



Raising Children Through the Art of Living



The Light of My Eyes

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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**Children's minds are innocent and pure.
Each child is a white marble for the parents to mold
into an image of God, a bud to be helped to
blossom in all its Divine glory so that it becomes a
worthy offering to God.**

(Sathya Sai Baba, Sathya Sai Center for Education Newsletter)¹

¹ us.sathyasai.org



Most Precious

Question eighteen: "Speak to us of raising children."

Answer: You raise children by raising your own consciousness. The rest is easy. Once you know the Truth, the Truth will be known; don't worry about your offspring. They will grow up according to their own path as manifest Self. And as unmanifest, they always are pure and untarnished. Your work is to love and encourage them, and most of all, to see their reality as you see or attempt to see your own. Children are not children. Only their bodies and minds are small. They are not your children, nor is there a reason for belonging. Yet while they are in the body, you have a chance to play the game, to love them as yourself. This is all the responsibility you need to feel toward them.

As we are One, we are also free.





A Frame with No Picture

When children are born, they are that screen. I see My grandchild becoming more aware of the bazaar, but I don't have compassion for him because he came here for that. Two days before he was born, I was sitting with his father at the Yogananda Center in California. I gave him a gift for the unborn baby. It was a frame without a picture, just a white canvas. I said, 'This white canvas is your baby, try to keep it clean. Put it in his room so you can see it every day.' A day later, he came to Me and said, 'Mom, I don't know what to do to keep this clean for him.' I said, 'You are not to clean it with words. What I mean by keeping it clean is to see his Divinity.' That's all we can do for our kids.

Listen, the mother is happy when the child recognizes her. The mother is happy when the child eats and crawls and walks at the right time, and so on. This is what the child came here to do. Our job is not to stop him from

walking through the bazaar. He already walked into the bazaar when he came out of the womb. But still, you have a connection with your child. When you see him in the right light, even if he doesn't see it, he gets the blessing from that recognition. That's all you can do. But you can't do it unless you realize it yourself to a degree.

(Sathyam, Private Conversation, August 18, 2014)

The best way to welcome a newborn child is with silence.

(Sathyam, FDE Conference Call, August 3, 2014)



The best scenario you can have is for a child to be born into a loving family. But how truly rare and amazing it is for a child to come into a family where from his first instant in the bazaar, when he takes his first breath and lets out his first cry, someone tells him, 'I recognize you; I know who you are.'

(Sathyam, Reno Retreat with No Name, February 2012)

A Parent's First Priority



It is very important and urgent that we not only feed our children in our home and make sure that we have a nice, warm place for them but that we also make sure that they are guided to go 'Home'. Home refers to the inner silence in the region of the heart. The physical home is their temporary home. People who are interested in their freedom must give a lot of attention to their children, lots of it. I give more attention to children than grownups, and everyone knows that about Me. Why is that? It is because they rely on us to take them back 'Home'; they don't want to waste their time here. They are our priority in this lifetime. So when the child needs to learn, teach him, but teach him that which expands him, not what constricts him. Even when you are warning your child about something, make sure it is done in a fashion where you are not transferring your own fears onto him. What is the best way to approach this? First, we must find our own silence through the guidance of the Guru. Then make sure you feed your children this silence, not by force but by action, although in the beginning when they are small, you must teach them the habit of sitting down and learning how to be quiet. Later on, as they grow up, you yourself sit down and meditate regularly and through their childhood habit, they will come and sit by you.

Give your utmost attention to the spirituality of your child, so the child can have some sort of understanding before he leaves his body in this life. If you can do that, you have done it all, for anyone can feed your child. Maybe

other parents could adopt your child and even give him a better life than you can. But what they cannot give is the guidance to take him back Home. And that is something that must not be lectured about; it has to become our way of life, which in turn communicates to the child what our priority is.

If a father does not have time for the child because he is too busy making money, what does this communicate to the child? It communicates that money is more important than the quality of the home. If the mother is too busy cooking in the kitchen, what does it communicate to the child? It is communicating that ‘I am my child’s servant, but I am not a Guide to my child.’ And who wants a servant? Anyone can hire a servant. So emphasize on what gives you freedom, and since you love your child more than anything else in this world, you will communicate that to him through properly prioritizing your life. You can’t fool a child; you have to live it!

When our children see us taking time to go ‘Home’ (to our inner silence) in the midst of our busy day, they watch us and say to themselves, ‘Wait a minute, I have this choice.’ So we are teaching them that way. The children that are coming through right now know more than we do. Don’t be fooled into thinking that we are teaching them, we are just reminding them to not get too involved.

(Sathyam, Reno Sai Baba Center Study Circle Discussion, April 9, 2010)

**CHILDREN LEARN FROM THEIR MOTHERS AND
FATHERS. WHEN THE MOTHER AND FATHER ARE
CONSTANTLY INVOLVED IN WORLDLY EFFORTS, THE
CHILDREN LEARN THIS AND THEY FORGET THE SELF
AND BECAUSE OF THAT FORGETTING OF THE SELF,
THEY SUFFER.**

(Sathyam, Excerpts from ‘Iran Conference’ Book)

Unconditional Love

Once you have children, you tell your child what to and not to do based on your own fears, and this is not good.

What we don't understand, which is very important, is that we also came here to develop more understanding and more unconditional love. What I mean by unconditional love, as a mother, is love without files of memories.

The foundation of a child's life is the mother, and the mother has to be an example.

A mother has to have understanding that she never had before.

A mother has to have love without fear, without authority, but with tremendous discipline. We become a friend to our child through understanding, not by doing the same foolish things that they do, in order to be their friend. Do you see what I am saying?

**(Sathyam,
Private Conversation,
December 2012)**



In My experience, we don't want to give spiritual homework to our children; instead we want to teach them silence. Silence is the base from which they can be nourished and rejuvenated daily. Sit with them every evening and light a candle. It can be before they go to bed or before dinner, whatever time is best for them, and it needs a lot of persistence, because in the beginning they may not cooperate with you. Even if you have to hold hands, Just tell them, 'We are going to sit here and be quiet.' Remind them that they are the master of their body and mind. If you want to turn on soft music, that might also be helpful.

I find that if we don't teach our children silence as soon as possible, it

Teach Your Children About Silence

becomes impossible for them to find it. Every communion with God, all true wisdom that comes from within, every deep meditation and every opening of the heart depends on this silence that we teach our children. It is a very profitable investment because they don't need to do anything else; they just need the discipline to sit quietly in the beginning. We explain to them why we are doing this, either before, during or after sitting in silence.

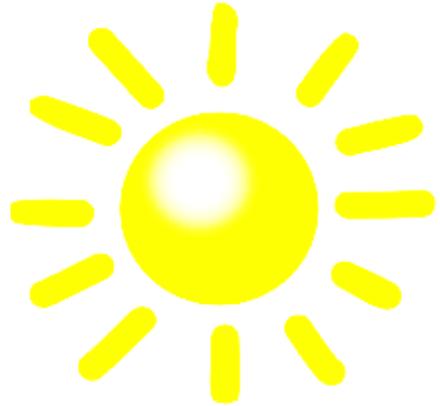
Children really want to know why; they are very curious. We explain to them that every time they bring the attention to the region of the heart they find their real Home. Even though they have a comfortable physical home, they will be going through life homeless if they don't know how to have silence. A child has to learn how to love himself and how to love being in that silence. This is a process that happens gradually.

(Sathyam, Sai Baba Center, Balvika Class, December 8, 2013)

Light Meditation for Children

Sathyam does the Light Meditation with a child who has difficulty sitting still:

This light is like sunlight. Just imagine a sunlight that fills you with this light of God. Let yourself relax in this love and this light...this light is all around you...all inside of you is this divine light...this beautiful light surrounds you, it is in you...just sit and let your body be as if it is floating on the water, just lay on this wonderful, divine light. With gratitude and joy, we remember this light that we are. We are this light! Let's stay in this light and remember it. Our entire body is saturated with this light. You have to learn to keep your body under control. Stay quiet, stay calm; tell your hands to stay quiet, tell your feet to stay quiet. You are the master of your body. You are that light. Don't let the body tell you what to do; you tell it what to do...you sit here and dwell in the light and your body will, too. Tell your body to be quiet, tell your mind to be quiet, tell it, 'I am the Master...the Light is the Master'. Close your eyes, keep the body under control and dwell in the light. Look at the light inside of you...



