



*Amazing Grace*

August Newsletter, 2008

# 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 miss-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 miss-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

*Sathyam*

1/12/2008



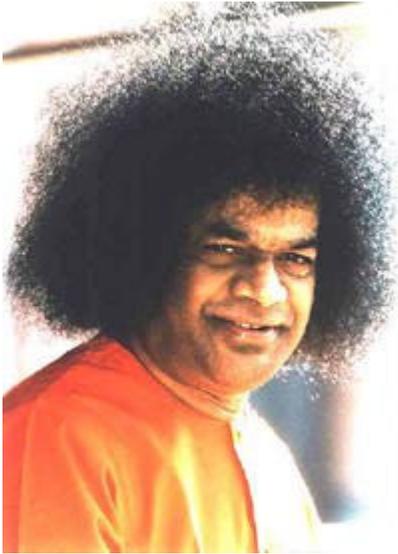
Divine Love

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, abundant, and carelessly to wherever this Ocean takes without thoughts about where am I going, when am I getting there, how am I getting there, who is going to help me. This Love cherishes, nourishes and is infinite effective.

*Sathyam*

7/19/2007

# Religion of Love



"Start the day with love,  
Spend the day with Love  
fill the day with love,  
end the day with love:  
this is the way to God."

-- Sathya Sai Baba



There is a lamp in the center. The six petals show different symbols representing world's six major religions. The 'Om' at the top represents Hinduism, the cross depicts Christianity, the crescent and star are for Islam, the star of David is for Judaism, the fire represents Zoroastrianism, and the wheel is for Buddhism. This is the Sai Emblem to show the unity of all faiths and the common basis for the values of all religions.

Love in thought is Truth;  
Love in action is Right Conduct;  
Love in understanding is Peace;  
Love in feeling is Nonviolence.

*Sri Sathya Sai Baba*

# Unity in Religion

By Sathya Sai Baba

I have come to light your hearts, to see day with added to tell you of this faith, this spiritual love, this duty of to love. Every to fill his being with to evict the pettiness



the lamp of love in that it shines day by luster. I have come universal, unitary principle, this path of love, this obligation religion teaches man the glory of God and of conceit. It trains

him in the methods of unattachment and discernment, so that he may aim high and attain spiritual liberation. Believe that all hearts are motivated by the one and only God; that all faiths glorify the one and only God; that all names in all languages and all forms man can conceive denote the one and only God. His adoration is best done by means of love. Cultivate that attitude of oneness between men of all creeds and all countries. That is the message of love I bring. That is the message I wish you to take to heart.



Let the different faiths exist, let them flourish, and let the glory of God be sung in all the languages and a variety of tunes. That should be the ideal. Respect the differences between the faiths and recognize them as valid as long as they do not extinguish the flame of unity.



Whom the Muslims adore as Allah, Whom the Christians adore as Jehovah, Whom the Vaishnavas adore as Phulabja, Whom the Saivites adore as Sambhu, Who grants in answer to their several prayers, health, prosperity and happiness to all, wherever they may be, He, the One God, is the God of all mankind. God is One and only One. Have His thought in your minds.



If each one lives the ideals propounded by the founders of their religion, unaffected by greed or hate, then the world will be a happier and a peaceful habitation for man



There is only one religion, the religion of Love;  
There is only one language, the language of the Heart;  
There is only one caste, the caste of Humanity;  
There is only one law, the law of Karma;  
There is only one God, He is Omnipresent.



I have come to light the lamp of Love in your hearts, to see that it shines day by day with added luster. I have not come on behalf of any exclusive religion. I have not come on any mission of publicity for any sect or creed or cause; nor have I come to collect

followers for any doctrine. I have no plan to attract disciples or devotees into my fold or any fold. I have come to tell you of this unitary faith, this spiritual principle, this path of Love, this virtue of Love, this duty of Love, this obligation to Love. I have come not to disturb or destroy any faith, but to confirm each in his own faith - so that Christian becomes a better Christian, the Muslim, a better Muslim, and the Hindu, a better Hindu."



Each should practice his own religion sincerely. A Christian should be a good Christian. A Hindu should be a good Hindu. A Muslim should be a good Muslim. Let each one be a true practitioner of his religion



Education must remove hatred between the pilgrims on the various roads to God. There is only one God, one Goal, one Law, one Truth, one Religion and one Reason.



Religions are many, but God is one;  
Jewels are many, but Gold is one;  
Appearances are many, but Reality is One.



Cows may be of different breeds or colors or sizes, but milk they yield is the same, the world over. So too, all religions, what ever their origin or extent of influence, are means to teach man this process.



Do not give room for differences based on language, religion, caste or nationality. Develop the feeling that all are children of God. You may worship God in any form of your choice, but always bear in mind that God is one. Cultivate love and promote unity and harmony among all.



Religions are many, but the road is the same. Flowers are many, but worship is the same, professions are many but living is the same. **Should each person** live the ideals propounded by the founders of his religion, unaffected by greed or hate, then the world will be a happy and peaceful habitation for man. In spiritual terms all of mankind belongs to one and the same class, race, and religion. The followers of each religion call upon One God who is omnipresent and listens to their prayers, be they from any race or whatever language they speak; but it is the same God who confers happiness on all of mankind. No religion has a separate God showering grace only on those who profess to abide by that faith.



Love and serve the motherland. Do not hate or hurt the motherland of others. Honor every religion. Each is a pathway to the One God. Love all men without distinction. Know that mankind is a single community.



