent get stuck in a stairway? How foolish is this?' Honest to God, the moment I said that, it was as if the dog had been shot out of a cannon, he just flew down the stairway. Now, that was a dramatic situation and it doesn't happen all the time, but if you are convinced that there is only One, then what is the problem? What *is* really the problem?

If enough of us have that consciousness developed, we *can* actually change the picture that this world is witnessing. You *cannot* however walk for peace, because it will not go anywhere, unless you have established being in the peace yourself and unless this is all you see. *The only thing that we cannot fake is the expansion of consciousness.* You either have it or develop it; or you are just under the umbrella of cause and effect like a prisoner, like a puppet.

Now, I would like to have a piece of paper. (Someone hands Sathyam a piece of paper and a pen). You might think that I have been repeating myself for the past six years and you would be very correct. Because the world brainwashed us for so many years, it is high time that we hear more and more of the truth.

This (Sathyam holds up the blank piece of paper) is the consciousness or the mind that sees only One. This is the one that translates and

actually lives in only One. What do you see? (Referring to the blank piece of paper) Nothing but purity, is there any problem here? (Again referring to the blank piece of paper) What is the problem with this? You cannot find anything wrong with this paper. It is not harming anything, it is not indicating anything, it doesn't say that you are stupid, it doesn't say you are pretty, it doesn't say anything, so it is harmless.

The problem is this: when we start being somebody! (Sathyam starts to draw images on the blank paper) I am saying that so we realize not to be 'some body'. When we start being somebody, having different titles, seeing differentiation between religion, and race, judgment of the family, politics, society, for 'this' reason and for 'that' reason, this paper is no longer That. (Sathyam holds up the paper which is now full of different lines and drawings.) This paper forgets what a paper is, because it is now beyond recognition.

So, what is the path of Truth or self-realization or self-recognition? It is to begin to bring these (Sathyam points to the drawings on the paper,) and nullify them one by one, until there is One left, and that (i.e. the drawing) is gone. Is this hard to do? No, it is not, if you have dedication. If we have dedication, it is not hard to do. Those of us who have been practicing and who have been together for a longer time period, can testify to that. They can testify to how much there has been a change in their view of thinking, acting, and approach in life.

So, our first responsibility is to know that we are a divine Being and not a human being. That is the first step; the second step is that if we see everything as who we are, what is the problem then? It turns to this! (Shows blank, white paper again.) What *is* the problem? Therefore, we can become a light to other people and then pass the

torch onto them and it goes on and on, until the entire world is really shining.

Do you have any questions, comments or disagreements so far?

A woman asks: If someone doesn't have any goals or plans, or any focus in their life and goes day by day...that is not necessarily a bad thing?

Sathyam: If the person thinks he is the body with a certain character, I would say he is fooling himself. I would say he would probably end up on the street and would be needing other people's help. But if your consciousness is That (showing the blank paper) the food will come to you, I promise you! That is why I say you can't fake it, you either have it or you don't.

The same woman asks: Do they not have to worry about money?

Sathyam: No, you don't have to worry about money. The supply comes from that One, that is the infinite supply; your well-being comes from that One. It all goes back to the Trust Meditation I have talked about, which we do here, which it is just to sit and know that a promise was given to you at the time of your birth. This promise says 'If you don't take thought and *rely on Me,*' not rely on laziness, but rely on Me, '*I will take care of you.*' Whoever dares to try it will see that it works.

A man talks about growing up in a violent environment and that when he stopped fighting back, he was no longer being beaten by the young men in his neighborhood.

Sathyam: Yes, when you put your sword down (the worldly sword) and pick up your spiritual sword that happens.

Did I answer your question? (Asks the woman who had asked the previous question)

She responds: Yes, kind of.

Sathyam: O.k., I am going to explain it again. Say I drew a picture of myself on this white paper and I thought I was the body. If as the body, I do not take responsibility for my life it'd fall apart, my health, etc. would fall apart. But if I am not looking at myself as the body and mind, but rather the blank piece of paper, in the blank piece of paper there is infinite perfection.