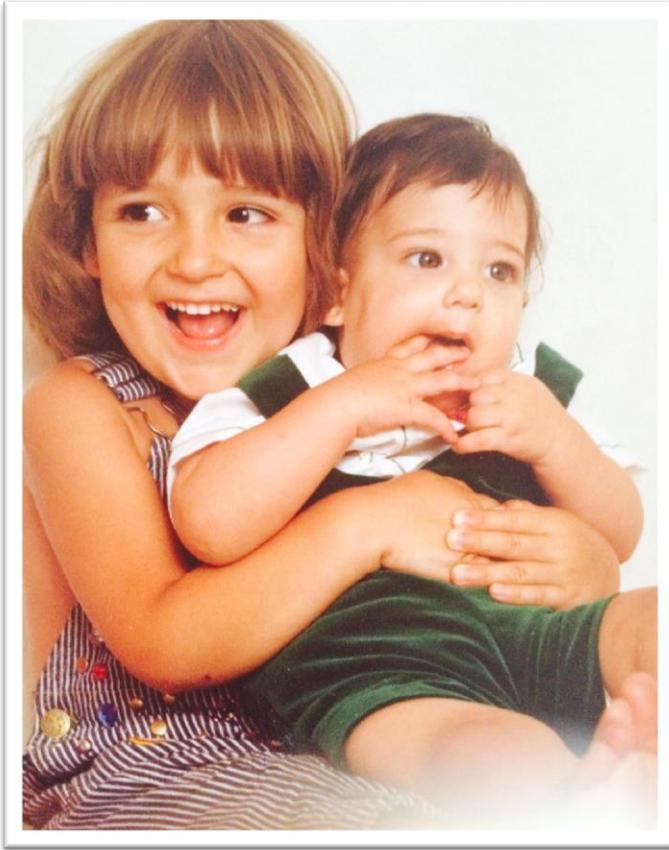
If you cannot be the Master of your mind and body then at least enjoy the light, and little by little you can accomplish anything!

(Sai Baba Center, Balvika Class, December 8, 2013)

Sathyam tells a child: As you are running and playing, every once in a while tell yourself, 'I am in the light. I am in the light. The light is all around me; I am nothing but light. The light will take care of me.' Know that every time you remember that you are in the light, the light will protect you. This light always protects you, but knowing this fact will bring you joy.

(FDE Phone Conference, June 22, 2015)





*Don't
Serve,
Just
Love*

There was a man who was very, very close to Baba; he was a very special human being. I called him once when My kids were toddlers. I was very young and very concerned about the kids; it was like I couldn't serve them enough. We were strict vegetarians. What could I cook? They had allergies to wheat. What could I do? One night I had enough. I called this gentleman and I said, 'I am dying. I am tired of serving my family. I just want to die.' He said, 'Serving your family?' I said, 'Yes.' He asked me why I serve My family and I said, 'What do you mean, why? I have two kids.' He said, 'No, just love them, that's all! You don't need to serve your family. You don't need to serve anybody, just love them.' I realized what he was saying was

that I wasn't doing it with love; I was doing it with resentment and concern. What is the next meal? How are they going to react to this meal? Once he told Me, 'Do not serve them, just love them', I relaxed. At that point I wasn't serving; Me loving them or My love became the service!

Every time you want to be worried about your child, start loving him more. Give him more love and make him feel more welcome. Replace the worry with this thought, every time. Because ultimately we are not the Doer. The doing just happens, and no one is the Doer.

(Sathyam, Excerpts from A Private Conversation, June 18, 2014)

Love your child! Love should not get lost in the burden of responsibility. The responsibility should not replace the love; they are two different things.

We treat raising children as a chore and that is when we suffer. You will suffer if you are always concerned and serving your children around the clock.

(Sathyam, Compiled for This Edition of the Newsletter, June of 2015)

The Importance of Discipline



I was a disciplinarian, I really was, very much so. The kids were absolutely not allowed to say bad words in the house. And they could not tell a lie. There was no leniency on this whatsoever, because if the child learns to lie and you sweep it under the rug, then they cannot appreciate the value of the Truth when the Guide comes to give it to them. They will not be in tune with it. But before you teach them right and wrong, show them your acceptance. That's important, so that they listen to you. You can't just tell them what is right and wrong. They'll say, 'She's old fashioned, she doesn't know what she's talking about. She is not in my shoes. She has no idea.' But once you give them unconditional understanding, they will come to you and listen to what you have to say.

**(Sathyam,
Private Conversation,
August 18, 2014)**

Questions and Answers About Raising Young Children (newborn-age 6):

In each of these questions, Sathyam's answers pertain to a specific child. She is speaking specifically about that child, and Her remedies vary from child to child. This is how parents must also be. If they have two children, they cannot treat them the same way.



The Goal of Discipline

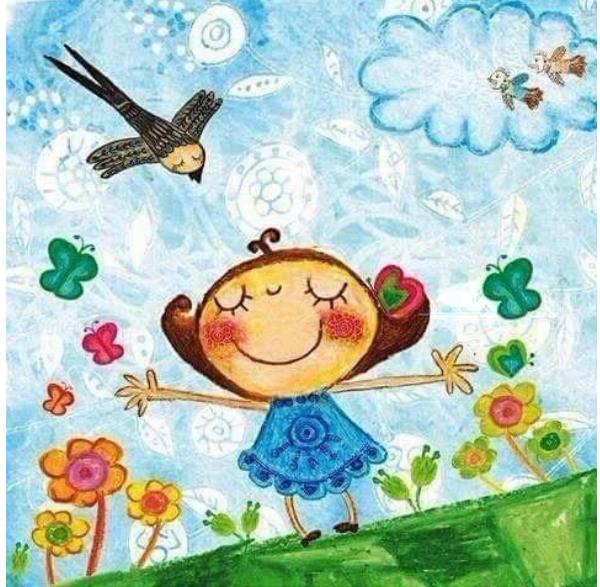
Q: When should we begin to discipline our eleven-month-old child?

Sathyam: You can begin now. Discipline is not about being strict; discipline is about breaking the repetition of his mind. Do you see the difference? Discipline is not meant to destroy the child's ambition or willpower; it is meant to show him that certain repeated behaviors will not be profitable for him.

(Compiled for this Edition of the Newsletter, June of 2015)

A Child's Faith

Q: I remember when my granddaughter was three years old. She knew that God is Omnipresent, lives within her and is her best friend. As we were walking along a ravine, I told her to be careful not to fall in. She replied that since God lives within her and is her best friend, he is looking out for her and she won't fall. I didn't know what to say. What answer should I have given her?



Sathyam: With this particular child, one must be consistent.

You cannot give her warnings because she is very intelligent. You must let her go on her faith, period. Because this child received so much of these teachings and she was so ready to receive these teachings, when she says that she believes that God will take care of her, she really means it. So quit worrying about her and don't say anything. Each child is different. I was asked a similar question about another child and My answer was different.

(Compiled for This Edition of the Newsletter, June of 2015)

Fears

Q: How do we handle our children's fears? My five year old is afraid of dogs and heights, for example. I have heard You say to tell children that being afraid is an opportunity to be brave, but I am not sure he understands this. How can I help him conquer his fear, if this is even my responsibility?

Sathyam: Every human being is born with a fear of something, because of the memory of having an experience with that fear in the past. So it is not

unnatural, and it is nothing that must be dealt with immediately or urgently. Most of the time normal fears like this will eventually go away as they grow up. Don't make too much of a fuss over it. But if you have an occasion, like if you are walking someplace narrow and high with him, just start talking to him about everything that you see. Take him to the edge of a cliff and talk about how beautiful everything is, and then start running down together. But really, these fears are not important. It is only important when they are afraid of something imaginary. That is something to put a stop to immediately. But these fears are not imaginary; dogs do bite and heights are scary.

(Compiled for This Edition of the Newsletter, June of 2015)

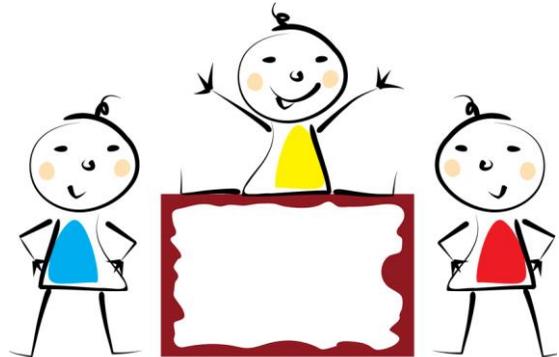
Mischievous Children

Q: What reaction should we show to children who are mischievous and easily distracted and don't listen to their mother and father?

Sathyam: Just see the divine light in them. Don't ever see them as insignificant or count them as insignificant. By making them insignificant, they stay insignificant.

