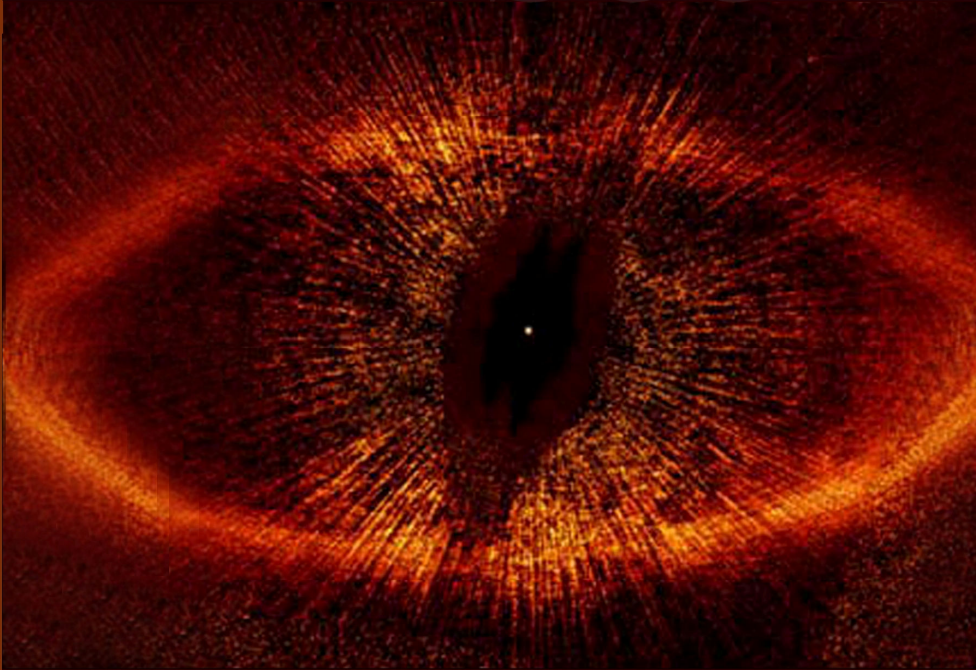


See See See See  
*See*  
See See See See

*Amazing Grace*



With a Single Eye



## *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 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*

# Best way to celebrate New Year's day?

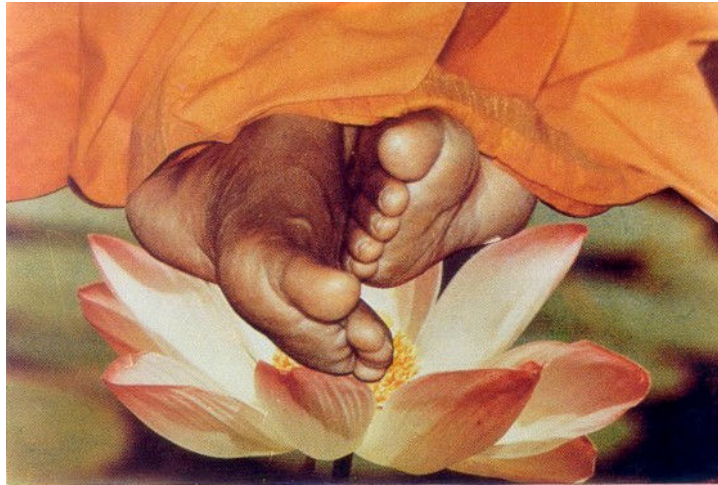
True New Year's Day is the day when man gives up bad qualities, fills his heart with love and takes to the path of sacrifice. Do not limit the celebration of New Year to merely putting on new clothes and partaking of delicious items. Today you may wear a new shirt, but how long will it remain new? Tomorrow it becomes old. Today's newspaper becomes a waste paper tomorrow. Our life is like a newspaper. Once you have finished reading a newspaper, you do not like to read it again and again. You have been given this birth which is like a newspaper, and have gone through varied experiences of pleasure and pain. Enough is enough. You should pray, "Oh God! You have given me this 'newspaper' and I have gone through the experiences of this life. I don't want to have another birth."



*Divine Discourse on Ugadi (New Year)  
April 13, 2002*

## Table of contents

What Baba Expects of Devotees .....	1
See With A Single Eye .....	4
A letter to my Beloved .....	10
Who is A Real Guru? .....	11
My sweet goleh Sathyam .....	16
Conversations with Sathyam .....	22
Divine Dance .....	36
With Love and Greetings .....	40
Be Nothing .....	41



## ***What Baba Expects of Devotees***

1. Worship in the mind! Give Me something that is yours, something which is clean and fragrant with the perfume of virtue and innocence and washed in the tears of repentance. Install God in your heart and offer Him the fruits of your actions and the flowers of your inner thoughts and feelings.
2. Bring love of God here, and take with you Divine Power! The more that is accomplished, the more pleased I am. Bring what you have: your sorrows and grief, your worries and anxieties. And take from Me joy and peace, courage and confidence.

3. If you want to reach Me, cultivate love, give up hatred, envy, anger, cynicism and falsehood. It is your heart, the fruit of spiritual discipline and a purified mind that I want.
4. I have come to illumine the human heart with the Divine Light and to rid man of the delusion that drags him away from the path of peace, the perfect equanimity of realization.
5. I am yours, you are Mine. I do not await even an invitation. Our relationship is not external, it goes deeper, into the realms of spirit. I am with you and in you, so I need no welcome or special request.
6. You will understand Me only through My work. That is why sometimes, in order to reveal who I am, I show you My 'visiting cards'- something you call a miracle. Know the secret of the mystery and carry out the duties I assign to you.
7. The Godhead (Supreme Consciousness) is invisible, formless. You visualize It as you wish and pray to It and derive consolation and strength. But, when It is before you in human form, you often doubt, discuss and deny It.
8. I have not come for publicity, or to gain devotees or disciples. I am yours and you are Mine. Where then is the need for publicity? I do not just lecture, I teach a mixture of useful things for your mental health and moral regeneration. Take my words as medicine which is necessary for your spiritual health.

9. Bring Me all the evil in you and leave it here- then, take from Me what I have: Love. Learn the ability to see all and everything as moved and animated by the One Supreme Consciousness.
10. I do not want you to extol Me; I shall be satisfied if you rely upon Me. I bring tears of joy to your eyes and I wipe away your tears of sorrow. I am said to make people mad and also to cure madness. Yes, I make them mad for God and for the spiritual disciplines needed for the realization of God. I cure the madness which makes people run frantically after fleeting pleasures and makes them fall into fits of joy and grief.
11. How do you give Me bliss? By taking to heart what I say and putting it into practice, by deciding to climb high, but being attracted to the low, you betray yourself. Improve your character and your conduct, when your feelings are cleansed and your impulses have become pure, then you can see My true form in reality. I shall tell you the secret in brief form: let your intelligence, your faculty of discrimination, be free of distortion and become keen and pure.