All religions have emphasized the same truths in their basic teachings. But few people try to understand the inner import of religions. Out of the narrow feeling that one's own religion is superior and other faiths are inferior; members of different religions are developing hatred towards members of other faiths

and acting like demons. Such narrow ideas should be given up totally. All should develop the awareness that though names and forms may be different, the essential truth is one in all religions.



All religions teach one basic discipline; the removal from the mind of the blemish of egoism, of running after little joy. Every religion teaches man to fill his being with the Glory of God, and evict the pettiness of conceit. It trains him in methods of detachment and discrimination, so that he may aim high and attain liberation. Believe that all hearts are motivated by the One and Only God; that all faiths glorify the One and Only God; that all names in all languages and all forms man can conceive, denote the One and Only God; His Adoration is best done by means of love. Cultivate that attitude of Oneness, between men of all creeds, all countries and all continents. That is the message of love, I bring. That is the message I wish you to take to heart.



# Love IS



**Sathyam:** Happy Valentine's to. Any report from any of you?

Student: "Having the music play throughout our meditation was very different tonight. I was not in a very deep meditation but it was quiet for me on the surface. I replayed the whole day like a silent movie set to the music which was playing. So all the stress from the things that I thought were going wrong today was rather comical because it kept replaying in my head to the music. In that the stress of the day was gone."

Another student: "That was the longest time I can remember without thoughts. I think that is growth. They were not totally gone just silent for a longer period."

Another student: "I was watching one of your DVDs before class tonight and you were saying all this stuff that I have heard you say before thinking to myself, 'duh! I really should pay more attention.'

**Sathyam:** Yes but you know I was telling someone very recently that what do you expect from yourself we filled ourselves with junky beliefs all of our lives and now we think that within 24 hours the expansion will be so big that it will embrace nothing but the Truth. So the main thing is that we are not leaving until it is done,

this is the most important part of it, otherwise you have no idea how much more expansion will happen to each one of you. And you have no idea how your life will be; it is beyond words, it is simply beyond words. It is not of this world.

Now that we have Valentine's Day we are going to talk about L.O.V.E. Would anyone like to talk a little bit about what true love is to them? What is this word that is so commonly used and which Hallmark has made billions from selling?

What is it? Where does it come from? Where is the location of it?

A student points to her heart.

Sathyam continues: Are you being romantic or do you really feel it there?

Another one nods yes.

Another student: "I don't think it has a location, it is formless."

Another student: "It is more of a recognition."

**Sathyam:** How is that? You recognize it when you have it?

Answer: "Yes. I know a lot of people look for it and they can't find it."

Answer: "When you are not looking for it it's right there."

**Sathyam asks a student:** Tell us what love is for you?

Answer: "I am still thinking."

Another student: "Perhaps it is the feeling you have when you ride your bicycle around the world twice."

**Sathyam:** That is an escape, let's talk about love.

Student: "You can love your escape."

**Sathyam:** O.k., anyone else?

Student: "I will add something to it. I have stopped using the word Love because of the trite commercialization associated with it. I decided I was going to

just stop using that word so I like to use the word compassion instead. I do not know if it is any better but they are not singing any songs about it yet so it is o.k. for me to use that word.”

**Sathyam:** Until everyone chooses to replace the word love with compassion; that is precisely why we use the word Truth instead of God.

Student: “That is why I never liked the word ‘God’.”

Sathyam: Yes it is an image and we are escaping from formation and the concept that goes around this formation. Although to me love is a romantic way of looking at something that is not romantic at all. We will get into that in a minute. What about you, She asks one of the students?

Student: “I don’t know anymore. I think of what love used to be for me and I think of what it is now and it is totally different and as I explore this whole new thing of ‘love’ I don’t know. I know that I feel things that I have not felt before; I don’t know if it is love or not love.”

Question: “Could we say that Prema is that which stems forth from one who has Jhani?”

**Sathyam:** Prema means divine love, and Jhani means wisdom. Love is; that is it. Love is; love really is. You can not give it anything more than that. Try it, it will not be That. It just is and if we mould love into a hugging and loving expression of what we know best then that is what we have done. Love IS and the most unbelievable love is when it is not known to the mind that it is love. It is just a spontaneous flow of selflessness. So far we know that love IS and we give it a mould and a shape. I give it the shape of my sons and Richard and a hundred other people whom I love but really love IS and you can not touch that, as I is. Because I

is and there is only one I in different moulds as Sathyam, Joanna, Mahmoud, Hans so forth and so on. Since there is only one I every love is because of the I; every love is for the sake of the Self. You cannot see that there is anything but that. I will give you an example; some people say 'I love my husband so much, I am so not selfish that I would give my life for my husband.' Why is this? Because without your husband you don't feel good, it goes back to the Self again. This is because there is only one Self and you can not run away from it. Selfless love does not mean that you sacrifice yourself rather it means there is no individual self. I am not talking about the individual self but rather the I IS.

Do you follow that? So all this romantic poetry which I love to hear is for the sake of the Self: for the sake of the person who comes up with the poetry and the one who receives it.

Question: "The self you are referring to is also known as the ego."