So whatever they do, good or bad, see only the light in them and before you want to advise them, sit in silence and discuss it with God; ask God for help. Just concentrate on their Divinity and allow them to be free. Don't treat them in a way that makes them feel like you see them differently from your other children; talk to them about the good that you see in them. You have a responsibility towards your children to have discipline, but as I said, before doing anything, talk to God and get that guidance from Him first.

(Excerpts from 'Iran Conference' Book)



A Child's Only Protector Is the Mother

Q: One day my six-year-old child came to me and said that someone had hit her on the playground. I told her to tell the child that his actions were not nice. What is the best thing to do in these types of situations?

Sathyam: From the age of one until first grade, the mother is a child's only protector. It is too big of a responsibility to ask a child this age to tell a child who hit her that he did a bad thing and not to do it again. She wouldn't know how to act in such situations; this is a mother's responsibility. In such a situation, a mother's actions must set an example for her child. If the mother is there when all of this is



happening, she must go forward and take the matter in her own hands and tell her child, 'Show me who did this and I will show you what to do. I will talk to that child and you watch and see how I deal with him.' Then go to either that child (who did the hitting) or his mother and ask, 'My dear, what is the problem? Did my child do something that caused you to hurt her?' This way the situation can be handled peacefully. Your child can learn by your example and the next time she is at school and finds herself in a tough situation, you can say, 'Do you remember how we handled this situation last time? Now you know what to do.' Outside of this, expecting your child to know how to act in situations such as this is too big of a responsibility.

(FDE Phone Conference, February 13, 2011)

Death

Q: My children are three and six years old and they have no real concept of death. One of our goldfish from Norooz died and I didn't know how to explain it to them. How do we explain death to our young children?

Sathyam: Each child is different; by this age, some children have already had some exposure to this concept, but because your children are very inexperienced, you can approach it this way. Tell them that a fish has a very short life, and when the fish is finished with this life, it goes away and becomes nothing but light and then it comes back as something new and better and happier. The concept of death is like a change of clothing and it is a time of celebration. For your children, because they have not been exposed to any of the harshness of life, it is a good opportunity to make death into something very pleasant. You can even sing a bhajan for the fish. You want them to get the fact that it is not a sad event; it is a happy event. Death is not an end; it is only a change of clothes.

(Compiled for This Edition of the Newsletter, June of 2015)

Pay Attention to Nutrition

Q: For a while now, my daughter is quick to get angry and even though I try to speak calmly to her, she does not calm down. What do You think I can do to help her?

Sathyam: This behavior is due to the foods that she is eating. Be very aware of your child's nutrition. Pay attention and make sure that she eats

all of her breakfast. Take sugar, tea and caffeinated beverages out of her diet completely or decrease them significantly. Increase the protein in her diet and try to do so through foods that are nutrient rich but not too dense.

This is a temporary issue and will resolve itself, but try not to harass or irritate her as much as possible, meaning give her more space. Don't constantly ask her, 'Why are you doing this?' or 'Why are you mad?' Free her and allow her to come out of this state for good.

(Excerpts from 'Iran Conference' Book)



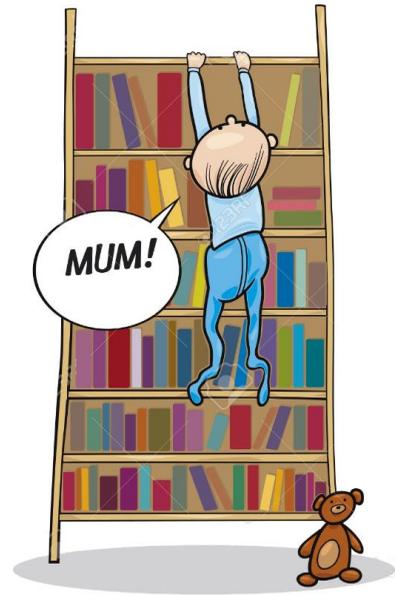
Common Sense

Q: There are times when I tell my young children things that I absolutely 100% do not believe. ‘Get down from there, you will fall’ or ‘Don’t touch that, you will burn your hand.’ As I am telling them what to or not to do, something within me says, ‘That is a lie’. What do I do in this situation?

Sathyam: That is a very good question. If something is dangerous for your child, whether you believe it or not you tell them. But there are so many other things that parents give warnings about that are not necessary.

If he puts his hand on the stove it will burn; that is a fact, unless he is a yogi that has transcended heat. It is obvious that one of the times that he climbs onto something, he might slip. You might not slip but he might. You don’t have to be frantic about it and stop him from every climb. For example, when you and your family were at My house yesterday, your son was playing in the driveway and he climbed onto our boat canopy. My husband said, ‘Get down. You might break the canopy and it is very expensive.’ He told the truth.

I was always in this predicament in the past. But there are things that are obvious. When a child gets one hundred feet from a cliff, a mother can scream until the child moves back. But if it were Me, I would take the child’s hand and lead him to the edge and show him how far the drop off is and let the child decide. And it also depends on the child. If the child is too careless and doesn’t use his common sense, then you emphasize it more. If you have a child that can actually understand, then don’t put fear in him. It’s all about adjustment!



(Compiled for This Edition of the Newsletter, June of 2015)

MOTHER'S INTUITION

There is no information and there is no expectation of information; you just raise your kids. It is really the love that raises them; selfless love. If you have your own agenda, it will be a hell of a ride. If you think your life will not change after having kids, you will suffer the change.

I cannot give out a map because each child is different. But there is one thing that can apply to most parents. When you get too much information about raising your child from books, people and the internet, your intuition dies down and a child must be raised by a mother's intuition. When you gather too much information, you completely block that knowingness about your own child. No one can tell you what your child needs, except you, and if you are always reaching out to get some other opinion, it will take you a long time to accomplish anything with your child. There is nothing more precious than a mother's instinct.

Having said that, don't be so self-centered that you don't want anyone's advice. If somebody gives you advice, listen. If it fits, wear it. If it doesn't, throw it in the garbage; it's common sense.

(Sathyam, Private Conversation, June 9, 2015)

Nourish Your Child from the Source

After a long day of activity, children should feel the peace and tranquility of their home. Children must be raised in a calm environment. Children who are involved in too many activities outside of school develop mental and spiritual deficiencies. Children should be at home after the day's activities are over, and should spend their time in silence and peace, so they are saturated in their own Being. The biggest goal of a mother with regards to her children should be to create an atmosphere of quiet in the home by chanting together, listening to calm music, sitting in silence and meditating together. Although young children do not need to meditate, they should be told, 'Close your eyes for a few moments and know that you are in the light'. They should sing songs and sit silently in their mother's arms; this is what feeds a child's soul. As long as a child's soul is not fed, there will be no balance created among the mind, emotions and body. At times the body might become weak, or the mind might become weak, or the child may be weak with respect to his emotions. Put your children to bed by chanting, and wake them up in the morning with the same chant. Every morning when they wake up or whenever you are leaving your children, tell them that they are in the light, and remind them of this over and over again. We must constantly remind our children, because the world brings about forgetfulness, so we must act in the opposite manner. Nourish their souls as much as possible, the more the better! Don't forget that your children are the most important thing in your life. Nourish their souls as much as possible, because spiritual nourishment is much more beneficial than worldly nourishment, like extra-curricular classes or engaging in other worldly activities. I know mothers who take their children from soccer to piano lessons, and then on to French lessons. The result is that both mother and child become exhausted. A mother is not just a chauffeur; her job is to nourish the child's soul. What can children really gain by engaging in all of these worldly endeavors? I am not saying that a child should not play piano or learn five different languages, but before filling a child's mind with all of these worldly things, we must first plant the seed of Truth there; then we can add all the other extras.

(Sathyam, Excerpts from 'Iran Conference' Book)

SHOW THEM WHERE HOME IS

IT IS BEST TO FIRST TEACH YOUR CHILDREN WHERE HOME IS. TELL THEM, 'FIRST BRING YOUR ATTENTION AND CONCENTRATION DOWNWARD, TOWARD THE REGION OF THE HEART. IT IS NOT THE PHYSICAL HEART; ACTUALLY IT IS MORE IN THE MIDDLE OF YOUR CHEST AND TO THE RIGHT. BRING YOUR ATTENTION DOWN AND IF YOUR ATTENTION IS DOWNWARD, THE ENERGY OF THE MIND WILL FOLLOW AND BECOME VERY QUIET'. TELL THEM TO JUST



STAY THERE; THIS IS OUR HOME, THIS IS THE CENTER OF OUR BEING. WHEN THE ENERGY WANTS TO ESCAPE AND GO UPWARDS AND GET MIXED UP WITH THE THOUGHTS AND FEELINGS, TELL THEM TO VERY EFFORTLESSLY BRING IT HOME AGAIN, BACK TO THE REGION OF THE HEART. TELL THEM THAT THIS IS OUR HOME, AND WE JUST BE...AGAIN IF IT FEELS LIKE THE ATTENTION IS ESCAPING, EFFORTLESSLY BRING IT DOWN BACK HOME. WE NEED TO SIT AT HOME MORE OFTEN; THIS WAY THE MIND LEARNS TO BOW AT THE FEET OF OUR GURU IN THE HEART.