**Sri Sathya Sai Baba**





# SEE WITH A SINGLE EYE



*Sathyam:* The other day I went to a coffee shop and there was a basket filled with stuffed toys. Involuntarily, my hand went into the basket. I was shocked that my hand had a mind of its own. My hand pulled out this little stuffed toy that has only one eye on top of its head....

In my book, "Most Precious", which is a book that came through from Divinity, one of the questions was, 'How to be in the world but not of it?' The answer was, 'See with a single eye.'

This little toy is very demonstrative and it is particularly symbolic because he is wearing orange. The color orange is a symbol of renunciation. For example, Baba wears orange because He is a

renunciant. A single eye also does not have any desire, because there is no two to desire....



*Sathyam:* The mind becomes a friend when the eye of wisdom becomes apparent, and when it just translates any 'two' to 'one'. By doing this everything becomes the reflection of that ONE. After coming to the path of self-recognition or self-realization many people say things like, 'my boss used to be awful and now he isn't, etc. ' We are not on this path to make the material world any better, we are just here. The reason for experiencing changes in our lives is that the mirror has cleansed itself. It no longer has all that dust. Some people say 'we work so hard, we do this and that, why don't we have any luck?' It is not a matter of luck; it is about how clean the mirror of your heart is, as how it will reflect the world. (The heart here means the center of your Being.) This is a very important point.

Those of us who have been coming here quite regularly see that nothing remotely is left of the understanding that we had before we started coming here. So, what happened? The many hours we spend here to learn the translation of two to one and then practicing it in our day to day lives, and the many hours of having the I.V. of Truth in our veins, must change different levels of subtleties in our body so that everything communicates Divinity being Omnipresent.... When

you are looking with one eye, you are not as visible as you used to be. Your world almost becomes invisible, since the Truth is very invisible. The more you practice this one-pointed oneness, the less you are of the world....

What created this is un-learning, and un-learning, and then more un-learning....

When you unlearn, you spit out the unnecessary, and the piles of knowledge, and this way you are pure again. You are pure in what? You are pure as the original sheet of paper or the Witness.

(Sathyam is referring to the example She gives in other DVDs about the paper with a lot of drawing on it and how by unlearning we can erase the lines and get back to the plain sheet of paper which represents a pure consciousness.)

The best time to find the Witness is when you are in hurry and rushing about, and running from one place to another. This is because the Witness is sitting in the backseat, just saying, 'yeah, go for it, yeah, do it.' If we just stop, and start laughing at the moment when we have a glimpse of the Witness, we have identified with the Witness rather than the chaos....

**Sathyam:** As I have said before, we are going from being under the umbrella of opposites, where the opposites are constantly pushing against each other and destroying us in the middle, to being under the umbrella of Oneness, which is grace. The quality of that 'One' is grace. It is not even a quality; it just is that.

I always say that there is so much fuss in the world. There are so many lecture halls and spiritual places where people shout out their messages, but Truth comes very simply and very much unannounced. As a matter of fact, the Truth doesn't relate to all that fuss very much. The Truth that is spoken with fuss (truth that is complicated) is not the Truth at all....

**A woman talks about knowing some ill people. She wonders if they knew there was no duality, would they perhaps not be ill.**



*Sathyam says in response:* We all sat under the umbrella of duality at one point or another, and we still do to different degrees. Duality operates under the law of Creation, which is the law of cause and effect. If it is not your turn to be convinced of who you really are, you cannot get rid of this cause and effect. I

have gone through it, and at one time my Guru even told me that what you put out is what you receive. The good fortune with me was that Karma pushed me into the lap of Oneness. Some people go through their Karma and not much comes out of it, because their willingness does not create this thirst that makes them go after the Truth.

The best thing to do when you are with people who have some kind of problem, is to stand on the ground of Oneness. When you stand your ground, you pull them to the right place. They don't even know; it just happens.

'I am I'.

When you look at your friends or hear them talk about their problems, the best thing you can do for them is to tell yourself, "It doesn't matter if they appear to be sick or not, they are still 'I am I'. That is the good news about them; that never goes away. It is unfortunate that they might not know about it. "

'I am I,' no matter what. The 'I' is 'I' forever....

Some discussion about a shift in consciousness goes on for a few minutes.

*Sathyam:* There is no way that we can see ourselves beyond the laws of Creation, until we have become the master of the mind. Unless you have a mastery of the mind, it's best to not even go there. And what is the mastery of the mind? Realizing that the mind thinks, but we don't have to. Who we really are doesn't need thinking.... Can you imagine?! All our lives we think, but the Self doesn't think....

If you want to be who you really are, none of the five senses, the mind or the body are needed. They only function in the illusion, because the world is an illusion. And I don't mean illusion in a metaphysical sense; I mean it is an illusion! There is no beauty in saying that. The world is another dream, just like the night dream. But **what is real is the dreamer.** Had it not been for you going to sleep last night you wouldn't have dreamt, but when you dreamt and saw yourself in your dream, did you remember that you are in bed sleeping? No, because you were too involved with the pictures. In the dream you were thinking, but the real you, who was the 'sleeper', never thought. It just slept.

**One of the men talks about a state occasionally experienced during the night dream when in the dream one is aware that they are dreaming.**

*Sathyam:* That is when you momentarily have mastery of the mind in your night dream. The same approach applies to the day dream. ... When you have mastery of your dream at night, you know that you are dreaming. In the same manner, when you have a mastery of this dream (referring to this Creation) you know that you are dreaming. That is when you know this world is the product of the mind, period...

There are a few minutes of Omnipresence Meditation and discussion about the importance of watching the class DVDs.

**The newcomer says:** "I am taking what you are saying and putting it together with my prior knowledge."

*Sathyam interrupts her and says:* If you allow me, I would like to say to you to discard all the knowledge you picked up tonight, and go with how it felt in your heart. We collect a lot of knowledge, and like you said we even compare it to past knowledge, but that becomes spiritual luggage. If you felt something in your heart, hear it again. If 'that' feeling was not there, no matter how many times you come here, it will only cloud the mind more and more, because you will keep adding more knowledge. You indicated that you have love for God. Hopefully, it felt similar to how you feel about God.... When you love God with all of your heart, it gets to a point that the separation becomes agonizing. And when you beg enough, as I am sure you have, a movement begins to happen, and sucks you right into the Oneness. It is really wonderful to have the kind of love that you have for God.



