

Amazing Grace



# Sathyam's Prayer

*Dear Truth, Dear One*

*Let us see The All-Pervasive Existence, where there is two*

*Where there is pain, let us see That*

*Where there is fear, may we see That*

*Where there is stress and anxiety, may we see That*

*Where there is disharmony, may we see That*

*Where there is mis-trust, may we see That*

*Where there is loneliness, may we see That*

*Where there is love, may we see That*

*Where there is hate, may we see That*

*Where there is understanding, may we see That*

*Where there is mis-understanding, may we see That*

*May we see That, only That, 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 can flow out of us to That.*

**January 2008**

## ***Divine Love***

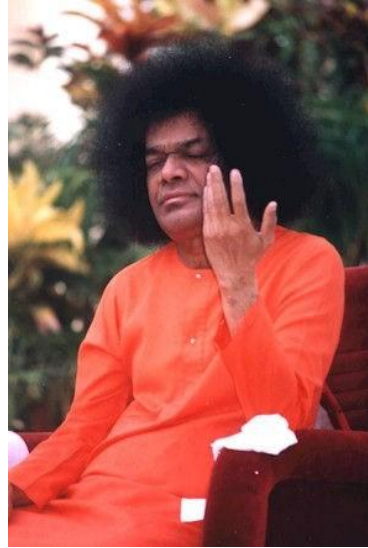
*In the Ocean of God's Love, questions are swallowed, the future is swallowed, the path is swallowed. There is only a leaf, a particle of existence that goes freely, abundantly and carelessly to wherever this Ocean takes it, without thoughts about where am I going, when am I getting there, how am I getting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

**Sathyam**

**July 19, 2007**

# ***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 begins: When the mind thinks a lot during a meditation, it is because it has gotten your attention a lot during the day, and to remedy that is to stop and to just not care. Just close your eyes for a moment, and sit very comfortably. Just don’t care for a moment, bring your attention down to your heart. (This meditation continues for a few minutes.)

Sathyam continues: Slowly open your eyes. Was it better this time? Peace is in the silence, so those of us who are looking for peace we can not 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 here. It would be hard to look for your watch somewhere that you hadn’t even brought it there. This is so important, because there is not one person in the world who doesn’t want peace. The method,

however, is silence; not only silence of the mouth, but also silence of the heart. We must put our concentration 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 say what I am about to say. My teacher (Sai Baba), says that if you bring an elephant into a room, 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. We see many things that are not real; it is as if we are in a room full of mirrors. You look at yourself, and you see so many images of you, unless you realize that it is only your reflection that you are looking at, you will be like those who are blindfolded. When you realize that you are o.k. and not just guessing, that is when the game ends.

What I recommend in this world which is so important for each of us is to understand this fact. To help you understand 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 brotherhood and love, Buddhism talks about compassion, Judaism talks about the laws of humanity, and how one should follow them in order to not reap bad consequences. In Hinduism, they talk about the unity of all forms as being One, and so on and so forth. However, 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 this world, for this crisis? The remedy is to see the underlying existence, that there is nothing but one current, that there is nothing but One. It is very important that we really live it, we can't just hear it. This is because every time you see that, your consciousness would expand, then the form differentiation between Hinduism and Islam, and this or that in your world, melts into each other as one. The person who is imbued with the oneness and the unity will have unconditional love, and the person who has unconditional love can have healing for 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? At any moment it could end, and anything 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 everything we thought was important is no longer so. 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 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, and that it is always with us.

My Guru told me in \^9\ 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 everyone, so he knows that I am happy.' What he meant is that your Being is happiness, your existence is happiness. You might think that you are happy now, but in the next minute you might not be. However, when you are in your existence, the happiness is eternal. So, when we go into the world as one who carries the TRUTH, every time news comes that our senses entertain through our sight, our hearing, our sense of touch, etc. we need to translate it into this unity. I don't mean to only think of unity, but also by translating the multiplicity to One, this way we are giving the world healing, and 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, knowing that there is nothing but THAT. That alone takes the judgment, and throws it away, it takes the fear, and it throws it away, it takes the resistance and it throws it away.

I also know that in this world at this time there are a lot of people who are crying out for help, so it is really important to translate it into ONE, in order to help them.