THE ADDRESS OF HOME IS THE ATTENTION SHIFTING FROM THE MIND TO THE HEART.

GOD'S ADDRESS IS VERY SIMPLE. NOW THAT WE KNOW GOD'S ADDRESS, LET'S GO VISIT HIM OFTEN, AND WE ALSO TEACH OUR CHILDREN HOW TO VISIT GOD OFTEN! PRETTY SOON WE CAN FEED OURSELVES FROM HOME. THE WISDOM THAT POURS INTO OUR CONSCIOUSNESS FROM KEEPING THE COMPANY OF GOD IN OUR HEART IS IMMENSE. JUST STAY HOME...

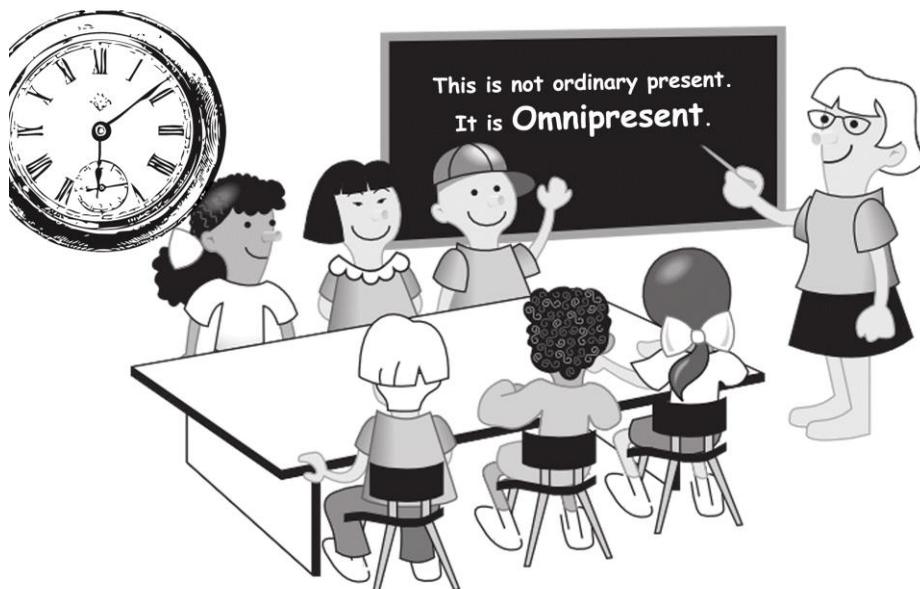
THIS IS HOW WE TEACH OUR CHILDREN. THE ADDRESS OF HOME IS A STRAIGHT LINE. WE ARE USED TO GIVING OUR ATTENTION OUT, AND NOW WE HAVE TO REVERSE THE ATTENTION BACK IN TOWARD THE HEART. LET'S NOT FORGET TO GIVE THEM THE ADDRESS. EVERY TIME THEY SAY 'MOM, I AM...' THEY ARE POINTING TO THE ADDRESS AND THEY DON'T EVEN KNOW IT. SO WE TELL THEM, 'I AM' IS TELLING YOU THAT YOUR REAL SELF IS RIGHT HERE.' THEN WE FORGET ABOUT 'I AM BAD...I AM GOOD...I AM THIS OR THAT...' WE JUST STAY QUIETLY AT THE FEET OF THE GURU. FOR ME, THIS IS MEDITATION AND IT IS VERY SIMPLE.

(Sathyam, Sai Baba Center, Balvika Class, December 8, 2013)

The Importance of Sitting in Silence from an Early Age

Sathyam talks to children: The bigger you get, the more responsibilities you have in life, so if you don't remember the Truth now, you will completely forget it by the time you are older. Practicing makes it so that when you grow up and leave your mother, you take the Truth with you and it becomes your Home, a source of peace for you. It must start in childhood; this process must start now because the later you start, the harder it gets!

(Excerpts from 'Iran Conference' Book)



Omnipresent Meditation for Children

Sathyam speaks to parents: I want to talk about something that is very important for children to remember: God, or the Truth, or the Infinite Self is Omnipresent, Omnipotent and Omniscient. I am going to explain it in My own words first and then you can explain it to your children in very simple terms that they can understand.

Any situation that arises in life can be solved using these three sentences: God is everything and everywhere. God is All Knowing and the All Knower. God is the only power. For example, a child might be scared at night; I don't know of any child for whom this has not happened at least once. When this happens, concentrate on this sentence: 'Because God is everything and everywhere, I cannot be separate from Him'. This awareness and understanding separates a person from fear, doubt, loneliness, worry and stress and ultimately removes the mind. 'God is everything and everywhere' means that not only is God within us but He is also all around us.

Now imagine that your child has forgotten something very important, like his studies or an important point, and he is worried that he might forget it again in the future. As soon as he feels like he doesn't have the power to do or understand something, put the second sentence to work. 'Since God is All Knowing and the All Knower, I cannot be any different from that.' This sentence removes all worrisome thoughts and prepares the mind to accept the Omnipotence, Omniscience and Omnipresence.

This is how to use the third sentence. When your child has doubts about something, is scared to start something, feels like he is taking a big step or is uncertain about how to solve a problem, remember that 'God is the only power'. For example, if he catches a cold, instead of giving the cold any power, contemplate on the third sentence. 'God is the only power, therefore a cold cannot have any power over me. If I give the cold or anything else power, two powers are created and God says that two powers do not exist; only One power exists!' By contemplating on the One power, which is God, the false beliefs and fears begin to slowly fade away.

So live with these three sentences, or these three truths: **God is everything and everywhere. God is All Knowing and the All Knower. God is the only power.**

Sathyam speaks to the children: Remember that anytime you feel attached or worried, or someone upsets you, like a classmate, return to these three truths and tell yourself, 'God is everywhere, so He is also with me, and I am a part of Him. God knows everything, so I must also know. God is the only power, so He will help me, therefore the dark cannot hurt me and no thief can harm me.' Accept these truths from the bottom of your heart, until your entire being rejoices in these truths.

(Excerpts from 'Iran Conference' Book)

It is not necessary for children to sit and meditate for thirty minutes a day or even ten minutes; rather five seconds, ten seconds or two minutes here and there is better for them. A frequent reminder throughout the day is more important for children than other practices.

(Sathyam, Excerpts from 'Iran Conference' Book)

Questions and Answers About Raising Children (ages 7-11):

Love and Compassion

Q: How do we teach our children love and compassion? Some children know this automatically and some seem to know nothing of this.

Sathyam: You teach love and compassion by giving them love and compassion. That's all. You teach love and compassion by giving them more understanding than you would give a child who already knows compassion. Understanding...understanding. Not by saying, 'You are terrible; how could you do that?' The mother or father or relative of such a child must give him understanding, as I give to each one of you. That is the trick.

(Compiled for This Edition of the Newsletter, June of 2015)



Attachment to Children

Q: How do we keep from becoming too attached to our children? I know that attachment is the opposite of our teachings, but as my child gets older, I feel more and more attached.

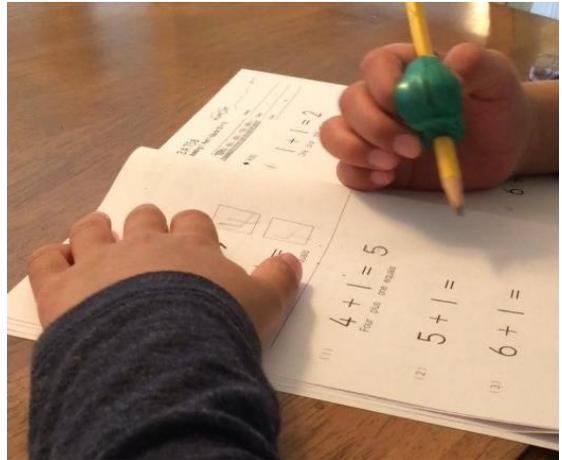
Sathyam: What people don't understand is that attachment is interference. It is the occupation of the mind toward the object it is attached to. Sharp attention towards worldly things brings attachment. That is why I tell you to cut down on constantly wanting to do something for your child, like wanting to see the child be this way or that way, or worrying about how the child sleeps, eats and wakes up. My advice is to relax, be chill. Do not be so concerned all the time or so anxious to do something. Just cool it. That might help a little bit.