**Sathyam:** No, the self related to the ego would be body identification and that is an individualized self. Myself, Mahmoud's self, etc. I am not talking about that self, for the love for that self is so temporary that we don't even want to talk about that. What I am talking is That is and therefore Love IS. There is no two to give and receive love therefore everything is That. All the love is standing on the pillar of That. So whenever we have expectation in our love we have to realize that each and every time we love is it for our own sake. That is already a reward in and of itself to be allowed to satisfy that Self. Do you follow me? We hear people say things like, 'I gave so and so my life and loved him so much.' You really loved the Self, what is the problem here? Where is the giving and taking? It is all One! So here it is: when we look at everything with the new vision we have developed

there is nothing but the Self, nothing but the I. The Lover, the beloved and the love are all that One playing a game for the sake of the Self and we can then go on and play it. We can play this game as intensely as we want to or as meekly as we want to. Eventually there is only one Self and isn't that magnificent that the one Self can play infinite games with oneself? Infinite games and that is the play of creation.

Aida: "Can you explain that a little more?"

**Sathyam:** This unbounded, unending Sat Chit Ananda or the awareness of the Chit or the Truth can become personalized and play this magnificent and at times sorrowful game in reality. Imagine if people who have hostility, hatred or even jealousy would sit down and contemplate on this, what would happen? There would be no jealousy, anger, no possessiveness, etc. What can you be possessive of? The Self is unbounded; you can not even say it is unbounded because it is beyond words and explanations. This is the translation with the light of wisdom that takes place.

Any questions on that?

Question: "So when a person loves another and they are elated when they love that person and they are devastated when that love is taken away is that the closest expression of loving the Self that they are experiencing?"

**Sathyam:** The thing that we have to recognize is that what I am saying is even beyond devastation and the feeling of elation for love. Yes when you lose someone that you thought you loved you will be devastated and at that point we ask ourselves, 'Who is devastated?' We find out that the body and the mind was used to having the proximity of that person and they are no longer there. So they react because they are programmed to react; it is like what Mahmoud was saying about

some people being programmed to cry hard and mourn the physical loss of another. Going back to your question the answer is that we are talking about the beyond the beyond of all these things that go on in the ordinary world. I love my husband and He loves me and I am certain that when one of us leaves the other's mind and body will be very uncomfortable. However so what? Nothing happens to the Self, the Self is so absolutely completed by its own standing that just to understand that will help us realize and take a little bit of the blow away from the devastation.

Student: "I am just reiterating that what they are tasting is the Self and what they perceive as the loss of the Self causes their devastation upon losing a loved one."

**Sathyam:** Yes, they are perceiving the individualized Self and since the Self can not be individualized it is very uncomfortable. Just imagine if you took the ocean and tried to put it in a bathtub it would be very pissed off. That is why all of us are so uncomfortable as an individual and the more we have wisdom the more comfortable we become in our own skin. This is because we are sort of opening up the cage and we feel freedom by doing so. Loving is an expression of the Self but the truth of the matter is that love IS. The more we dwell on the Self the more we find that it is not separate from love. So 'Happy Valentines Day, will you be my Valentine?' is the Self. How beautiful that we glorify the Self by expressing it to one another and there is nothing wrong with loving. This is why when we hate which I don't think is our case anymore it becomes uncomfortable. This is because hate isn't, love only IS. When we experience hate it is so foreign to us that physically and mentally it is highly uncomfortable for our system. Love IS. Another foreign emotion is jealousy and we might not experience it very much but it is uncomfortable because jealousy isn't, love IS and the I IS. Therefore any

feeling that is not neutralized in this contentment is foreign.

Question: I asked you once about that longing for the Guru or the beloved however you would like to term it. I want you to talk about that a little bit more and also in relation to how we are talking about this love for the Self is that the same thing?

**Sathyam:** The reason people fall in love with the Guru without even knowing the Guru well is because it is the closest without interruption of the Truth that they are seeking. When I fell in love with Baba I asked myself, 'Why? I have not been with this man long enough; we only spoke for 30 minutes, why do I feel this way?' Because the Self is very apparent in that person; there is not too much static going on. It is more available without having too many concepts and again the love of the teacher which I can only talk about from my own experience is extraordinarily important because through this love you develop trust of the words of the Guru if it is a genuine Guru like mine was and your path becomes a short cut. You therefore do not have to deal with the dilemma of doubt or any other distractions on your path. Your path then becomes shorter and that is why they say it is necessary to hear the truth from the guru. When your path becomes a straight path through your love and trust and through the practices of what was said and what worked these two (pointing to her two index fingers facing each other and touching) come together until they are completely merged and are one again. The two fingers are symbolic of the inner and the outer Guru.

That is really what happens and that is how it has been for me.



Question: “I would describe it as two people who fall in love but my question is that I find outside interferences on both sides for example the others’ parents and other family members begin to affect the relationship. Is this because we are listening to what they are saying and being affected by their interferences?”

**Sathyam:** You are talking about the worldly stuff I am talking about the outer Guru and the inner Guru.

Student: “I know but I think it is similar to how we fall in love with each other and you become one.”