***Namasteh***

*Sathyam*

Excerpt from DVD "See with a Single Eye"  
10/10/2006

*A letter to my Beloved . . .*

*My Dearest Sathyam,*

*Your Essence is what keeps me alive.*

*My dear Sathyam, people may think I'm crazy  
but if crazy means knowing You, then I am fine.*

*My dear Sathyam, I look at Your picture when I rise,  
and feel the breeze of Your essence when I'm awake.*

*I go to bed only to dream of being near You.*

*My dearest, if only people could taste Your sweet nectar or  
experience a single one of Your true miracles, this dream would be a better place.*

*My dear Sathyam, I run away from the jungle often, yet the silence is never enough.*

*Oh my dear Sathyam, my life used to be what mattered and now it is one big lesson.*

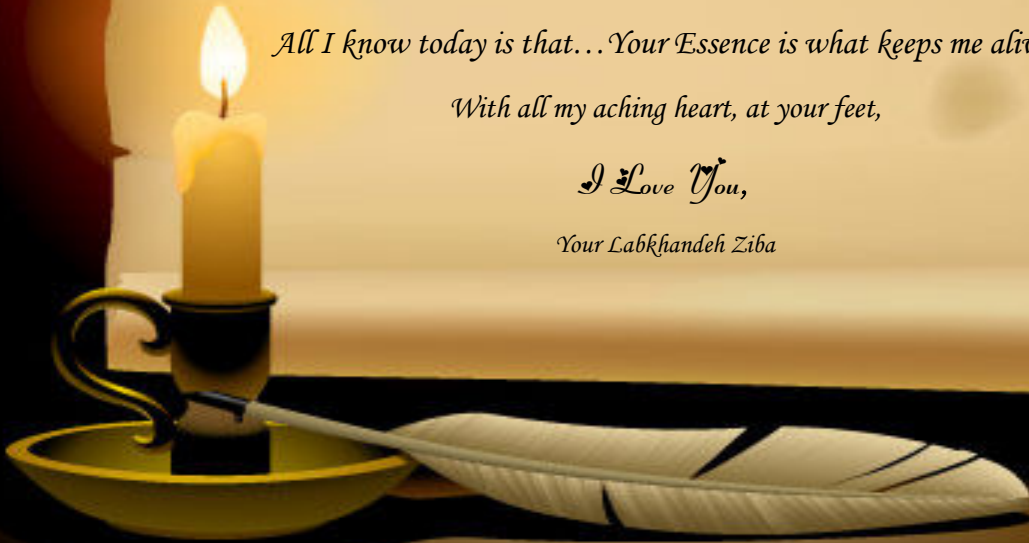
*Oh my dear Sathyam, I no longer want to know about tomorrow.*

*All I know today is that. . . Your Essence is what keeps me alive!*

*With all my aching heart, at your feet,*

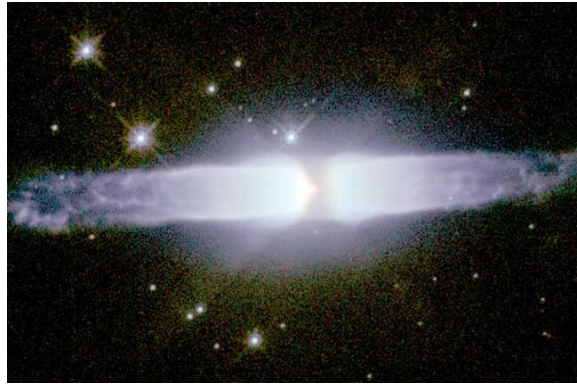
*I Love You,*

*Your Labkhandeh Ziba*



# Who Is A Real Guru?

Excerpt from Sathyam's teachings



*Sathyam says:* A teacher that causes you to expand your consciousness and shows you how to advance on the journey of Self-Realization is your GURU. A Guru does not “want” to gather people around him/her. He cares for quality, not quantity.

You must start by asking questions, and trying to know your Guru. Then accept him/her, and practice the teachings. After a while, evaluate yourself; if you have advanced, he/she is your true Guru. At this point, you must accept his/her words unconditionally. If you feel that you have not advanced, you must leave him/her, and look for your true Guru. A Guru or Divine Teacher must be Self-Realized, and have direct instructions from the *Divine Presence* in order to teach.

If you doubt your Guru, he/she cannot lead you to the Truth. The Truth that is revealed by the Guru opens your heart and expands



your consciousness. You must devour his/her words, like a fish out of the water, who is struggling with every breath left in its body to find water again, and go back Home.

How do you recognize an authentic Guru? He/she must:

Project the Truth,

Inspire you,

Enlighten you by his/her teachings,

Eliminate your limitations,

Give you wings to soar.

The only way to make sure that his/her teachings are appropriate for you is to measure your progress every once in a while, and to see if you are more in touch with your "Heart" and your "Inner Voice".

How do you find your Guru? What signs do you look for?

Do not pay attention to or judge his/her physical body or character.

Be loyal. Only pay attention to what he/she has done for you, with regards to your spiritual awakening. If you feel that his/her teachings

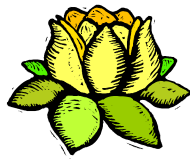
have caused you to expand your consciousness, follow your Guru. If,

however, you find that you have been limited in any way, you have

the freedom to look for another Guru. Always evaluate your

progress, and remember what this Guru or person has done for your

quest of Self-Realization.



*Sathyam says:* I'm not a teacher, because this title limits the unlimited, particularly when it is used with the concept that one has, in his or her mind about a teacher.

One that reveals the "TRUTH," cannot fit into any concept of the world.

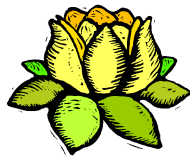
When you give the title of a "teacher" to the one that reveals the "TRUTH", that person should understand that the so called "teacher" is not an ordinary "BEING", therefore, his or her concept will be shattered, and then doubt will come. (They have to face their concepts/doubts and eliminate it by themselves.)

So, for those that I mentioned above, I say I'm not a "teacher" and they are not a "student".

The "TRUTH" flows through me, if it fits wear it, if not throw it away. This is a very important point, don't miss it.

I live in "TRUTH" and the "TRUTH" lives in me. That's all.

Now, if you have only an idea of what the "TRUTH" is, I will say to you that you will be disappointed with me. Because my "TRUTH" has no limit, no judgment and doesn't fit in your idea, it doesn't have Do's or Don'ts. It just "IS", perfect in its existence.



*Sathyam says:* Many times I am asked by people, who should be their Guru ?

**My answer is this:** Once you find the outer Guru, this question will not cross your mind. This is because the pull will have such a force that can turn your life inside out. Your heart will be full of love; your eyes will not see dryness for years to come. That Guru will move you to your core.