(Compiled for This Edition of the Newsletter, June of 2015)

The Discipline of Studying

Q: How should we teach children that they must do certain tasks, like homework? What do we do when they do not do these things?

Sathyam: It depends on the child. You have to give them the discipline of studying. But I didn't study and no amount of discipline could make Me study and that was My destiny. But in normal circumstances, like what I did with My kids, is that after school they came home and had a



snack. Then they went outside and played; they emptied their minds and got their physical aggressiveness out. Then they came inside and there was no question that they had to do their homework, period. And if they didn't, they had consequences. But they listened. There are some children who won't listen no matter what you do, and that is a rare case one has to solve for himself.

(Compiled for This Edition of the Newsletter, June of 2015)

It's Never Only About Our Children

Q: I don't have any children. Can I tell any child that he is the light, or is this just for my own children?

Sathyam: It is never only about our own children. None of our teachings are only about our own family. Since you don't have children, you have a much greater opportunity to share this Truth with anybody and everybody that you encounter. You can tell your husband, tell yourself as you leave the house or tell a neighbor; it doesn't have to be a child. It is like saying, 'I love and care for you', only much deeper.

(Compiled for This Edition of the Newsletter, June of 2015)

Children Need Consequences

Q: When children between the ages of seven and eleven lie or do something wrong and they know it is wrong, what should we do?

Sathyam: At that age, they need consequences. I talked to My children about the law of karma and thank God that I did, because it kept them out of a lot of trouble; it kept them out of a lot of difficult situations. But the consequence must fit the mistake; it cannot be any bigger.

I always dealt with My children with consequences, otherwise they grow up wondering why they don't get away with the same things they did in childhood. They won't get away with it in the bazaar; we can't change the ways of the world. But at the same time, I meditated with them. We had a very spiritual house, so it wasn't just dry discipline. There were other things that fed them and allowed them to stay grounded.

(Compiled for This Edition of the Newsletter, June of 2015)

The Use of Electronic Devices

Q: To what extent is it okay for children to play electronic games? Should we restrict these things completely?

Sathyam: Balance is needed, because no matter how much we restrict these things, they will turn to it when we don't have control over them. If it is educational, they can use it but not in excess. But if it is only for entertainment, send them outside to play instead, unless they are sick, in which case they can be entertained with a movie or an educational program. But children these days overuse electronic devices and too much is too much. And they should not have cell phones, period.

(Compiled for This Edition of the Newsletter, June of 2015)



Food and Exercise

Q: What foods are healthy and beneficial for their bodies and minds?

Sathyam: Fresh, unpolluted foods. But more important than the food they eat, the atmosphere of the home must be good for them, because no matter what you feed them, if the atmosphere of the home is not good, the food won't change it, it just won't. They have to learn to be quiet. They have to learn to be playful and they have to be encouraged to be carefree. These are the things that kids must be encouraged to learn; kids must learn to entertain themselves without television or computers or cell phones. Children who learn this are healthy, because there is a balance between their mind, body and spirit. They don't overuse their mind, and that is an incredible habit. And every child must have a physical outlet; it is a must.

(Compiled for This Edition of the Newsletter, June of 2015)



A Constant Reminder

Q: I speak to my children about Self-Realization, as You say to do, and I constantly remind them, but sometimes they grow tired of me and say, 'Mom, you are always repeating the same things.' How should I proceed with them at such times?

Sathyam: By virtue of the fact that you are practicing, your whole family will soar. What does this mean? If you simply practice, without verbalizing or publicizing anything, your family will see the change in you, and then there is no need to say anything. Furthermore, talking to the children devalues the things that I am saying to them.

Your children have grown tired of hearing these words; they want these teachings to be proven to them. So you must create an environment in which you can sit together and practice and the sooner the better, because they are bored with all the talk and no action. Your children want something greater from you than just the general duties of a mother; grant them this wish!

(Excerpts from 'Iran Conference' Book)

Give Your Children Deep Understanding

Unfortunately, people are accustomed to learning about how to be a mother from their neighbor, mother or grandmother, even though these people did not even have enough self-awareness with regards to raising their own children. But now we want to learn how to be a true mother. Once we give deep understanding to our children, they will begin to change.

Don't forget this point: if you curse at them, hit them or punish them by locking them in their rooms, they will not change, but if you sit and talk to them and give them a deep understanding, you will see how they completely change and transform.

(Sathyam, Excerpts from 'Iran Conference' Book)

Deepen Your Relationship with Your Children



Sathyam speaks to a mother: Spend time alone with your children. Talk sincerely with one another. Sit down and talk to one another every now and then. For example, ask them, 'What things make you happy?' You can start to know your children better this way. We think that we know our children, but that is not the case. You can talk to them about yourself. For example, you can tell them, 'This is what gives me peace. I see God in 'this'. How is it for you? What do you see God in?' Do this without trying to advise each other; just listen to each other without judging the answers.

This is how we can take the mother-child relationship from auto-pilot to a deeper place, because the mother worships her children automatically and does everything in her power to ensure their welfare, but never asks, 'What things brings you the most joy?' Or 'What do you want from your mother?' Asking these types of

simple questions opens doors and takes the mother-child relationship to a deeper level. I remember as I would drive My own children to school in the morning, I would speak to them in this way, and I would tell them parables to teach them whatever lessons I wanted them to learn. For five years, I would tell different stories about this one child and his adventures. I wouldn't directly tell My children things that I wanted to teach them or things that I wanted them to do. I would use the boy in the story to convey these things. This way they wouldn't forget the points I wanted to teach them. I didn't order them around, I simply told them the story of a boy. In My story, the boy discovered a whole world underwater that was unbeknownst to anyone else. I now understand why it was underwater; it points one to the depth. You can also tell your children similar stories.

(FDE Phone Conference, June 22, 2015)



Don't ever be intimidated; don't be embarrassed to tell your children the Truth. Don't think that they are not prepared to hear it, or that they will get offended; don't think that they might get mad. Don't think any of these thoughts. Just do it, but not forcefully!

(Sathyam, Reno Retreat with No Name, February 2012)



Kids are much more important than adults. A mother should never share her suffering with her child. They will see enough suffering in the world; the home should be a sanctuary. The family structure provided for a child should be peaceful at all times, even if the mother and father are suffering.

Don't Share Your Worries and Concerns with Your Children

This is what I did. The child must have peace in his home. This is the responsibility of the mother and the father. If you were a child who did not have this type of environment when you were young, now that you are grown up, make sure that you create this type of environment for your children. Be certain that your own mother and father didn't know how to create this peace, so don't argue with them about it; just fix yourself. Those who grew up without a calm environment have the responsibility to correct themselves and give themselves peace and freedom. Those people on this path with small children do not have the right to create an unpeaceful life for their children and if they do, they are being selfish.

If a mother needs to cry, she must do it in private. I don't agree with parents who say, 'Our child should know the truth'. What truth? Crying out of your suffering is no more than a lie. The peace that we create for our children will become our own peace. How beautiful this is! When

My body was physically sick, I would hide it from My children, because I was always with them and I did not want to tell them about My body's illness. This made Me forget Myself and My problems.

(Sathyam, FDE Phone Conference, September 21, 2014)

Children Between the Ages of 7-11 Ask Sathyam:

A Child's Attachments

A ten-year-old child asks: How can we lessen our attachment to our mother and father?

Sathyam (after a short pause): Don't worry about your attachments. God, who lives within you, will take care of everything. Tell yourself, 'When God is Omnipresent and also lives within me, I won't worry about my attachments. I will trust because

He knows what is best and what He needs to do.' Know that you have no responsibilities. Give these responsibilities to the Divinity within you. Don't forget that you are completely free!

(Excerpts from 'Iran Conference' Book)



Being at Ease

An eight-year-old child asks: I like to finish my work quickly, so that I can feel at ease. What is it that makes me want to finish my work so that I am at ease? What is it within me that wants to be at ease so badly and so quickly?

Sathyam laughs: Your question is so beautiful that it makes me laugh, as if I am being tickled! This is your thoughts and your mind. Next time when your mind wants you to complete important work so that you can be at ease, do it. But when your mind bothers you, meaning that it constantly repeats 'Do this', or 'Do that', sit in silence! After a short while, these thoughts will leave your mind. Sit and do the Light Meditation; imagine that a divine light is surrounding you and filling your entire being. After a while, you will realize that the thoughts that are repeated are the ones you

have paid attention to. By sitting and being silent, they will leave your mind on their own, however it is better to do the work you need to do as soon as possible.