Again the woman continues to ask about another's laziness and how they are not taking responsibility for their life.

Sathyam: You see what I am talking about is not idle at all; it is *very, very* effective. It is the most effective existence for the whole world. Now, what you are talking about is a burden to society, what I am talking about is one that erases the burden from society, by just being still and knowing who they are. You see 'doing' when we think we are human beings involves a lot of thinking and a lot of doing. As we expand our consciousness, we realize that it is in the Being that our supply is.

(Sathyam says specifically to that woman) Again, I am just so happy that you keep coming back, because what I say to you may sound like gibberish right now. But believe me, there have been so many times that I said something to someone and they felt uplifted because it *kind of* made sense to them, without them really knowing why or what I was talking about. However, little by little this truth (Sathyam points to the paper) will penetrate.

The same woman talks about that individual and whether or not he is special or gifted.

Sathyam: I do not know how to judge this. Let's forget about that specific person. If I go around and identify myself with who I am not, which is the body and the mind, I am going to be miserable. I will be

like a fish out of water, because I am at the mercy of my emotions, senses and each passing thought and I am no longer stable because there are so many things that can take me to the other side of stability. But the more we realize this expansion of consciousness, which is not achieved overnight, the less we have to do, and the Being does its own doing.

Does that make sense to anyone at all?

If you remember, we talked about sensitivity a few weeks ago. A person who is sensitive is a person who believes his thoughts and the world. That is all that means! If we are sensitive enough, we will constantly be looking for solutions and accusations in the world. We either accuse the world and the people in it, or we have a problem with ourselves (and accuse ourselves). So, the remedy for all the problems we face daily is to rise above the mind, and how do you rise above the mind? By realizing this expansion of consciousness, which will swallow the tendencies and the vasanās (Sanskrit term for tendencies) as you call it.

Someone mentions Trust Meditation.

Sathyam: The Trust Meditation is very, very important and I will go over it again tonight, honestly it is such an unbelievable meditation. I call it meditation, but it is really more of a realization than a meditation. It may not be suitable for some of you, and if that is so then throw it away. It may on the other hand, be really good for some of you and if that is the case then you should use it. If, however, you have something very useable and profitable and you put it on the shelf, it will expire and you may as well have never had it. So, practice, practice, practice, until you no longer need to do it!

A man asks about reincarnation.

Sathyam: Is everyone ready? Again it may sound like gibberish to some of you, but just bear with it, because I would like to explain it.

This is the revelation which was given to me. In this world, there is an umbrella of cause and effect, which I call manifestation. Whatever you see or perceive with the senses and the mind, is under this umbrella; there is, however, another umbrella as well. Those who sit under the second umbrella are the ones who have freed themselves from the first umbrella of cause and effect. They sit there as self-realized people, very happily. Under the first umbrella, if you think you are the body and the mind, you are dreaming, you are in that manifestation which I call a dream, through my own experience. Then, reincarnation happens, just as your night dream happens. Every night you have a dream, and in every dream you are doing something different with different people.

As long as you are sleeping, which means you have not woken up as *who you are*, there is reincarnation. This is because you only identify yourself with your sleep and you move from one scene to another. Once you wake up, the reincarnation is meaningless, it has no reality *whatsoever, NONE*.

Do you follow me?

If you don't know who you are or what is going on, yes there appears to be reincarnation. But once you realize it is nothing but a dream, then you have woken up, then where is the dream? Who is the dreamer? *Who is dreaming?* What I said may make sense or it might not, but this information was given to me with a *huge* amount of demonstration.

It is really amazing that so many things get dissolved as our consciousness expands, and so many things seem important when our consciousness has not expanded. I think that if we want to do any

service to this world at all, which is meaningless to me...but if you are gung-ho about helping the world, expand your consciousness, because the world *is* who you are!

Do you have any other questions?

The beauty of the Truth is that it brings joy to your heart and this is how you recognize it is the Truth; you know by the way it sits in your heart...it thrills the heart.