Your life will be touched by that Guru, to a point that the old will rapidly die, and the new will be that of God. Now, you wonder where your Guru should be.

If you still have that question in your mind, you have not found your Guru yet. Until you do, pray to God for it, pray that you have the eyes to see it and not miss it, and to follow the prompting of your inner Guru or your heart, and chant the name of God and meditate.

If you feel what I mentioned earlier about coming face to face with your Guru, then hold on to it, respect it, trust it, and obey it, until you have realized yourself, which is the same as God or your Guru.

Half hearted devotion will result in a half hearted outcome.

We will all say we want God, but what do we know of God?

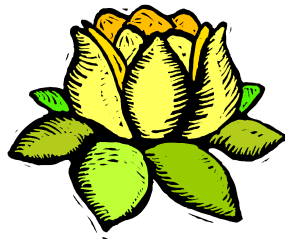
Do we really know what God is, or do we have an idea of what God should be?

A true Guru by his/her grace and teaching will bring you face to face with God, then you will see that when you face God, that is when all the concepts and ideas are shattered by your patient and most kind Guru. A true Guru doesn't say 'I am a Guru', because he/she has no

need to teach. It is the student's wish that binds the Guru to the position of a teacher, so if some one says 'come to me, I'm your Guru', run from him/her.

Like I say, when you meet the real Guru, your life is set on fire, a fire that burns illusion and ignorance.

*I Love you all,  
Sathyam  
2005*



## *My Sweet Goleh Sathyam,*

*I keep pondering inside as to what this newsletter share should contain. What can I say that I have not said before about the love and respect I have for you? So, I just pray and hope that You will see the sincerity and depth beyond these simple and humble words.*

*You know that I have always loved You a great deal, at times though my love would get overshadowed by a very active mind. A mind that would convince me that the ultimate love and peace I was seeking was in the outside world. You helped change all of that. You took into consideration all of my stories from childhood, of abandonment and of not feeling nurtured, the way my mind would convince me I needed to have growing up.*

*You became my Divine Mother. You took my hand and told me that all of the stories and old tendencies were to bring me to this path, for if I was content and satisfied with life, I would not be knocking at Your door. I confided in You with things that no one else knows about me and my tendencies. Not once did You judge me, even though you knew that on the worldly level what I was doing was not right.*

*You reassured me that I was like a wild horse that no one ever tried to tame, someone who always just did what they wanted to do, without any discretion as to what the consequences would be. You told me with such sincerity that if I did not make some changes in my patterns, my actions would have detrimental consequences.*

*You became my Horse Whisperer, the One who brought the rein in. I heard what You said, but the mind was still robbing me of any peace I would have temporarily. I had the two thieves, as You called them, fear and doubt. It got to*

*Thomas Aelfner - Mystic Horse*

a point that my fear got so overwhelming that it even manifested itself physically in my body. I remember that day when it happened, I reached out to You, and You spoke to me at my darkest and most frightened moment, and told me that I would be o.k. As my body began to heal and my mind began to calm down, I remembered something that You told me:

*“Now that you are on this path and you radiate divinity or God, you cannot do what is no longer worthy of who you are now.*

*It is like they have given you three stars and have made you a General and you say that you want to be a sergeant. A General has a certain grandeur and a sergeant has certain things that he is responsible for. You can't be a General and then go backwards and lead the soldiers on their morning march. This is what you want to do, not even you; your old tendencies want to do that. You yourself are the General.*

*It is all because now your life has changed and the old tendencies want to come and rain on your parade. They don't have any power. The power is you.*

***You are now at the feast of God's disciples; you cannot go back on the street and live there.”***

*This last sentence to this day gives me chills from my head to my toes, for I recall Your exact tone, spoken to me with such authority and power. I continued to follow Your teachings and saw that different aspects of my life were improving. But the mind would still come in and try to judge my progress and tell me that my love for You had decreased, and that I was not progressing at a rapid rate. One day I realized that the only sense of separation I felt from You was mind induced, for the love had not gone anywhere. My mind can distract me with so many different things and even try to confuse me about the love I have for the Most*

*Precious person in my life, YOU. I told You about this and You confirmed that the only difference was the dialogue and the accompanying actions induced by the mind.*

*So I got rededicated to losing myself in You. I wanted to seal the deal and have the lock finally lock in with the key, so I would never be tricked by my mind and its nonsense, about the love or lack of love for You. I began to observe those who have made their life Your teachings, Your love as their pattern for all that they think, say or do. I noticed that the vigilance and one-pointedness You always talk about was what they all emphasized.*

*I asked them questions, I asked for their guidance, I asked them how they got to the point they were at with regards to their love for You. For once I listened with my heart. It hit me that it is nearly impossible to be one-pointed when the mind is still being followed. As You always say, 'You can't serve two masters.' You even said to me, 'If you are one-pointed it will shut down your mind.' So, I got more quiet as You suggested, I slowed down my speech, on the phone and in person, I paid attention to how You told me that I am a drama junkie and really looked at my actions and how much I would look for drama, to have something to complain about. I looked at how I have always been so hungry and thirsty and dry lipped for love, what I assumed was love from a lover. I looked at how many times I kept knocking at so many different doors, from my family's door to my potential lovers' doors. Always asking, 'Will you love me the way that I want to be loved? Will you accept and understand me the way that I would like to be accepted and understood?' All the doors would abruptly slam in my face. That is until I got to Your door, and You told me 'You don't need the old tendencies any more, you arrived, it is like driving the car that you used to get somewhere, inside the house with you.' You further said, 'This is the only door that is always open and welcomes you and tells you to come in.'*

*So, thank you for always welcoming me 'Home', thank You for taking me under your Divine wings and nurturing me the way that I needed to be nurtured, thank You for always expecting the highest from me and setting high standards for me to fulfill and to grow in Your love. Thank You for the immense patience You bestow me with when my mind becomes unruly. Thank You for always reminding me of where the key to the lock is, thank You for letting me always find my way back 'Home' when I would lose my way. Thank You for teaching me how to have a deep understanding for my **Self** and therefore for those that I love, thank You for not judging me all those times that my mind convinced me to misbehave on the worldly level. Because of Your love I am able to be a better lover, not just to my lover, but a lover to all that I encounter daily, in that divine way that You teach.*