(Excerpts from 'Iran Conference' Book)

Anger

An eight-year-old child asks: When I get upset, I can't control myself. What should I do?

Sathyam: Next time you get mad and feel like you can't control yourself, look at yourself and see whether you like your anger or not. When you raise your voice and angrily shout, 'No, I don't want to! I don't want to!' watch your actions and see if you like them. If you don't like your actions, you will have more control over them next time. Also, Baba says to drink a glass of cold water when you get mad. So the minute you start to feel mad, go to the kitchen and drink one to two glasses of cold water. This will lessen your angry energy!



(Excerpts from 'Iran Conference' Book)

Life's Problems

An eleven-year-old child asks: How can we decrease the number of problems we have in our lives?

Sathyam: Problems are always in the mind. If you look closely, you will see that you have a mother and father who look after you, you live in a good home, and you go to a good school. Something may happen at school to upset you, but always remember that the love you give your Self is more important than the love that others give you. Because the worth that others place on you comes from their ignorance, meaning one day they value you

and another day they do not. But the worth that you give your Self comes from the knowledge that God is within you and you are God, and this will bring you peace. So in conclusion, do not have any expectations from others or from this life. Just accept and love yourself and don't criticize yourself or others. Sit in silence and feel the light that surrounds you and know that God is within you and as soon as someone at school says something unkind, close your eyes for a moment and say, 'Ahhh, I know who I am, but this person does not know who he is, so I forgive him because I can feel my greatness.'

My dear, always remember that God is within you. He will always take care of you; trust in Him. Believe what I am saying to you from the bottom of your heart. God's light is always within you, so anytime you feel upset in life, return to the trust that God has placed in your Being.

(Excerpts from 'Iran Conference' Book)

Lying

An eleven-year-old child asks: Sathyam, You say that we should not lie because it will distance us from the Truth. But if I get a really bad grade in school and tell my mom, she will get upset. So in this case, is it still wrong to lie?

Sathyam: Yes, it is still wrong to lie! Your mother must correct herself; her reactions should not cause you to lie or hide things. If she doesn't ask, that's one thing. But if she does ask, you must tell the truth! Try not to be upset by her reaction and instead focus on the fact that your mother wants you to do well in school so you can have a brighter future in society, because she loves you. Don't be upset; remember that your mother's anger comes from her love. I may also get angry in some cases, but at those times there is more love in My anger than in My embrace!

(Excerpts from 'Iran Conference' Book)



Religion

An eleven-year-old child asks:

Sathyam, do I have to fast during Ramadan?

Sathyam says with a warm laugh:

I love you! If you were with Me right now, I would give you a big hug and a kiss. My dear, since you are your parents' child, you must play your role. When you grow up and leave your parents' house, treat your own children based on your understanding of God.

(Sathyam speaks to the child's mother and father) Do that which brings you closer to God and gives you peace. If you get peace from Namaz (Muslim prayer) and fasting, convince your children to listen to you about that. But if the child follows her parents' path one hundred percent, she may lose sight of her own path, which might be much deeper, or she may get farther away from it. So talk to your child about these things and let her tell you, very honestly, whatever she wants to tell you. Your child may think that if she doesn't fast, she is committing a sin and this fear might cause her to feel separated from God. This obstacle must be removed, so she can experiment with her own path; she might end up feeling closer to God this way.

(Excerpts from 'Iran Conference' Book)

Temptation

A ten-year-old child asks: Sometimes in the middle of studying, my mind tries to tempt me into doing other things, like playing the piano, etc. I don't know what to do in these instances.

Sathyam: First of all, before studying, you must do some physical activity so that your body gets tired. When we want to transition from doing one kind of mental work to another kind of mental work, the thoughts in the mind increase. So before you sit down to study, do something physical, like playing ball with your sister, or something like that. Then when you do sit down to study, discipline yourself to only give importance to the



thoughts that help you study. Do not pay attention to the thoughts that want you to get up and do something else. After a while, your thoughts will realize that your attention is the boss and once the attention is shifted from scattered thoughts to your homework, the mind won't interfere. Not giving any sort of importance to these types of irrelevant thoughts will cause the thoughts to gradually and slowly leave the mind. But always remember to do some physical activity every day, so that your mind calms down.

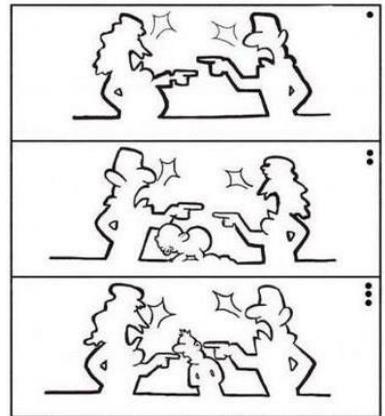
(Excerpts from 'Iran Conference' Book)

Divorce

Sathyam speaks to an eleven-year-old child whose parents have recently separated and are in the process of getting a divorce:

Remember that this divorce is between your mother and father; you haven't lost your mother, your father or their love. The love that a mother and father have for their child is expressed even more after a divorce, since parents feel that the divorce is creating a void in their child's life. Don't think about the reasons why they separated, because their destiny was to get a divorce and it has absolutely nothing to do with you. Believe Me, they may both be happier people as a result of it. You must follow your own destiny, which is to have a calm mind and a joyful heart. There is absolutely no lack in your life, unless you accept that there is lack. You have a mother and a father and their destiny is not in your hands, it is in their own hands. Instead of concentrating on, 'Poor me', concentrate on this: 'My being is happiness and by letting go of thoughts, I can attain my eternal happiness and show my mother and father how one can find freedom in a tough situation.' I want you to be that brave soldier, who courageously proves this to himself. Trust in God and know that whatever circumstance He puts in front of you is good.

My dear, I want you to do two things. The first is to not repeat your parents' story to your friends or anyone else for two reasons. One is that you will bring



sadness to those who listen to you and second, every time you repeat it, you will bring repeated sadness to yourself by reliving it again. The result is that you can't forget the problem and furthermore, you have made it bigger than your capacity. So forget about repeating this story to others. The other thing is that every morning when you wake up, for a moment sit in your bed and close your eyes. Go to your silence and say, 'God, I trust that my hands are in yours.' Take God's hand and go to school with Him, do not let His hand go and remind yourself of this throughout the day.

Be certain that your life will be so bright and you will experience so much joy that it will surprise others. Your little body may be going through some hardship right now, but this hardship is what brought you here, to the place where you will receive the teachings that will bring you freedom.

A child speaks to Sathyam about his parents' problems and pain.

Sathyam: My dear, there is no reason for you to get yourself involved with your parents' destiny. I am so sorry that this type of information reached your delicate ears and made it so that your parents' problems are now your problems. At this time, your being does not have the capacity to handle the problems that adults face. I want you and your friends to be the eleven-year-old children that you are. Whenever the thoughts about your mother or father's problems come to mind, tell yourself, 'God, my hands are in Your hands, and at this time, I have no responsibility toward my parents problem; I have released it in Your divine hands'. Live your own life! Listen to what I am saying; it shouldn't matter who did what or who will do what in the future. Focus on your own life; focus on your own happiness. I want you to play; I know that you are an excellent writer, so write beautiful stories for people. Free yourself! Any time you want to repeat your story to someone, shift your attention to the region of the heart and remind yourself, 'My hands are in God's hands, I completely trust that there is a light within me and I am in the light, and this same light will clear a way for me.' Don't forget that you are the light. The light of God! I ask that you take My words to heart and the next time we speak, you can tell me that you haven't forgotten what I said to you.