**Sathyam:** No you don’t! I will tell you why that is not how it is. When you fall in love with someone and you are both an individual you realize that an individual can NOT merge. The reason I say what I say about the inner and the outer Guru is because they both work together to demolish your individuality in between the two merging. That is the only way to feel the oneness; with regards to the worldly love even if everyone agreed to your marriage the death will tear you apart as two individuals. Therefore it can not be lasting and the absolute most it can last is from

A to Z during the lifetime without anyone's interference. The most important thing I can say is unindividualize and set yourself free. Unindividualize! I can not emphasize it more than that and if you do not understand since it is such an important point please do ask. Do not let me repeat something that you have not understood because it would be completely useless. Does everyone understand what is meant by 'unindividualize, un-personalize,' or anything else you can 'un'? Question: I understand but I was just saying that my comparison for what you were saying was I recognize myself in him and he recognizes himself in me. It is like separate petals coming off the rose and you sometimes hear about this not happening until the couple has kids or something like that. They are just friends after that and they no longer have that kismet love that they had at the beginning where they were finishing each other's thoughts and having that sort of a connection. How do you get that back or was that even real to begin with?

Sathyam: Kiss his ass goodbye!

Another student: I agree with you because you can not get it back.

**Sathyam:** (Chuckles) because it never was in the first place; it was never the real deal to begin with! However the being in love can turn into a very deep spiritual love which is far greater than being in love without the fanfare of being in love. My husband and I were madly in love with one another and after marriage this became a deep bond of spirituality. Now this will last beyond our bodies because our expression was one. To say however that we could come back together and be completely gaga goo goo for one another is not even necessary. Do you see what I am saying?

Because it has given its place to something extraordinarily comforting and much deeper; did I answer your question?

Student: Yes.

Question: On the same thing that you were saying about the longing for the Guru or the Beloved, that ache which you feel sometimes is that because at that time you are feeling the separation from the Self or is it part of that divine romance you are always talking about?

**Sathyam:** This yearning is the only type of sensation that actually eliminates the twoness. That is the only time this happens and I tell you why. The more you yearn the more you want to merge; the more you yearn the less distance you want between the inner and the outer Guru and the more enthusiastic you are to finish the game. For me the yearning was my conductor and all I can say it is different for different people but that type of yearning makes you restless and it finishes the game.

Student: I thought I was not going to have anything to say but I thought of something. I have only loved twice and both times were in high school. I loved my first love very much and she loved everybody (laughs) but I did find true love and it was me who decided that I was not ready for the commitment. I tell people who are in love that the beautiful person their husband is found in their imagination, so do not stop imagining. You imagine him to be beautiful create the beauty and then it will be there forever.

**Sathyam:** Tonight I am not going to let you go easily. You confused me, first you said 'Quit imagining' and then you said, 'Imagine the best you want.'

Student: I did not mean quit imagining; continue to imagine him to be a wonderful person.

**Sathyam:** You mean set yourself up for disappointment?

Student: Not really! Do you think so? The wonderful part of him is him merging with you. Can you complain? He is merging with you.

Sathyam: What you are saying is very nice but I would like to add a little onto it. Every individualized person's imagination in this room is far more intense than anything they can find outside of themselves. Therefore it is best to break the idols in your mind so you can live through life with satisfaction, for no one can identify with that image you have created in your mind. This is why Baba says, 'You are not who you think you are, you are not who your spouse thinks you are, who you are is beyond imagination.' Each one of you will have an opinion of me and I am not that opinion, I am not even the body, what are you going to do? When I was judging myself I was not my judgment; I always wanted to be something that I wasn't and if I wasn't then I would condemn myself for not doing better and for not being a better human being. So we are living in falsehood from the beginning to the end! Do you follow me Wendell? It is truly happy and magnificent when you live in an empty castle.

Student: Yes, however...

**Sathyam:** However?

Student: Women often complain when their castle is empty and they want the beautiful imagination of Prince Charming.

**Sathyam:** Yes and I would say stay away from falling in love with those women. Empty castle to me means breaking all the imagery and then whatever is comes to you and it is perfect.

Student: I am trying to think of a relationship where this is done and maintained forever.

Another student asks: What is done?

Student answers: Where they have an illusion of wonderful and they maintain it for the rest of their lives.

Question: Isn't that contradictory because how can you maintain it for the rest of your life if it is an illusion?

Student answers: Well from eternity.

Question: "If it is an illusion how can you maintain it for a few hours or even a few years?"

Another student: The problem is the illusion it is not the time frame.

**Sathyam:** It is not even real; it is like saying 'till eternity my night dream lasted.'

Student: "Neither is love real, it is just something that is."

**Sathyam:** We were talking about that Wendell and you are coming back to the first word we were saying here. I am glad we went full circle because we come back to this thing of Love IS. Now if you want to be a sculptor of that go for it, make poetry and sculpt beautiful imagery out of that. But remember the mother 'IS' and in that you will live without expectation.

Student: "I got it. The mother's perception of her child is the illusion that I speak of. There is only love for that child, endearment for that child. Now is that better?"

**Sathyam:** Than what?

Another student: It is still an illusion.

Sathyam: I have known parents who want their child molded into what they think

will accomplish their image for that child. I have known parents who have put so much time and effort to have their child become a doctor because it will fulfill that imagery. The real love IS and once we realize the IS honest to God every movement of the hand is communicating something profound of the Truth and Love nature. Until we empty ourselves to realize I and Love IS period and there are not two entities or two qualifications we will continue to set ourselves up for disappointment, heartbreak, and unnecessary expectations. One thing I would like us to go away with tonight is when you simplify everything complex you are getting very close to the nature of who you are. This is as simply as I can put it, everything complex like the thoughts, words and deeds. I could sit here and make a mockery out of the Truth by bringing in all types of scientific proof, facts, and theories but the Truth was not given to a scientific mind; it was given to an illiterate mind. Why? Because I had to be simple to receive it and those of us who have simplicity in their way of thinking will get it the fastest and the easiest. This is because there is not a clashing background of noise and chaos. For those of us who have a very active mind and a very active imagination I would say as much as you can just Be. Just BE.