*For me You are the following lyrics from one of my favorite songs:*

*"Dar Aughooshe Mashoogh"*

*The night is drunk from the nectar of Your love*

*You are awake; the whole Creation is asleep*

*The Earth revolves around You, time is in your hands ...*

*The night begins when You close Your eyes*

*You take me in your arms and Your love resonates in my being,...*

*In your arms, God is closer to me than my own fingers,...*

*Your Little Flower is restless for Your embrace.*

*Look! Look how mercilessly beautiful You are!*



## در آغوش معشوق ..

شب از عشق تو سیرابه  
شراب ناب، در جامه  
شبیبه جام جانانه

تو بیداری جهان خوابه  
زمین دور تو میگرده  
زمان دست تو افتاده  
تماشا کن سکوت تو  
عجب عمقی به شب داده  
در این دریای نورانی  
گل و عطر بهارانی  
شب از جایی شروع میشه  
که تو چشمتو می بندی  
مرا آغوش می گیری  
تنم سرریز عشقت شه

تمام الهیت قد به لایلی  
توی آغوش من جاشه  
مرا آغوش می گیری  
جهان پر نورتر میشه  
خدا از دستهای من  
به من نزدیکتر میشه

زمین دور تو میگرده  
زمان دست تو افتاده  
تماشا کن سکوت تو  
عجب عمقی به شب داده

گل کوچک چه بیتابه  
از این آغوش مستانه  
تماشا کن تماشا کن  
چه بیرحمانه زیبایی

*You won't believe this, but when I opened the lyrics to this song, it has two locks which are open and form a heart, see how You touch me even without any effort. Before this sharing went into publication, after I had written it, I had a few days when my mind was doing it's very best to drag me in again. It was a tough few days, but with Your key to that Divine lock, I was able to stay there only for a short time, the mental torture and agitation were so much shorter and less intense. The conditions in the prison cell of my mind were not as uncomfortable and agonizing as they had been before. The length of time for my sentence, for my time in captivity was so much less than before. The Divine Guard and Lover led me back to the gate of freedom, through Silence. There is nothing grand and more precious than that. Your love seals that key for me, that key of freedom.*

*Your Little & Faithful Flower*



# ***Conversations with Sathyam***



## **Question 1:**

Is there a contradiction between the concept that we are all one and the practice of following or worshipping a teacher (which implicitly puts him or her in a separate role/pedestal & position from ourselves)? Or, in a different phrasing: Is the practice of worshipping and/or following a teacher against the very notion that we are all one because this practice intrinsically denotes a difference between the teacher and ourselves? Or, even: What is the role of the teacher?

***Sathyam:*** If a person is so advanced that they can do it by themselves, which is very rare, for I could not do it, no matter how much I prayed to the God that was someplace, I had no idea where, then much luck to that person. And I think that person will know beyond the shadow of a doubt that they can do everything by themselves. This is the ultimate goal for humanity to be able to do that, but it is not possible very often. Now, having a teacher that is genuine and knows the ***Truth*** and has experienced it and is living it by its own virtue of being ***that***, it is however crucial for the rest of the people that are interested

and thirsty. This is because through the grace, through the gentleness, the words of wisdom and being saturated with the power that is given to the teacher, from a very, very deep source, there are a lot of obstacles that get removed through this relationship. Now, one does not have to worship the teacher at all, I did, because it took care of a lot of my pride, wrong identification, it humbled me in my own greatness. There is an amazing truth in being humbled, in that your greatness comes. I don't mean that you have to do certain rituals, unless you want to, the teacher, the genuine teacher does not need your worship. In fact, it is not very pleasant for Him or Her, but for the student it is only the greatness of it that is shown through those people that do it. My own experience is that whatever step I took towards my teacher I am glad I did, whether it was worship or not, whether it was an offering or not, whether it was service, whether it was only love, it did not matter, that was my path. So, find out your path and if you are enlightened enough to do it on your own, please do it, because you are one of the rare ones and my hat is off to you.

*Sathyam continues the second part of the question:* The role of the teacher depends solely on the seeker. If the seeker is bringing one percent of his or her heart, he or she will pick up that much grace. The bigger the love, the bigger the size of the container of our heart. And the teacher is passive; it is the seeker that is active. So, the activity of the seeker will indicate the activity of the teacher. And most likely, hopefully, the seeker is looking for self-realization and self-recognition, and through the method and the teaching and the grace, will be able to do it easier than otherwise.

### **Question 2:**

Since there is only one and there are no two that exist, and I am a part of one, and I am one then. By knowing this, is my praying (namaz)

creating double vision? (Since I am the worshipper and there is someone who is worshipped.)

*Sathyam:* Again, we have to be honest with ourselves, if you knew who you are; honestly there would not be a question like this. But if you still do not know who you are, two things have to happen, the honesty to yourself and the activity of that honesty. What does that mean? It means that if you are praying to God or to whatever source you are praying, this is actually you praying to the source of yourself, and you are activating that source through your sincerity but not through your words. At the same time, through our tools, which is the very rare ways that we have, not only turns your prayer to the silence of *Oeness*, it also stimulates that *Truth* within you. For example, with the Omnipresent Meditation or any of them, what happens is that first hand you experience that movement that is within you. And then by doing that, by contemplating, by praying, by repeating the name, by whatever ways that are a compilation of all your effort will bring about spontaneous glimpses of who you are. So, yes, prayers to another source, if you want to call it that is duality, yet if it is in silence and done with sincerity, with the methods given, or any other methods that point you to yourSelf, actually this duality becomes *Oeness*.

And there is a very good example of that, which Swami Sri Sathya Sai Baba gives. He says, 'When you have a thorn in your hand and you are in the wilderness, and you don't have tweezers, so you pick up another thorn and take that thorn out and then you throw both of them away.' So, that really applies here, that even though it is in the duality, it is decreased duality, until spontaneously what needs to be surfaced will surface. Until then, meditation, silence, contemplation, repetition, (of God's names), all of that are a part of the steps to the top of the roof.

**Question 3:**

Is there any need for daily prayer (from any religion) and if there is what is the purpose?

*Sathyam:* Is there any need for daily prayer in any religion? As long as you enjoy your prayer, and your prayer brings a thrill to your heart, it warms your Being, it is beneficial. When it is lip service, and done out of fear of what can happen to you if you did not pray, I would say it is best to face the fear and drop the prayer.

**Question 4:**

Although I always repeat "Are you with me?" but sometimes there are some situations that upset me. For those situations I go to Silence and I too gain my calmness, however a few minutes later when I come out of the Silence my sadness comes back to me and therefore I can't go to Silence anymore.