(Excerpts from 'Iran Conference' Book)

Allow Me to Live My Purpose



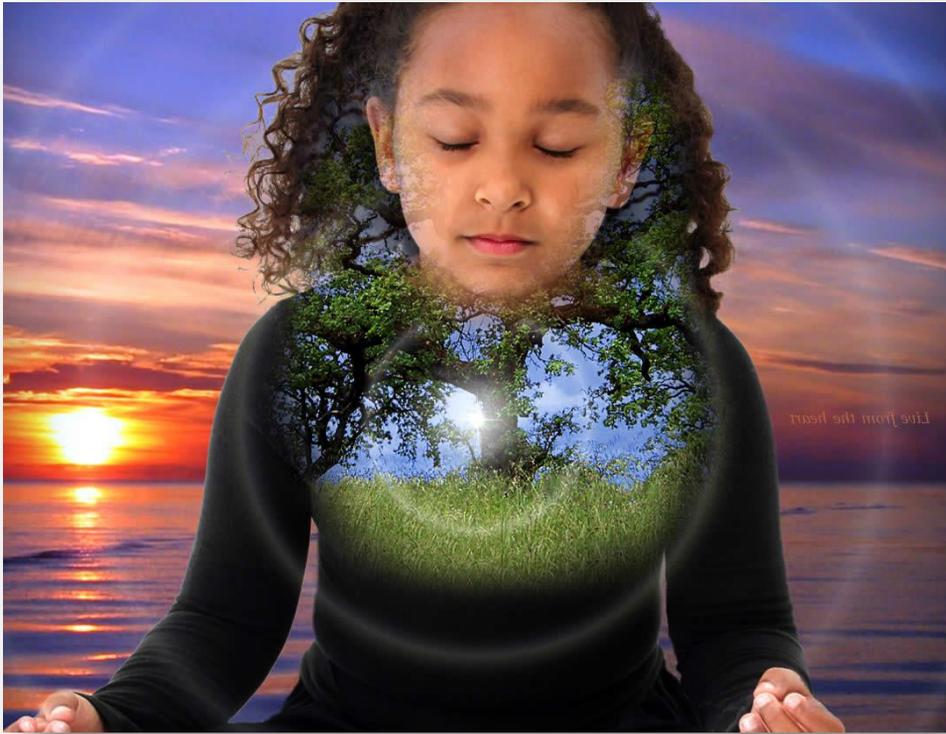
Let Me tell you what children are trying to express. What they are communicating is, ‘Mom, I came here for a certain purpose. Let me live that purpose. Don’t interfere with it too much.’ But at the same time a parent must follow his or her own purpose. If parents do what they believe in, without forcing their children, they have got it made.

(Sathyam, Private Conversation, January 25, 2013)

First Help Yourself

When there is an emergency on an airplane and the oxygen onboard decreases, the mother must first put on her own oxygen mask, so that she can save her children. Therefore, you must first put these methods to practice for yourself before sharing them with your children.

(Sathyam, Excerpts from ‘Iran Conference’ Book from ‘Iran Conference’ book)



Your Children Will Never Leave Their Roots

I don't ever put special labels on My family. They are just like anybody else, it is just that they were raised differently, that's all! They still have their worries and their anger like anybody else, but eventually this kind of upbringing will pay off. You will see it with your own children; sometimes they will go off and fulfill their desires like My kids did, and they will be really involved with the bazaar, but something in them is stable. No matter how unstable their mind is,

their heart is stable. So, although they are really involved in the bazaar, there is something in the core of their body that guides them.

My point is that your children are not your children, but nevertheless, tell them the truth. They might not listen, but something in them hears it, so never stop reinforcing it. I used to teach My children about Baba's teachings. When My son was twelve he said, 'Mom, You taught me well. Now let me go through life and experience what I need to experience.' And I waited for many years for him to come back again. You teach your children, and by the time they are twelve or thirteen, they say 'Leave us alone' and you leave them alone. They go through all sorts of worries, condemnation, desires and failure, but they never leave their roots. They never leave their roots, that foundation!

The smallest things that you do for your children are the most significant; it always pays off. Spend time with them because it will never be wasted. There were times that I would cry because I thought My kids were never coming back, but eventually they do. Eventually they come back to their source!

Absolutely, beyond a shadow of a doubt, the best parents are the ones who help themselves. There are a lot of parents that give comfort, security, good food, good shelter, and still they are miserable, absolutely miserable. So My advice is to invest in yourself as a parent. Don't worry about the world that changes. It is unpredictable and full of uncertainty. What is certain is your silence!

(Sathyam, Private Conversation, January 25, 2013)

ADOLESCENTS

Sathyam talks to the mothers and fathers of adolescents who grew up with these teachings:

A teenager who is still living with you is still in the sanctuary of your physical home. He is still under your wings, so let him be free under your wings! He needs to be free, but I assure you that even though he is free, he is not stupid, because he has had enough training to know that he does not need to do anything dangerous in order to prove to himself that he is free, nor does he have to leave his principles or his spirituality behind. Under your supervision, he still needs to fly and experience things. For example, if your teenager would like to have a glass of wine with you, let him have it. But it is too early for him to go out and do that on his own. If you know that he is drinking with his friends, tell him that you are not against drinking, but it must be supervised. We are not against freedom, but we are against unsupervised situations that can be dangerous. This is particularly true in Iran, where the alcohol is very unsafe and drinking should always be supervised at this age. For him to go out and drink with his friends is a red flag. He can go and have fun and even hang out with the opposite sex, but not all at once. He can do it very gradually.

Once a teenager leaves your home for higher learning, he is beginning an entirely new chapter of his life. His whole world is opening up; he no longer has to report to anyone about what he is doing and where he is going. When he enters this new phase of life, he needs more supervision, support and reminders. He needs you more than ever, as he learns to navigate this new terrain in a manner that allows him to grow and experience new things while still upholding his core values. At this age, he may not come to you when he is in need, but be vigilant to

advise him of what you think he struggles with, and let him know that your non-judgmental support awaits him.

I am a big believer in freedom without foolishness. I do not approve of a foolish type of freedom. But I am one hundred percent for wise freedom. I would rather have My child be completely free with wisdom than be under My control with foolishness, because they can always find a way to do what they want, always!

Make sure that you do not judge your children when they do come to you; make sure that you do not raise your voice. Ask your heart 'How can I tell my child what I need to say in a way that does not hinder him? How do I do this in a way that doesn't make him feel as though he is under my control, while giving him a secure environment?'

Your daughter should be able to come to you and tell you that a boy made a pass at her, and even that she let him. You say, 'Just explain to me what your state of mind was.' In other words, nothing should shock you. This way they will be able to get advice from you.

If we don't dignify ourselves, nobody will. This is particularly true for the young people. Tell them to do that which dignifies them with the utmost freedom. What is dignifying? It doesn't trash who they are, that is all!

(Sathyam, Private Conversation, March 26, 2013)

Questions and Answers About How to Deal with Teenagers (12-19):

Disability

The mother of handicapped children asks how to respond to her children's dismay that they are unable to do certain things.

Sathyam: There is no response; what answer can you give? We have a saying in America; 'If God gives you lemons, add sugar and water and make lemonade.' This means not to make the situation worse through your reactions. Tell them, 'The situation is what it is. I don't know why it is this way, but I will do whatever is in my power to make you happy. You must also help yourself. Every person must know that the responsibility for their happiness lies on their own shoulders! Nobody can make us happy'. Tell them, 'I don't know anything; I just know that since the situation is this way, we must help one another, so we can build a good life together. We must be united, so we can have more happiness in life.' They cannot compare themselves to healthy people, but it is good to watch movies about other disabled people, so they can compare themselves to those people. For example, being a chef is a very important career in America. I know of a blind woman who competed in a cooking competition, alongside the best chefs in America. She is a light for others; she beautifully tasted each food and differentiated between them based on touch. She uses her intellect and interest for this purpose. There are people who don't have legs and yet they ski. One of my family members is paralyzed, yet he does all of his wife's computer work using his mouth and his tongue. Never give your kids examples of people who have a worse situation than them. That would be like cursing at them. You must tell children with disabilities, 'Let's do some research and find others who live a better life despite their disabilities, to see what they have done. Let's see how they do things that seem impossible, so that you can learn and do it too.'

(Excerpts from 'Dar Hoozor' Book)

Don't Ignore Your Child's Pain

Q: My family and I were in a tough situation recently and my teenage daughter was emotionally scarred as a result, and facing this situation is difficult for her. How can I help her?

Sathyam: Never sweep your child's pain under the rug, because underneath it all, they are still feeling that pain. With regards to this situation, don't talk to your child about God. Tell her that she is right, and that you also feel this way, but you want to move forward together as a strong and united team. Tell her that you don't know why your situation in life is the way it is. You don't know why you had to move into a smaller place. Tell her that you don't know why her father thinks the way he does. Don't let her feel like you are trying to cover up her pain, because this will make her angrier. Tell her, 'If I sit and cry about this situation day and night and worry about it, will anyone help me? I have to move forward. You can also choose to move forward with me or you can stay where you are now, and continue to be upset. I too feel loss and pain, but I don't want to stay there; you can also move forward with me. Don't cry because it won't help. By crying we make ourselves feel worse and then we have to make ourselves feel better; nobody can do this for us. So come on, let's not feel weak or hopeless; let's allow this sad story to add to our courage and strength.' Talk to her in this manner; she wants to hear this from you.

Mother: I think I have given her the worst possible answers.

Sathyam: No, you didn't give her the worst answers; you gave her the best answers you knew to give.