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 Omnipresence, then I must trust that is who I am. I must trust. Just remember it is not 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, or a wobbly walk, it is still better than nothing. So, we are like a person who is standing in a room looking at himself at different angles in the mirror. If you make a face at the mirror, ten others will do the same

back at you. If you bow down to the reflection, ten others will bow down to you. However, if you sit in front of the mirror, with your eyes closed, there is no mirror or reflection at all. 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 Omnipresence and I can't 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.

I would like to tell you a story that is very inspiring. We can not fake realization, we cannot fake understanding, and we have to develop the understanding until we know that we are THAT. It is a story of a woman who saw nothing but the Omnipresent God, and she was really living it. 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. 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 had no belongings and did not want any.

While she had her head down as she was writing something on a piece of paper, she looks up and she sees a man dragging her friend's daughter into the stable. She runs into the stable even though she is in her 'V's, and sees this man who looks very suspicious and villain-like. She throws herself between the man and the girl, looks the man in the eyes and realizes who he really is. The man has no idea what she is doing, he just sees an older lady staring at him. The stare however was



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so convincing by itself, and what she was seeing, that the man was transformed, and left the stable without hurting them at all.

Had it not been for her pure and utter conviction of who she is, there would have been terrible consequences as a result of things that could have happened in the stable.

Can anyone throw themselves between a child and an intruder, who does not have this consciousness in them? I would say no, that would be foolish, it would be better to call the police. However, if we have developed this, there is no way that by really seeing the Truth in every one of us 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: She saw her Being and his Being as no different from each other. She saw only THAT which constituted her BEING and his BEING as no different. If I say that I saw myself or this body in him I am fooling myself; he didn'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 man would be devoid of That, or anything but 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 is completely wooden. It has a staircase which does not have a concrete back to it. 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, and 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 the stair. Meanwhile, I just 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?' This is the honest truth and you can try it yourself if need be. The moment I said that the dog shot out of the stairway, as if he had been shot out of a canon without any help; he just flew down the stairway. Now, that was a dramatic situation, and it doesn't happen everyday, but if you are convinced that there is only One, then what is the problem? What is really the problem?

If enough of us develop that consciousness, we can actually change the picture that this world is witnessing. We cannot however, walk for peace, because it will not go anywhere, unless we have established being in the peace ourselves, and this is all we see. The only thing that we cannot fake is the expansion of consciousness. You either have it and you have developed it, or you are tossed 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 brain washed us for so many years. It is high time that we hear more and more of the TRUTH.

Sathyam holds up the blank piece of paper and states: This is the consciousness or the mind that sees only the ONE. This is the one that actually translates and sees only ONE.

What do you see? (Referring to the blank piece of paper) We see 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. It is completely harmless.

The problem arises when we start being somebody (starts to draw images on the blank paper). When we start being somebody, having different titles, and having differentiation through religion, race, judgment of the family, politics, society, for 'this' reason and for 'that' reason, this paper is no longer THAT. This paper then forgets what this paper is, because it is now beyond recognition. So, what is the path of TRUTH, or self-recognition? The path is to begin to bring these and nullify them, until there is only ONE left, and that is God.

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 with this teaching for a longer time period, can testify to that. They can testify to how much has changed in their way of thinking, their way of acting, their way of being.

So, our responsibility is to know first 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? (Shows blank, white paper again.) We then can become a light to other people and pass on the torch to them, and it goes on and on, until the entire world is really shining.

Any questions, comments, or disagreements so far?

A woman asks: "What should one do with someone who doesn't have any goals or any focus in their life?"

Sathyam: If the person considers himself the body and the character, I would say he is fooling himself. I would say he would probably end up on the street, and would be needing people's help. But if your consciousness is That (showing the blank paper) the food comes to you, and you don't have to worry about it, 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: "What if that person never worries about money?"

Sathyam: No, you don't have to worry about money. The supply comes from that ONE which 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. It entails just sitting, and knowing that a promise was made to you at birth. This promise says that 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.