Question: Could you say that the love comes forth when you are established in that IS?"

**Sathyam:** It is inseparable and it does not have a shape at that time. The I of Truth could be angry looking and it would still be love and it goes completely to another caliber. It is not of this world and had nothing to do with the five elements or the three gunas. It is absolutely beyond imagination. Baba always says, 'I am not the body. I come here to fool you and make you believe that I am' and the first few

years I was there in India I could not understand it. It takes your own understanding to understand what he is saying; it takes your own realization. The Truth is not of this world and this is why it is so simple and ancient.

Question: You speak a lot about love between people and you continue to take us back to the love for Be, because that is true love.

**Sathyam:** Fortunately or unfortunately for the listener I will not budge because there is no where for me to go. I am not saying this just for you but you did bring up a very beautiful point. This is what happens with the Truth; since the Truth just IS it can not come and take different calculative and reasoning forms. This is exactly why all of us including myself have witnessed the Truth for the past seven years. You can watch any DVD from the past and you will never see a DVD deviate regardless of what question arises. Why? Because it just is and it is not subject to changes; it is not IS today this way and then tomorrow another way and because of its permanency it can not be anything but real. So I appreciate this point you brought up and I knew you wanted to clarify something for whoever listens to this DVD. Each time all of us may be confronted with some type of discord as Tony had been today which he nullified by the music and his methods. Every time something becomes serious for you in the world just hold up one finger (referring to the one I). You then realize that everything else melts away because your understanding says, 'Wait a minute, it is this simple,' (holds up the one finger again.)

So each time you want to make your life complicated hold up one finger and do not forget this finger.



Question: At the beginning of the class when you were talking to Joanna about the DVDs and how your life starts to change, the transition is it gradual?

**Sathyam:** If you are a true seeker and not like a rabbit who gets exhausted each time an obstacle arises, you would go as Baba says, ‘start early, drive carefully and get there safely.’ I will give you an example: many years ago before a lot of things began happening to me I was watching the video of a self-realized person. The followers of this person were being interviewed and every one of them said ‘we are realized and we are this and that.’ It was so absurd to me and they were all saying how they are beyond the mind and this and that. Finally I heard enough to say to Baba, ‘What are you doing to me? How come they can have it overnight they just saw their guru for two days, what is going on here?’ That same night I went through different experiences and it was proven to me that the difference between picking the orange from a tree while it is still green and putting it in the windowsill to ripen or waiting for it to be organically sweetened on the tree. When you pick it in its unripened state one out of ten may barely survive and even then if you take

the orange or even a tomato that was ripened naturally and you taste it there is not even a comparison in the way they will taste. The hearing of the Truth and the contemplation of the Truth is the IV. Do not let it go and you begin to dissect it with an awareness beyond the mind. Believe me and I know you Aida have experienced this yourself. So you do that and you regurgitate it and you make it your own and then you become an expansion of your own Being. It is very simple. We dress our body as we decorate a Christmas tree but the Christmas tree is not the decoration. Do you follow? It is very simple! Once again I emphasize it anytime you find yourself in a complex situation you are living an imaginary life. I asked Baba some years ago in a dream ‘Who are you?’ He said, ‘Do you really want to know?’ I said, ‘Yes I really do.’ I was actually asking about myself. He said, ‘I am Sat Chit Ananda. I am Truth, Awareness, and Bliss.’ Then he went on to say, ‘On the surface you will not find me, in the depth I am always there.’ The translation of that is in the mind and imagination you are on your own and your concentration is on Maya. In the depth there is no separation whatsoever. There is no you and I, it just IS.

Question: “I was just wondering if you could sing a love song for us.”

Sathyam blows a kiss to the camera and says: Love to everyone who watches these DVDs and there are 99.9 Iranians who do.

Because love is so devotional and it is because you become devoted to the person you love I am going to sing the following song:

“Know that the Lord is sweetness itself  
Everything is a sign of his grace  
He is the nearest he is the dearest  
Born in the world as Sri Sathya Sai  
Hold on to him as close as you can  
Everything is a sign of his grace  
Everything is a sign of his grace  
Know that the Lord is sweetness itself  
Everything is a sign of his grace  
He is the nearest he is the dearest  
Born in the world as Sri Sathya Sai  
Hold on to him as close as you can  
Knowing him as an intimate friend  
Knowing him as an intimate friend.”

Now one song for the Iranians:

دوست دارم می دونی که این کار دله، گناه من نیست تقصیر دله  
عشق تو دیونم کرده، بی آشیونم کرده، ناز تو نازنینم ورد زبونم کرده

این بازی زمونست، آخه منم جوونم  
همه می گن دیونست، اینا خودم می دونم

همه می دونن که عاشقی کار دله، گناه من نیست تقصیر دله  
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عشق تو نازنینم شیگرد کوچه هام کرد  
تو می دونی فداتشم عشقت باهام چه ها کرد

همه می دونند که عاشقی کار دله، گناه من نیست تقصیر دله  
عشق تو دیونم کرده، بی آشیونم کرده، ناز تو نازنینم ورد زبونم کرده

**Sathyam:** Have a wonderful week and remember simplicity is divine and complex is just chaos so stay away from it.



**Namaste**

*Sathyam*  
"Love Is" DVD  
2/13/2007

# I IS



**Sathyam:** As the candle is worthless without the wick that goes through it, all the fuss about the candle is for the wick. This is the story of I in the midst of us, the I is the wick of the body. I am this body identification, I am Sathyam, I am a woman, I am sitting here, the I am makes the manifestation. So to realize our true SELF we see that I is the cause of I am and yet completely independent of 'am'. Therefore by erasing I am this or I am that and by vigilantly watching the I am you realize that the I is not personalized nor is it individualized and in that our consciousness is free. It is free of duality, disease, discord, and disharmony.