Now, I would like to hear from all of you, and that is because it is really, really important to ask questions. Doing that will open up so many other things.

A man asks for a deeper explanation of the Trust Meditation.

Sathyam: The way that I received this meditation was as a revelation and it was crystal clear and this is how it was given to me- that at the time of birth as a human being, there was something hidden, yet very obvious with us (in the form of a promise). This promise is that if as a human being, we do not take thought and we rely on this promise, everything will be taken care of. The reason we don't think our life is taken care of is because we have forgotten this promise that had always been with us. It would be like having electricity, but not having a wire going to the lamp, so it is worthless.

Now, there is a great amount of good news in this, surely you can practice it and see its benefit for yourself. I was shown clearly that this promise is in our bosom, we carry this treasure: if we just sit in silence and remind ourselves of this promise, and as a result of trusting this promise release the anxious thoughts, we can go through life, do what we need to do, say what we need to say, think what we need to think, but there would be no struggle.

There are people, hidden people, in India and other parts of the world, who live in that trust. Their food arrives and they don't know where it came from, heat is provided for them, they don't know where from, etc. I mean they do know, what I am saying is that we don't know (where it came from). So, it takes away this feeling of doer-ship and struggle, that doesn't mean we become lazy like the person you were talking about earlier. No! We become *very effective, very alert and useful*.

We can do this meditation tonight; remember for a moment to just trust this promise. This promise is right here (points to her heart), within your own Being. Bring your attention to that silence around your heart; any time there is a thought that comes, just remember that promise, and just let the thought melt in that promise by realizing that if I don't take thought, everything from the minutest to the greatest will be taken care of.

Meditation takes place for a few minutes

Sathyam continues: Slowly open your eyes. How was it for you? (Asks one of the men in the class)

He responds: Peaceful.

Sathyam: Yes and this is the way to go through life. This is the Art of Living: to be able to trust *so much* that we don't have to take thought, and yet we do what needs to be done. It will sound very far-fetched and some of you may think I am living in a fantasyland. But, honestly this is the way life was meant to be lived, and all these gymnastics that we do to accomplish something is because of the development of the mind. It has nothing to do with that promise.

A man talks about feeling as though he was an infant and feeling completely innocent during his meditation.

Sathyam: Yes...yes...yes, that is exactly when that promise was given to you. It is hidden in our heart and it has to be discovered to be used, and for some unknown reason, it is being unmasked. Isn't that a beautiful thing to take and run with it?

How it was for you? Did you relate to it at all? (Sathyam asks a woman)

She says: A little bit.

Sathyam: Yes. This truth is so out of the ordinary that it could be misunderstood, because it doesn't go with any normal way of thinking. But if you use it, you will see the difference, you will have to be the judge of whether it is working for you or not.

Does anyone else like to share?

A man talks about having to trust and not being attached to the outcome of a particular situation he was facing.

In response to his question, Sathyam demonstrates a point on attachment: This is how it is: (crumbles her white paper used earlier in class and holds it tightly in her fist), and my Teacher, whom I adore, says clutching the paper in your tight fist is not trusting, it is living by your own physical and mental strength. How long can you hold this tight fist, before your hands get cramped?

This is letting go (drops the paper). Did the world end? No, you just took a burden off of your hands. This is how foolish it is that we put our luggage on our head when we are on the plane, which is what my Teacher says. He says most people have their luggage on their head, all the while having a ticket in their hand and sitting on the plane. I myself have seen people in India, who do actually hold their luggage on their lap or on their head, even though they are sitting on a moving bus or train. This is our affair!

So, is it hard? Yes, it is hellishly hard if you are attached to whatever it is you are holding onto in your hand. But it is worth trying to see what happens when we let it go.

A woman says: I clench my jaws sometimes when I am stressed, and about four months ago I went through a period when I was homeless and had no job and I was not clenching my jaws. I had peace and I wasn't worried, I went through the motions and looked for a job, but I just wasn't freaking out. And now that I have a place and a job, I clench my jaw and I am stressed out all the time.