*Sathyam:* I think what you are asking is 'How can I stay in silence through the hard times?' When you ask 'Are you with me?' you get that good feeling, in your struggles or when you are having a hard time, you have to practice this even more, and not go with your thoughts. This is a very difficult and challenging practice, because you had never done this before, and you have to have patience and tolerance, and perseverance and know that if it would not have a good end result or outcome, it would have been absolutely impossible that I would have advised anyone to do it. Instead of bringing doubt to the practices, you have to take doubt to your struggles and challenges and know that even if you can't find the silence, do some daily exercise, walk, or drink a glass of cold water as Baba says, to calm yourself down a little bit, and then go back to your silence again. This is because your silence is your home and there is no other solution but this, now whether it is sooner or later.

**Question 5:**

After all these comings and goings, and finally become Self-Realized, what will happen afterwards? (I.e. at last You know everything is a game, so the game becomes nonsense). Is there anything else you may want to realize?

*Sathyam* chose not to answer this one.

**Question 6:**

Whatever I do, still the duration of feeling the light within is too short. What can I do to keep that light longer?

*Sathyam:* The light is just a vehicle, a tool, for you to dive into your deep silence. There is no need for keeping the light for a longer time period, because keeping it is effort, and effort comes from the mind. So, when you first imagine light within yourself, allow the light to take you to the silence of your heart and just at that moment your meditation begins, when you lose yourself in the silence and are deeply immersed in it. Therefore, in that case don't worry at all about seeing the 'light' or not seeing the 'light' or measuring it or its length.

**Question 7:**

Why are we born and why do we die?

*Sathyam:* Self-realization (seeking) would answer both of these questions for you, take this question to your heart and contemplate on it, and ask and see if you have been born or if death exists for you. And if it does, why? This is a question that has to be asked inwardly, because if I wanted to answer it for you it will become another concept, like a movie which you only imitate and cannot truly experience.

Once you find out who you are, hopefully and definitely, you would realize that nothing is the same as you think right now. Right now, you think you came into this world and that you are going to go, like everybody else, but with self-realization you will realize that there is no coming and there is no going. There is always stillness and silence, so I would put this question on the back burner and just practice and question the things that are important to break through this dream, rather than 'Why were we born?' Take it to a deep meditation and see what you get, take it to the time of your birth and see what you get.

**Question 8:**

For those who are thirsty and are newly arrived in this path, how can they increase God's love in their hearts and tighten the root. What are the necessary things that should be done?

*Sathyam:* When a piece of wood is dry one spark can ignite a fire. When a piece of wood is still wet, a box of matches, along with a giant flame would not even be able to easily light that fire. It depends on your dryness, what is dryness? Dryness is from disappointments, from the bitterness and the beauty of the world, from being tired of misfortunes, from the repetition of problems and the repetition of thoughts. When you want to rip your shirt to pieces out of frustration, and you see your Teacher, usually at that moment or other moments thereafter, you fall in love. Now, the Teacher could have a form or not, and this is because you feel you are placed where the chances for your rescue is much nearer. And that is when love happens automatically, it is not something that we want to pretend or wanting to create it. This same dryness helps us leave behind the curiosities of the world and excessive talking.



*Sathyam continues:* One of the things is the thirst, losing one's selfishness, and then diving into the ocean of *Truth*. When I first heard my teacher's name, all of a sudden I was thrown in the ocean. Therefore, we can't force it, be with it so much, be with the silence, the *Truth*, and the love so much, until the blossom opens up in your heart. No one can say how that blossom is going to open, truthfully no one can say that, but the most important part of it is the grace of the Teacher.

**Question 9:**

How can we make the peace that we find at the beginning of this path, which is temporary, permanent?

*Sathyam:* When you fall in love with someone, you get married and you go on your honeymoon. During the honeymoon there is joy and peace, since you got your lifelong desire to find your perfect mate. Your mind becomes calm, since it does not have to think about that anymore. When you and your beloved return home from your honeymoon, you realize that now you have to take care of the house, work to make money, spend money, think about your children's future, etc, etc. Then you think, "Ok, the honeymoon has ended and now is the time for my beloved and I to help each other and take care of everything we need to live our lives together."

It is the same way on this path. In the beginning, there are many beautiful and new experiences and you are in your honeymoon phase. But these experiences are temporary. Why? The reason is that your transformation is not deep yet; your heart has found peace or your mind has slowed down; that is all. As long as you are not self-realized or self-recognized, all this coming and going, whether worldly or spiritual, is temporary. The only difference is that the worldly experiences are more temporary, empty and unfulfilling,

whereas the temporariness of the spiritual experiences create more and more opening for experiencing that which is Eternal.

**Question 10:**

Dear Sathyam: You constantly advise us to have a deep understanding for others which are the base for experiencing Purity, Unity and Divinity. How do I get deeper and deeper, how to practice to attain such a deep understanding for others?

*Sathyam:* It develops over time. It develops by cultivating that love and then love comes in different ways, love does not have to be noisy. Love can be expressed in so many ways; if we broaden our vision of what love is, I think we realize that we are all very loving people. But to accept others is not necessary. In your heart, if we cannot keep any animosity, it is good enough, it is plenty enough, and by practicing, you realize that it doesn't matter what other people do, it just doesn't matter anymore- as much. So acceptance comes automatically.

**Question 11:**

Happiness is as worldly as sadness. When I get a spiritual experience, i.e. energy, dreams, etc, I don't get happy, I get more calm, as opposed to worldly happiness. My senses don't react the way they used to react, but I get peace in my heart. I'm calm. Is this a normal state to be in?

*Sathyam:* It is not a normal state compared to your past state, but it is what needs to be. Because any type of happiness that is given to you through some sort of sensation or satisfaction is temporary, but this contentment that you feel when you have gotten energy through a dream, meditation or silence, only shows that you have tapped your *Inner*, and there is no excitement in the way of the world at that time.

So, my answer to you is in the realms of spirituality or self-realization it is normal.

**Question 12:**

What is your comment on "Organ Donation"?

I chose the "organ donor" option on my driver's license several years ago, and recently am wondering if there is conflict with our teachings.

*Sathyam:* It is a very personal decision and I don't know if it has much to do with who you are or who you are not. I would say if you have some doubt about having done it, being on this path, then give it some attention by going into silence and seeing what feels good to you. Does your decision still feel good to you then keep it, and if it doesn't feel good to you then I would say you need to reconsider or revisit it.

**Question 13:**

Once you realize this life is all a game, should you practice in **playing the game** and what's the best method for doing that?

*Sathyam:* First, I doubt that you do realize that this life is a game, but should you know that it is truly a game, then spontaneously the action, the words, and your state of *Being* will express themselves spontaneously and there is no doubt that whatever happens just happens, and you are the *Watcher*. At that time, you don't need a method, because you are beyond that which is called a method.

Once you realize this life is just a game hopefully by then you enjoy playing it, because the game is also a part of your own reality. The 'methods' come automatically, just try to realize it is a game and then

the rest will fall into place. If not, it would be like putting the button before the suit.