**Sathyam** gets silent and goes into a state of Samadhi (bliss).

**Sathyam continues:** What can I say, get a hold of the I and you will always be free. We memorize all these verbs and their various conjugations: I am, you are, he is, she is, we are, they are, past tense, present tense, and the future tense; they are all nonsense. There is only I, I here and to eternity, the rest is just extra fuss and imagination in the mind, the universal mind. I in the midst of this appearance of the body is mighty just like the candle. Then there is not even an iota of individualizing the I and to catch a glimpse of that you are

free. Not only are you free but everyone you associate with is also free for in your consciousness you do not behold them as an individual. We can meditate until the cows come home and the pigs fly but unless we unindividualize this I we have not done anything. Everything melts in that: God, Goddess, yogis, yoginis, saints and sinners all melt away. I is not a woman, I is not a man, I is not here or there, it just is. I is; our vocabulary needs to consist of two things: I is. It is that simple, we can throw all of our books away. We are telling the truth from beginning to the end; in that there is an infinite supply, infinite purity, infinite joy, infinite 'isness,' we are not of this world, the world of imagination and falsehood. Who we are just is and once we have a glimpse of that our life is never the same again. We have known the truth then and the knower of truth is the truth, the knower of God is God, the knower of the SELF is the SELF.

Question: "In that state of I is would anything having to do with the world fade away?"

**Sathyam:** You can not serve two masters, once you get a hold of that I there is no question of the other. Once you have a glimpse of the world there is no question in that either for you have not known the Truth.

Question: Would that imply if you had a vision of IS your vision of the world would be totally changed?.

**Sathyam:** Yes, not so much the vision but the concreteness or the reality of it fades away. As this picks up reality the other one weakens and loses reality, because the world is of the mind so as the mind weakens the I appears.

Question: Would one then say that there should be less and less time spent in the world and more time spent seeking the I is?

**Sathyam** does not respond and is in a deep state of being. After a few minutes of silence she continues: There is nothing to say anymore, this is the whole truth.



**Sathyam:** Only bliss, only bliss. I appears as many don't believe it; enjoy it but don't believe it; go back to that I and you will see that everything you see is the I, everything you eat is the I, everything you smell is the I. In that there is no conflict, there is no duality, there is no fight, there is no pain, and there are no tears, there is only That. The more time we spend holding on to it the less we have to jump over obstacles; it is so simple.

Question: In that consciousness of the I is wouldn't all obstacles be removed?

**Sathyam:** They will not be removed they won't even appear, the more we stay away from the business of the world the more concentrated we are on the unindividuated Self. The more we are entangled in the imagination of the world the more lost we feel; we need to always remember the only permanent and the only eternal is I.

Question: Were you addressing what you saw here?

**Sathyam:** I was telling the Truth.

Question: Are you in a place where I can ask you about the observer?

**Sathyam:** Yes.

Question: You just spent a little bit of time going over the I and the I is and specifically going over the universal I. I would like to ask and perhaps this is something I can discover for myself but I am being too lazy and asking you instead.

**Sathyam:** It's my fault I show up (laughs).

Question: Well thank you for showing up. The observer or the witness whatever you would like to call it my confusion lies in is that the individual I or the universal I that I am observing or feeling?"

**Sathyam:** You are feeling the universal I as the individual I and it isn't. The reason you see it this way is because you perceive it through your mind which is individualized. Once you digest what was said tonight you realize that the glimpses you get are an invitation to drop the individuality.

Question: Would that mean that you would have a different idea of the I as the observer?

**Sathyam:** I can not perceive what you are saying.

Question: The observer is observing this world as separate and apart and there is still some duality there and if the observer would dissolve all that would exist would be that I?

**Sathyam:** This is the statement which you need to put some time and effort in and then we can talk. It is too much of a concept.

Question: It is easier to be this way that you are talking about when you are not in this world as much. But when you start going out in the world and working at a job, I know it should not be hard but it is.

**Sathyam:** It is hard as long as you have weakness in the mind and it is very normal. However if you dwell in a high place that was mentioned tonight with any leisure time you may have even if you have two minutes in the bathroom or five minutes in the shower what happens is that state of I ness becomes the totality in your life. It becomes apparent; not that it was not like that because it was always like that it just comes more to the surface, because your mind allowed the reflection of it. It is like the moon that allowed the sun to reflect on it and then your work becomes your worship. In other words the Self becomes worshipped wherever you are. The individuality as a boss or a colleague or a specific work place becomes a joke as you are working it does not have such a hold on you. However if you go unprepared into the battlefield of work and making money even billionaires get defeated.

Question: So going ill-prepared to work can cause all kinds of problems even injuries? Say you get an injury at work can you go back and act as if the

injury is not there, should you seek medical attention?