(Excerpts from 'Dar Hoozor' Book)



Let It Go

Q: When my teenagers are suffering, no matter how much I tell myself that this is a dream it does not help. I do the Omnipresent Meditation and anything else I can think of, but it does not lessen my suffering. When my teenage child is suffering, no amount of Stop works and my mind is like a wild horse. What should I do?

Sathyam: None of the practices work as long as the mind is busy. If you can, you must say goodbye to the problem and the person who is in the problem, find some silence and in this silence see if you can reason with yourself that Stop Meditation is the best thing you can do. If nothing really works, what can I say to you? But this is My suggestion to you. It is like the question (number 54) in 'Most Precious' about the death of a loved one where it says, 'Speak to us of how to deal with the death of a family member or friend we love.' The same thing applies here, to a loved one who is sick or having a problem. Okay, get upset, throw a tantrum, be worried, be afraid, but then let it go. Let it go. Don't let it last forever. That's something that we must teach ourselves through using the tools; there is nothing that anyone from outside can say. And sometimes nothing works; so go through that period of pain until you don't have it anymore.

(Compiled for This Edition of the Newsletter, June of 2015)

If You Don't Know, Just Trust

Q: I know that nothing is in our hands, we are not the Doer and we know nothing, and I trust what You say about raising children by raising your own consciousness. But in the bazaar, in order to be successful, healthy and safe, there are things we must teach our children. Sometimes not being the Doer, while also having the responsibility of teaching my child are contradictory for me.

Sathyam: If you know beyond a shadow of a doubt that what you are saying to your child is a fact, then by all means interfere and teach. But if you don't, just trust! Ask yourself, 'Is what I am telling my child from

memory, or do I really know the present situation?’ If you do, by all means do whatever is necessary, but if you don’t, just trust. That’s what I do.

(Compiled for This Edition of the Newsletter, June of 2015)

Just Be a Source of Inspiration

Q: As our children become teenagers, what can we do to push them toward these teachings more? I have noticed that when we try to force the teenagers and young adults, it has the opposite effect. Please advise me.

Sathyam: Do not push. Let the older child have space to look from afar if he or she wants to; again the only thing we can be is a source of inspiration, not a teacher. Once you have laid the foundation in your home, you have to let them go and they will eventually come back to it. In the meantime, they will always remember the foundation. After the age of eleven, there is no more teaching. You can’t be concerned about it at all. Having said that, you can still text them something inspirational or when they come to you with a problem, you can always tell them that they are greater than what they think they are, and that the problem will go away. Just be a source of inspiration, not teaching.

(Compiled for This Edition of the Newsletter, June of 2015)

You cannot tell your young adult children to come and sing bhajans, etc.

They must find their own way. But as an example, I am constantly switching the books on My children’s nightstands. I will put different books there that I think they will benefit from reading. Then when they come to visit, if it is meant to be, they read the book. And if they don’t read the book, it was probably not beneficial for them. You too can place reading materials randomly throughout the house that you think will be beneficial for your children.

(Sathyam, Excerpts from ‘Dar Hoozor’ Book)

A peaceful approach to parenting is not of the mind and it is always successful, always. it never fails. The law of creation is love and peace. The law of the polluted mind is effort and fight. Until we go back to that original law of creation, which is love and peace, we are always removing obstacles and creating obstacles, and this goes on and on. When we are smart, we realize that we must love.

What is love? It is acceptance. Love is not me telling you that I love you; when I accept you, I have freed you.

I don't think I have ever criticized My own children, but I have brought forward examples from My own life, in order to make their lives better. That is the difference between understanding your children and being demanding of them. Being demanding of them involves their will and it is a set up for failure. Being demanding is of the mind, it is not peaceful. When I am demanding something of you I am disturbing your peace. But if I share with you that the same thing happened in My life and this is how I handled it, you will accept it more, because I am giving you understanding and you are giving Me understanding.



I remember that I used to tell My kids to clean their rooms every single day, but it never worked. I would tell them two or three. Do not come right out and tell your children what is wrong with times a day, but it never worked because it was not a peaceful approach them. Instead, if you are successful, share with them what has worked for you in your own life. Demanding things of your children and criticizing them is never successful. It is never successful and yet everybody does it. it is like an addiction. This has been My experience as a mother and a Teacher.

I am not saying that parents should not parent; what I am saying is that rather than pulling on their minds, pull on their hearts, if you want to successfully reach your goal. The young people that come to Me have a lot of weaknesses, but they drop them through the understanding and the lack of importance that I give their weaknesses. Society tells children that they are this and that, but I tell them, 'I accept you. Look what I have to offer you.'

I have told many people that they should discipline their children, but Discipline is not problem solving, it is elimination. So yes, you should discipline, but there comes a time when you must have this understanding. The highest form of love is understanding, not demanding. Anybody in this world, even criminals and terrorists, even animals and minerals will respond better to understanding than to demanding. This approach is better than any other approach and it is successful. If it does not work the first time, do it again and again until it penetrates!

(Sathyam, Private Conversation, August 4, 2015)



Sathyam's Wish for All Children

I hope that this grace that we have shared over the past few days will go towards our children, our grandchildren, and the next generation. My only wish is that the same love we shared with each other will provide a better future for them. I hope that the heart of each child is looked after and that each child is happy. I hope I do not leave this world until I see that.

The young are our future. I hope that you embrace them; I hope that you tell them what they are, who they are. I hope that you give them strength, give them courage.

I hope that all of you make Me happy by doing this. I hope that the whole world is happy.

Self-realization is one thing, but when I see sad faces, it still bothers Me. Help Me; I want this from all of you and I want each one of you to help deliver Baba's message. Tell the children who they are, be an example and nourish their hearts with the Heart of the Mother. Do not neglect them, do not forget them, they are our future. Everything I have done is because of the children.

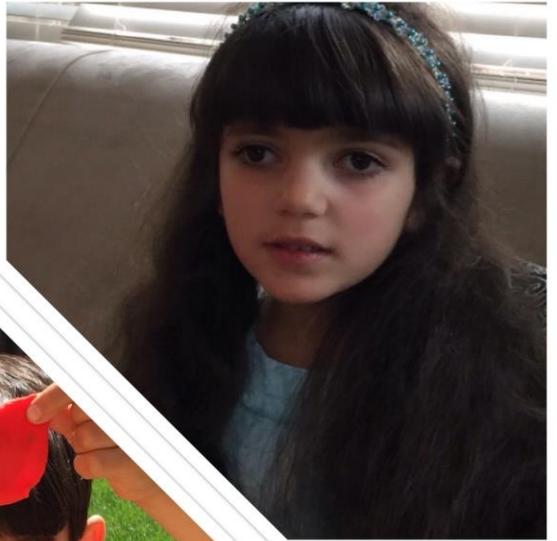
Be the Heart of the Mother. Give the young people what they need: understanding. Give them love, but give them acceptance more than love. They are not forsaken, they are not lost; no soul is lost. Don't give up, don't give up on anybody, just give them understanding.

Don't go searching for them but when they fall into your lap, don't ignore them. Start from your own home, make sure that your own children are nourished, and make sure that they know who they are, even if they resist you. Continue telling them who they really are, continue doing the practice of the Presence of God, continue being with 'That'.

You don't get grace without passing it on. Don't think otherwise. The grace has to be passed on; you can't keep it to yourself.

We are not here alone; we are here as a unit, a unit of love, a unit of understanding. Listen, understanding is more important than love, believe Me! Don't hug your child, give them understanding and then they understand you.

(Sathyam, Heart of the Mother Retreat in Reno, October 13 to 17, 2010)



Love Plays

All the Roles

"If I am a mother, I should be a mother forever. If someone is My child, they should be My child forever! How can you tell Me that I have all these people around Me for a short while and make Me believe it is real? It can't be: it's impossible."

(Sathyam, Private Conversation, January 10, 2015)

Sathyam explains this further: Love comes in the form of a mother, not the other way around. Love comes in the form of a mother; a mother does not come as love! A mother does not have love; within love is a mother. Motherhood is the role that love plays, not the role that a mother plays! The important point here is that only love is real; the roles that love plays are temporary. Love is the base! When love plays a role, is the role real or the actor? Does the actor who is playing a role in a movie have reality or the role he plays? An actor creates a role; the role has no existence outside of the actor; only the creator of the role has existence. That's why it's impossible; that's why it can't be real. The problem is that we give reality to the role of the mother or the role of the child and we make the love secondary and then we wonder why our roles are temporary!

(FDE Phone Conference, February 22, 2015)

“Sathyam, please give a message to the children.”

After a pause, Sathyam replies:

‘You are God! You are God! You are God!’

(Sathyam, Excerpts from ‘Iran Conference’ Book)





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