**Question 14:**

You often say 80% of this path is devotion and 20% is using the common sense. At times the burning flame of my Love for Sathyam covers the Truth and therefore I even lose my common sense in actions. Please advise me on how to make the balance between Love, wisdom and common sense?

*Sathyam:* Common sense is always there, when the love comes it tries to push it away, and spreads its wing, but it is always there, so to a person that asked me this question I would send them to the blog, where I did put an example and the meaning of common sense on there. I would say give yourself time to mature and watch your Teacher and see what pleases Her and what doesn't, more than your own emotion of love. Sometimes our emotion of love obscures our vision and we forget what it is that our Teacher really wanted us to do. And just be alert about the teaching rather than the emotion of loving at all times.

**Question 15:**

Why is it that a shift in consciousness is accompanied with some kind of hardship and a lot of movement in the "energy fields"?

*Sathyam:* When you want to build a house that is really stable, you have to dig the ground and make sure that the cement you pour in is deep enough to withstand your home upon it. The same goes here, when the expansion of the consciousness goes or begins to happen, the old has to go and even though the old were the things that made us have hardship in life, we still made friends with them, we made

habits with them, and we made addictions with them, they were almost a part of our security, in a sadistic way. So, these all have to replace themselves with what is expansion and what brings expansion. And for expansion of the consciousness, the willingness to move and to be feather-like, and to be abundantly surrendering to these changes, will make it much easier than those that want freedom and yet are not willing to let go of the limitation.

**Question 16:**

Is the point of this game really to become Self-realized and 'finish'?  
Is the point of life to just live for your allotted time and go back to where you came from? Or this current movement of spirituality becoming so prominent in the manifestation is just to cause a shift?

*Sathyam:* Only for those that have the prompting, who have that thirst to solve the riddle of suffering.

That is the case also as I just said, there is always a shift, the shift only makes those that are ready to sprout, so again it goes with the first part. And that is if you are ready you can call it a shift, you can call it a prompting, you can personalize it or universalize it, it's the same thing. The ones that are ready and have their number in their hand, whether they want it or not, whether they are ready or not, they get that inner prompting to advance, to transform, to have this thirst to know. So, yes, on an individual way of looking at it- is the first part of the question, on the Universal level it is also the same, but they are both the same.

**Question continued:** Is the point of life to just live for your allotted time and go back to where you came from?

*Sathyam giggles and says:* You answer that yourself.

**Question 17:**

Recently I have noticed when something comes to my mind it happens and it is not just for things related to myself.

I would like to know if that is because I am attracting that thought to myself and others around me or is it some kind of Premonition /intuition process happening?

*Sathyam:* Give no attention to it whatsoever, move on.

**Question 18:**

Once You told me “I asked for the Truth and it was hard, ask for freedom.” Of course I don’t remember the exact quote. This is what stayed with me after that conversation. My question is: What is the difference? Don’t we have to know the Truth to be free?

*Sathyam:* What I told you was the Truth, and I can only communicate that to you through silence, there are no words that can explain that at all. So, go to your silence and hear me there.

**Question 19:**

Dearest Sathyam, it breaks my heart to think about you not being in my life physically, what can I do to prevent this?

*Sathyam:* Let the aching go, let it ache. It’s the same as having a chick when it is ready to break the egg shell open, it is aching to come out, but if that aching was not there, the beak would not be hitting the shell to break it open. So, for those who have experienced this divine love, the aching is a big part of it, the yearning is a big part of it, the pain is a big part of it, and the joy is a big part of it. And the totality of all of that allows you to break the shell open, what is that shell? It is a heart that is resistant, it just breaks it to pieces and what is in it is your own Divinity. This is how love turns to wisdom, through this breakage, and just because you are experiencing it means you have

the capacity for it. If you did not have the capacity, you would be very scared. You would not touch it with a ten foot pole, you would resist it. But those that give in to this love, they benefit endlessly, eventually though this love turns to self-realization. It is in the beginning towards the teacher or towards God, as a duality. Then you begin to see your love in your own heart, and then you become intimate with that in the heart and out, both of them. And then there comes a time, either in this lifetime or in another, where one slightest push, barely touching your shoulder and you are there, you are completely there.

**Question 20:**

Since this life is all a dream and a reflection of my mind why is it that even with living on the straight path and trying to always be the witness that the dream sometimes nags?

*Sathyam:* You are not witnessing, you think you are witnessing, most of the time you are not witnessing, *Witness* is beyond witness. What you are doing is you are trying not to go with your mind, and more power to you, because you really have to go through this in order to understand what I am trying to say. But, yes the mind nags because that is its job and it is Universal. Unless you want to change the Universe, this is how it is. You are just going to have to rise above it by not going with the personal mind, and then automatically you will not go with the Universal mind. And then the *Witness*, when you say, 'I am the *Witness*' you are just not going with the mind. The *Witness* is beyond your experience right now, which is really good, so continue.

**Question 21:**

Sathyam joon, do you feel my aching heart?  
How can I calm the yearning, aching heart?

*Sathyam:* The yearning is a part of that love, and what make that love potent and effective is actually that aching heart and the yearning. Because it is trying to make more room, and until the vastness of it is filled, this yearning should be there. And I would say that physical exercise usually might decrease that. But once you wish for love and you have this rare love, just be content for your luck, rather than those uncomfortable feelings, it will pass. Actually, when it passes you are going to regret that it has passed.

**Question 22:**

Sathyamam, how can I increase my patience and completely get rid of my ego?

*Sathyam:* Patience is not something that again you create or decide to have, it comes automatically and spontaneously with your understanding of yourself, and therefore an understanding of others. You can have more patience when you realize that you have so much good fortune to be on this path, and most people are not and they cannot function from where you are functioning from. So, then you leave room for them- to make mistakes and to be obnoxious at times. And how to completely get rid of your ego? What is ego? Not too many people know what ego is, just do your work and leave the ego to God's hands.

**With love of SAI,  
Sathyam**

Interview number 6 with Sathyam  
March 2010



# *Divine Dance*

*By: Leila*



They taught my soul to say yes to the original promise of my God; I said Yes!

On Earth, they taught me to say yes to my parents; I said, Yes!

They taught me to welcome the scolding of my worldly teachers; I said Yes!!

They taught me to be a prisoner of duality!

I saw good and bad, beautiful and ugly, faith and sacrilege, heaven and hell.

They taught me religion. I said yes to my religion!!

Religion taught me to look for my Divine Teacher, to quench my ever-growing thirst; I said Yes!!

I was thirsty; I searched and searched!

I wept and I begged the Lord to bring me to my Divine Teacher.