**Sathyam:** Yes, and I say yes to every part of your question because it depends on where you stand. You have to be honest with yourself if you have the consciousness that you realize in your I-ness that there is no disease, discord, or disharmony there would be no question of going to the doctor. As long as there is a question of going to the doctor I would say go. However when you are sitting there in the waiting room entertain the idea of that I-ness until you either don't have to go or you go with the realization of what is going on. So the honesty with yourself is extremely crucial on this path. We can not pretend to be something we are not. We can not pretend we are not when we are. At the same time however whether you are or you are not the I has to be the focal point. The inner vision, the wick, the I in the midst of me is holy, what does that mean? Look at the candle.

Question: I is perfection?

**Sathyam:** Yes the more you entertain this the less you have to jump over obstacles in your life. Take your time and entertain it but if you fail get up and continue. Do not sit there and say 'I can't do it.'

Question: "So keep trying for that perfection?"

**Sathyam:** Not perfection honey, do not get disappointed, impatient, or disheartened. Because no matter how big of a tantrum you throw you have to get back in the line all over again; after you throw your tantrum and you scream and cuss and get mad at creation remember you have to get back in line again. So stay in that state of being for as long as you can; no amount of effort here whether it is a millisecond of contact or hours of contact is ever

wasted. The more priority you give it the more priority it gives you, the more you serve who you really are the more it will serve you. The more you stay with it the more it stays with you and I say you by which I mean the body and the mind. Those of you who may not understand as clearly as you would like to please do not be concerned about it; the fact that we were together in this type of vibration will do its work. I am completely amazed tonight that I am able to talk; it has been impossibility in this state, I do not know anyone who has.

Question: Sathyam, as I was in Los Angeles visiting my family and to the best of my ability I used my tools and meditated when I could even for short time periods. I saw that it helped quite a bit where in the past I may have had a lot of friction with my children or with my issues of control this time I put into practice things that you have been teaching us, things that you want us to realize. It has been helping and I see it and therefore in the midst of that I could see the movement of things going into One. I do not totally understand it yet but I do get little glimpses of it, I see it and to me it is love.

**Sathyam:** When you look into the mind you can see things such as numbers, imagination and lots of activity so your life becomes very active too. When you look at the One everything calms down and everything gets sucked into that One. Everything that you believed as soon as it comes into your consciousness the One sucks it in and therefore there is no conflict and conflict begins to be less and less. The pictures around you and as far as the people in your life are concerned both begin to calm down. Why? Because this (referring to the One) is what you are paying attention to and the others

just get melted into that pot of bottomless Truth. In an ordinary life without our tools and without our self-inquiry and silence normal people who to me seem very abnormal are involved with millions of movements and since they can't see One each movement communicates different things to them. One movement will make them shiver due to fear and another movement may induce another unpleasant feeling in them. Once however you are zoomed in and focused on the Truth all other things begin to bow to the feet of this oneness and the tools you referred to are phenomenal not because it came out of this vehicle but because they simply are. A dozen times a day people call me and tell me about how they benefited from using one of the tools we practice here. Why is this? Because using something like the Stop meditation is like clearing up your field of very old dirt and by using the Trust meditation or other higher or lower meditations you are demolishing those old beliefs and thoughts; what becomes of that field is nothing but the Truth. What is? The I is, it just is, not I am, but I is. When you say 'I is,' what can you add to that? There is a period at the end of that sentence and it is finished. All of our lives we said, 'I am, I am controlling, I am angry, I am this, or I am that.' And the mind began to create those experiences not that it had any power to create but it was all imaginary like a movie. So first we recognize the problem which is reading the mind and then we realize the nature of this problem which is believing that the nothingness has power which it really doesn't, and by that we take the weapon out of the hand of duality and then we fill ourselves with the truth of oneness and the next thing

we know we are nakedly I is and the game is then finished triumphantly.

Question: So should we not concern ourselves with what is going on in the world?

**Sathyam:** One time my son at age seven had mistakenly swallowed a nickel and being a frantic mother which I was at that time I called the doctor for I

had never seen anyone eat money before. I asked the doctor what I should do and he said not to worry about it that it would come out by itself. I asked if I should stand close to the toilet and look to make sure that it comes out and he said that I could if I wanted to if it was worth it for me but that it wasn't really necessary to do so. This has become the affair of this world.

*Sathyam* breaks into laughter and this continues for a few minutes.

**Sathyam** continues: If you want to find your nickel look at where you have to look for it. (Laughs).

Question: I would really prefer to erase this visual image.

**Sathyam:** No, keep it, keep it very closely and it will demolish the appetite for this temporary nonsense.

Joanna: "I don't mean to ask the same question in different ways,"

**Sathyam:** You are very smart to do so.

Question: I know we are the I and the spiritual I, that is what we are, the totality. But we also have this physical body.

**Sathyam:** Do you?

Question: So we don't?

**Sathyam:** No go ahead and finish, that question was for me.

Question: Do we not take care of this physical body if it is injured?

Sathyam: Yes you should and you must use common sense. Listen, when you need crutches use them who are you kidding? I am telling you however as you are using all the crutches that you may need remember something in you reminds you that the reality does not need crutches.

Question: So heal ourselves instantly?