Sathyam: Well, you know what it is; when you don't have anything, there is nothing to lose. It is much easier to give up and trust then. But isn't it beautiful to have the Art of Living, where you could be a millionaire and yet not give a damn? You can have it or not have it. You are free within your own self, and what is it that does that? The practices that we are doing here: the Trust Meditation for example, or anything that gives us expansion, whether it is here or not, wherever they are giving you the truth. Believe me; I am honestly not after having large groups of people. This hearing of the truth helps because we are bombarded with all sorts of things that are nonsense and lies.

The same woman asks: So, I am just taking on attachments that I don't need, and I am taking on drama that I don't need?

Sathyam: Listen, *absolutely* trust it and do what you need to do. Do your duty and trust-that becomes worship. Do your duty and trust. Worship of what? Your own Self. Is it easy? No, because we were taught wrongly. It is very, very important however to start doing it...very important to start doing it.

You can start with the little things, whenever you catch yourself worrying about something or trying to create some sort of drama to

get your interest, just do either Stop or Trust. What happens is that you begin to break this tendency of creating drama and being sensitive towards it. It would be as if you are sitting in front of ten thousand mirrors, but your eyes are closed.

A man asks: What do you do if everything in your environment stresses all the lines you drew earlier on the blank page? Since the emphasis is so strong, how can one avoid those lines becoming important in one's life?

Sathyam: I am only going to tell you what I have done in the past, which I still do and will probably continue doing. Any unpleasant situation, any unfavorable scenario that is presented to me, outside of me, in the community, within my family, I take it as an opportunity to go deeper. I don't look at it anymore as being a victim and that someone has done something to me, or I should be reacting or not reacting. I look at it and use it to go deeper, and realize that these were all sweepers whom we had talked about before to help us. (Reference to 'Sweepers in a Green Kingdom DVD'.)

When we reverse the drama of thinking that society is responsible for our ignorance, we have freed ourselves, because the freedom and bondage are products of our own minds; they have nothing to do with anything else. So, if we don't feel freedom, it is because we have captured ourselves in the mind, and the vagary of the mind. My Teacher calls this a monkey mind, a mind that judges nonstop. So, the lesson of this life is to surrender, let go and trust. The more we do that, the less cramped we get (referring back to clinching the paper in the fist), and this is all very good news.

Now, again in the end before we go, I like to give the good news as some of you know, whether you expand your consciousness or not, whether you ever come back here or not, whether you have 100 years

of living or not, it will not change who you are. Who you are is divine, period! Whether you see it or not, that doesn't change it. Whether you feel it or not, it doesn't change it, and it is just eternally there. Why do we waste our time if it doesn't change? To the extent that you realize it, you can benefit from it, otherwise it is there anyway. By realizing it we are no longer blind folded; an elephant is still an elephant, we are just beginning to see all the different pieces of it. This is the goal of life for me, the rest is very minor. Our jobs, our wives, our husbands, our children, our drama, our duty, our bosses, colleagues, etc. don't even hold a candle to it.

I would like to finish our gathering with a song.

Someone says: I asked for that.

Sathyam: You got it. You see, when you act passively and you trust, this is what happens: you get it.

Sathyam sings:

"In the stillness of the morning, Sai
I listen for your call my Lord.
Your touch upon my shoulder
Your presence in my soul, Sai
But when I turn to greet you, Sai
No other do I see Bhagavan.
For all my endless searching, Truth
I am the one I seek Bhagavan.
For all my endless searching, Sai
I am the one I seek Bhagavan.
For all I am looking for is the SELF."