The Lord responded and my Guru came to me in my dream. She gave me a letter! My friend says that it was an invitation to the Divine Feast; I call it the letter of admission to the school of Divinity.

Quietly and with the assistance of my good spiritual companion, I started to know my Divine Teacher and Her teachings. The more I tried, the more my Teacher became my own reflection in my heart's mirror. I am more ONE with Her than I could have ever imagined!! So much of what my inner guru had told me, I heard from Her lips, as if She lived in my Heart all of my life.

My mind still wanted to be more certain. I wept for certainty!! The Lord responded. On the day of the birth of my body, Dec 30 2009 at 2:25 in the morning I danced with Divinity and drank the nectar of life from Her hand. I was intoxicated with Love. The whole universe envied me!

I saw Her again in my vision; I was awake, alert, and aware! I paused for a second. But when I dropped the veil of judgment, doubt, and hesitation, I reached for Her and She embraced me.

Ah!!! What bliss!! I saw the words of the Lord dancing around:

“Call on Me, so I grant your ultimate desire.”

I always thought that I must wait for God to come to me, but now I saw that, all along, God was waiting for me to arrive. The Lord summoned me! My Guru summoned me! I found my Beloved!!

I danced, the Divine Dance in Her arms. She took me to heaven. Yes, it was Sathyam who embraced me and danced with me. I fell in love

with Her in that moment. We danced to the beautiful music of Baba's prayer as Sathyam sweetly whispered:  
Love, Love, Love...

She sang of Love; She sang of adoration, consciousness and realization of God.

YES!! One truly reaches God through Love!!

*I repent what I repented and see  
Her glorious face is the mirror of my Soul.  
We have been ONE, all along!!*

On that faithful night My Divine Teacher told me,

*"Dear One, with dropping the veil of judgment, you took the first step.  
Now, forget all you learned before you got here.  
Eyes are for seeing not for judging; see colorless, the color of water.  
See beautiful and ugly, faith and sacrilege, light and darkness, as ONE.  
See only happiness and laughter, nectar and sweetness.  
See bliss and ecstasy, intoxication and madness.  
See the spring and the rose, see the beauty of the lotus.  
See God, guru, and seeker as ONE.  
See the Love, Lover and Beloved as ONE.  
But Ultimately,  
Come to Me, know the Primal promise of God to your Soul.  
Say yes, to God's promise!!  
You will reap much profit from this covenant."*

After my romantic dance with Divinity, I came back to Earth. I bowed to my Guru and in the language of Heart and Love said Yes, Yes, YES I obey!!!!

I present this poem to the SELF, to my Most Precious Nazannine, who is the embodiment of Love, Trust, and Divinity.  
Even Love does not adequately express my feeling. In vain, I say what can not be said in words.

*I have seen You; I know You; I have lived You.  
I am intoxicated from that Dance; that Divine Dance.  
I am intoxicated and will never be sober again.  
You teach me to Dance with the Self.  
You take me beyond; You take me within.  
You take me to God; You show me silence;  
You unlock the prison.  
You free me from fear and sorrow; You show me true happiness.  
I breached all old promises and made new allegiance.  
You teach me joy; You give me Bliss.  
You break the barriers; You give me hope.  
I see Devotion; I see the Light.  
I have no more judgment; I tore down the veils.  
I broke out of the prison.  
I have spread my wings to fly;  
I have spread my wings once more to soar back Home.  
I met my Divine Teacher, Sathyam.  
I shall reap much profit from this alliance.*

***With Love,***  
***Leila***  
Jan 17, 2010

With Love and Greetings,

I would like to share my understanding about Being with the Omnipresence.

There is a push and pull between past and future, but neither exists outside of our turbulent mind. We create Time through our thoughts and words, so that we forget our Truth, the depth of our True Being. All we need is to meet the Self, albeit for a short instant, so that duality, anger, attachments, judgment, and worries of the mind will not rule our world.

The Divine lessons and messages reveal the real value of this life. We live under the influence of the law of action and reaction, and our understanding of the Truth is based on our abilities and beliefs.

Therefore, if we dwell in silence and shelter our Presence in the safety 'Within', we will be able to be Present in the Truth. This ability is synonymous with the omnipotence of God.

With Love for the Most Precious of Beings, Sathyam

Mina  
Tehran



## *Be Nothing*

**A woman nicely asks:** “How do you guard yourself from the punches of the outside? How do you protect yourself from these punches and how do you center yourself amidst them?”

*Sathyam says:* Well, you see this needs years of prevention and none of us have done years of prevention. Prevention means that you dwell in a high place before the punches come, so when they come you are ready. So, we feel like our shield is down, when we are getting punches. I can tell you something that is the truth, whether you want to accept it or not, whether you are getting punches and continue to be punched, it is better to continue digging in and start a prevention now, than to try to cover and protect yourself with every punch that comes at you from the world. This is because the nature of existence, as we know it from the outside, again there is no inside or outside, but for our purposes I have to talk this way, its nature is to give punches and take punches. It is like the ocean, when you are on top of the ocean, when you are swimming there are waves, there are days when the waves are horrendous, but no matter how horrendous the commotion on top of the ocean is, as soon as you put your mask and oxygen on and you go deep down, you find that there is nothing going on, everything is peaceful. So, to know that you have a sanctuary within your own self, that you can go there and find fulfillment that none of those punches could take away from you or give it to you, to rely on your own conscious voice, and to have Self confidence beyond the shadow of a doubt that you are Divine. Then

if the punches come and it hurts, it hurts. We are not here to make a better life; we are here to **WAKE UP**. So, you are getting punches, I get punches, the others in the class get punches, and I know what you are saying, I feel you, and at times it is really lonely and it makes you angry. But the thing is to let each punch that comes send you deeper. Find so much un-fulfillment and anxiety from it that it becomes an avenue as a friend to send you 'in'. My Teacher says that sometimes there are incidents that are dramatic, they are sheer trauma, but those are the best friends we ever had, because they are the ones that for some reason make us disgusted. As long as people are not disgusted with their life, their society's life, they will never enter this room, or any room that speaks the Truth. So, what is bad is not really bad, and what is good is really not good, because we never know what will push us to the limit where we say 'I give up, I don't even want it.'

There were days and nights that I would go around and say, 'God, take the good and the bad, take them all, have it for yourself, I just want the *Truth*.' So, what happens is that through these punches, and through your good times, you learn that none of them are lasting; you begin to be wise about the impermanence of the world and the permanence of the *Self*, or God. That is why I say we don't know, because who are we to say that the punches are bad and the caresses are good, or vice versa.

*Sathyam*

From DVD "Be Nothing" 9/27/04



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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