**Sathyam:** Not now but later yes. The more your consciousness is imbued with the One the duality has no place, it simply has no place. So use your crutches but do not take your eyes off of the One. And then at the right time the One will pull the duality right from under your feet. You then say to yourself, 'Oh my God, I did not fall.' There once was someone here who needed to take medication for a certain medical condition they had and they asked me if they should continue to take their medication. I told them yes and they were somewhat offended. I knew that if we took the medication away since they did not have that consciousness they would have gotten very ill. So you get the Truth, you eat it, you practice it and you give it more priority than anything else in your life with honesty and integrity. So you don't lie and say to yourself, 'I am God and nothing can happen to me,' because it is going to happen.

Question: But you don't give it any weight if it does and it therefore doesn't have a hold on you.

**Sathyam:** No you don't unless you want to give it weight and importance. I do not but that has been the work and the end result of many years. So the duality that is created right now for you entails letting go of the old and to grab the new. What if the new is not sufficient? Do not let anything go concentrate on the Truth and do everything as you did before. Go to the doctor; attend to your leg or whatever part of you that may be hurting, quit any job that is hurting you physically, etc. Do everything as you did before with one difference, never let go of the One as you are going through your activities, that will take care of the others if you are faithful to it and if you don't lose heart or become impatient.

Question: Everything happens for a reason?

**Sathyam:** Everything happens without a reason.

Question: Well I was thinking pretty negatively and was having pity party thoughts when the injury happened. That was a lesson in and of itself.

**Sathyam:** Well you can think very negatively but remember that it does not help your goal which is peace of mind. Why would you want to inflict more pain on yourself? So even if your tendency wants to say, 'shit, god damn, why did that happen to me?' all you are doing is more damage to your peace.

Question: Is it self-sabotage?

**Sathyam:** Listen, you come into the room and Jason has done something really awful and you want to get really mad. Awful things are already awful and by your anger it will be twice as awful. Why? Because not only are you hurt about what he has done but you are also hurt because of your own

reaction to it. Remember always that your thoughts, words, and deeds have to feed your goal. They have to feed your goal! When I wanted to be free you have absolutely no idea what my dedication to it was, only my husband was there to witness this dedication and unfortunately he can not remember much of what happened. Dedication, dedication, dedication. Love of the freedom and the wisdom of that freedom come together and ignite your thirst. Question: So a job can not be enslaving or bonding to me?

**Sathyam:** Yes it can. There are people who are free in prisons and there are people who are in captivity in their castles.

Question: Sathyam, in your c.d. you talk about healing and I was very interested in that because that was the initial reason I came to this class. You say on that c.d. 'to the extent of your realization of what is real and what is not, or your understanding of that oneness' you can then heal.

**Sathyam:** The biggest prayer and the biggest healing you can give to someone physically, emotionally, and mentally or a person who appears to be out of balance is to not go along with the idea of personalizing their disease. You must however be very proficient at this yourself before you can do it for others otherwise you are giving it away without any power. You do not personalize it and you go back to that oneness and you say 'since God or I is omnipresent what can this man or this woman be?' You can use God or I or whatever word sits in your heart when you do this. And then you let it go and ask yourself, 'what can I do for it?' If you decide to do something you can not heal because you are already seeing a sick person. Immediately when you say, 'what can I do for it?' you are seeing the Truth; I don't see any lack

what is there to do? You can not however do that unless you are convinced by it; you can not sit there and tell someone who is sick, 'oh you are God.' Your consciousness has to be imbued with what is being said and rolled around what is being said and it has been practiced and practiced and the next thing you know it automatically hits your consciousness and it gets dropped immediately.

Question: When you are imbued with the I is everything would get dropped?

**Sathyam:** Everything drops.

Question: "Did you say she could heal?"

**Sathyam:** She could heal when she knows there is nothing to heal. As long as you need healing or you will give healing you still have individuality. You see realizing the Truth the picture changes. When you are asleep at night and you are being chased by a lion in a split second you realize you are dreaming there is no fear and you just wake up. That is what happens to a so-called healer.

Question: More than that in your dream when you are in the 'I is' and recognize you are dreaming you can change the dream and turn the lion into a pet.

**Sathyam:** Yes, but why bother with that and not just wake up?

Student: "That is true."

Student: I just want to share this, when I was a kid we went to church often and we were taught the One, to hold up your one finger.

**Sathyam:** Wow, that church was a good church.

Student continues: We would sit in the back of the station wagon and point

our One finger to other cars. It was 'honk if you believe in the One,' and we had so many people honk, wave and smile as we would hold up our finger. That just reminds me of that every time you hold up your finger (begins to cry).



**Sathyam:** Yes and you are reminding me of the fact that whatever happens in your childhood as far as spirituality goes you will eventually go back to the same point you started at. You heard the One then and now you are hearing it again but this time it is different because you have a better understanding and readiness for it so you can just swallow the Truth and make it your own.

Student: Yes, we believed in it and as kids miracles would happen to us all the time.

**Sathyam:** What we call miracles occurs in our absolute pure state of being and the closer you are to your state of being the more miracles appear around you. It is like what I was telling Marta about the healing, it is very simple. Thank God we came in one car Richard so you can drive me home. I am going to leave this room quietly after you all leave, I will not hug anybody

because the vibration is very high. I will see you all next week.



**Namaste**

*Sathyam*

"I Is" DVD  
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A list of Sathyam's DVDs, Audio CDs, DVD Transcripts, Books, Her Interviews, and Conferences and also our Newsletters are available via our website [www.nazzanine.org](http://www.nazzanine.org) . To receive DVDs, CD's, please contact us at [nazzanine7@yahoo.com](mailto:nazzanine7@yahoo.com)