NAMASTE

Sathyam

Trust & Let Go DVD, April4, 2006

Allow me to share the most precious experience of my life with you. On September 28th, at 5:03AM, my flight from US was trying to land in Taipei, Taiwan airport. The visibility was almost non-existence and the wind was so strong that 747 airplane was nothing but a soccer ball in hands of powerful nature. We were bouncing around, up and down, side to side. All of a sudden, we saw that we were on top of the buildings and ready to crash. Passengers were screaming and crying and we could hear the loud noise of the flappers with no control and the cargo shifting from one side to another inside the plane. Fortunately, I was reading the last few pages of Nazzanine Book. I looked at Baba's picture on the book for few minutes, then put the book on my lap and put my hands on the picture and start praying. I told Baba that I was not ready to die as I did not say bye to Angela and the children. I then asked him to save our lives and safely land the plane. Then, I felt very warm in my heart with some kind of assurance that we will be okay. We heard a loud noise (assuming the plane hit the runway) and then took off again and for the second time he tried and went through the same turbulences and finally we landed safely. Later on, I found out that we landed in the closed airport (no plane was allowed to land as they had shutdown the airport) in the middle of one of the worst Typhoon that recently hit Taiwan.

I would like to thank my beloved teacher Sathyam for publishing this great book and also introducing me to Baba, my savior. I feel that I am given the second chance of living to serve my beloved teacher Sathyam and Baba.

With Love

Siamak

About twenty years ago, I heard the following phrase in a movie about Jesus, "The Kingdom of God Within." It was heartwarming and reassuring but didn't make much sense and I kept asking myself, if the kingdom of God is within us, then why do I feel like a beggar? Why these uncertainties - fear, pain and sorrow? I wondered this until I was blessed with finding my Divine Master Sathyam who told me that all of humanity is suffering from false identification. We are all kings who think themselves beggars. Through her grace and divine teachings, I learn that the kingdom of God is creation; and the key to this kingdom is knowledge of the self - which is dormant and forgotten in all of us.

This knowledge leads each person to the God within. It works to free the inner person and liberate the soul. This knowledge cannot be obtained through school, church or temple. It can only come if someone reveals it. Thereby, what is needed is a Revealer, one who knows the realm beyond, like our master Sathyam.

This knowledge is about seeking true meaning inside ourselves and more. It's about true goodness and divinity. Through her teachings, I learned that this world of time, space, and matter is a snare - a delusion - and that I should not bother with it. I learned we are not here to change, mend or rescue the world; rather we are here to just be, find our true identity and wake up from this dream. Using all the tools and methods given by her, we can start experiencing our inner divine nature, little by little, until at last it is Revealed. This experience is the clue to our inner selves and by definition the ultimate authority (the key).

Fruit of this knowledge is a discovery like no other and beyond imagination. It signifies that we find God within ourselves, confirms fear and error are gone and that the nightmare of darkness is exchanged for eternal day.

All we need to do is come home more and more and try to stay with our true self as much as possible (to abide at the feet of the guru). This is how we escape the world, feel the joy of silence and remember the home we always knew.

In my own experience, I can only say that the more we stay with the silence, the more we can free ourselves from the false, superimposed, conditioned nature of this world and enjoy the sweetness of onepointedness. By doing this, we lose our individuality little by little. This is a process of transformation which yields the taste of our own true nature which is identical with God. In this kingdom, there are no wants, no lacks and no fear, only love and deep understanding.

We are all so lucky to be here and now. To hear the truth from the truth herself. I love you all. Merry Christmas and may we all start the new year with more vigilance, passion, obedience and earnestness so we don't miss our numbers.

Sathyam Joon, you are my heart.

Forever at your feet,

Zoya

Trust Trust Trust

Trust, Trust, Trust, Trust! Until you are no longer an individual, until you are no longer an individual because you know who you are, then trust. Whenever your mind comes through to make you believe in bad and good, trust in that promise which is in your bosom. Tell yourself I am going to stand on the ground of that promise, which I will be taken care of if I don't take thought, if I don't judge.'



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 into 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 yourself and without things that would have been impossible to be done in your life will become possible.

Sathyam

Sathyam's DVDs, Audios, DVD
Transcripts, Books, and also Her
Interviews, Conferences and
Newsletters are available via our
website

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