Does that 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, my life, and or my health will fall apart. If, however, 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 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 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 taking action, etc. As we expand our consciousness, we realize that it is in the Being that our supply is. Again, I am just so happy that some of you keep coming back, because what I say to you may sound like gibberish. Believe me, I have had so many people to whom what I said made no sense, but they felt uplifted without really knowing why, or what I was talking about. However, little by little this Truth will penetrate.

If I go around and identify myself as who I am not, mainly 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, each passing thought, I am no longer stable. This is because there are so many things that can take me to the other side of stability. The more we realize this expansion of consciousness which isn't 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, as well as the world. That is all that means! If we are sensitive enough, we are

constantly looking for solutions from the world, or we are accusing the world and the people in it of doing us wrong, or we have a problem with 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 false beliefs of the mind, we can rise above the mind.

The Trust Meditation is 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, and we call it manifestation. Whatever you see or perceive with the senses and the mind, are 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. They sit there as self-realized people. Under the first umbrella, as long as 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 dreams happen. 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 to who you are, there is reincarnation. This is because you only identify yourself with your sleep, and 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. Once, however, you realize it is nothing but a dream, then you have woken up and where is the dream? Who is the dreamer and 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 hasn't expanded. So, I think if we want to do any service to this world it would be meaningless to try to help the world before we have expanded our consciousness, because the world is who you are! The beauty of the Truth is that it brings joy to your heart, which is how 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 important to ask questions. Asking a question 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 it was as a revelation and it was crystal clear and this is how it was given to me that at the time of birth there is a hidden promise. This promise is that if as body and mind we do not take thought and that we solely rely on this promise, everything in our lives will be taken care of. The reason we don't think our life is taken care of is because we have forgotten

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this promise that had always been with us. It would be like having electricity but not knowing where the switch is, 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 and if we just sit in silence and remind ourselves of it and release the anxious thought as a result of trusting this promise, 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 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, their shelter is provided, they don't know where from, etc. So, it takes away this feeling of doer ship and struggle, that doesn't mean we become lazy like the person you were talking earlier. No. We become very effective and very alert, very 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), in your own Being. Bring your attention to that silence in the region of your heart, any time there is a thought that comes, just remember the promise, and just let the thoughts melt in that promise. Remind yourself that you don't have to do anything, from the minutest to the greatest things your life will be taken care of without having to take thought.' 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 by saying '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-



fetches and some of you may think I am living in a fantasy land. 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 from talks about feeling as though he was an infant and feeling completely innocent during his meditation.

Sathyam: 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 reason, it is being unmasked at this time. Isn't this a beautiful gift to accept and to put to practice, so that we each can benefit from it? This truth is so out of the ordinary that it could be misconstrued, because it doesn't go with any normal way of thinking. However, 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. How was it for anyone else?

Sathyam continues by demonstrating a point on attachment: This is how it is: (crumbles her white paper used earlier in class), and my teacher, whom I adore says clutching the paper in your tight fist and living on your own strength of the mind is not trusting.

How long can you live like this, 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 this 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 who do actually hold their luggage on their lap or on their head even though they are sitting on a bus or a train that is moving.

This is our affair, is it hard? It is extremely hard if you are attached to whatever it is you are holding onto in your hand or on your head. But it is worth trying to see what happens when you let it go.

A woman says: “I clench my jaws sometimes when I am stressed and I went through a period when I 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 was just not 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 be attached? You can have it or not have it. You are free within your own Self. How is that? By the practices that we are doing here: the Trust Meditation, the Stop Meditation, and so on and so forth. 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, 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. You can start with the little things, whenever you catch yourself worrying about something or trying to create some sort of drama through your mind, in order 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. By doing Stop and Trust Meditations, it would be as if you are sitting in front of ten thousand mirrors but your eyes are closed and you are oblivious to the movement of the imagery.

A man asks: “What if you are in an environment where the entire environment draws all those lines on the blank page which you drew earlier, and it becomes very difficult for those lines to not become important as well. What do you do then?”

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 to free us of our ignorance we have freed ourselves, because the freedom and bondage are self-contained. It has 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, 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 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, we are no longer

blind folded; an elephant is still an elephant, when we see all the pieces together. 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 the greatness of what I am saying.

I like to finish our gathering with a song:

“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  
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.”

*Sathyam*

Trust & Letgo DVD  
April 4, 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

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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 one-pointedness. 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*





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



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