



I Am the Light







## *Sathyam's Prayer*

Dear Truth, Dear One

Let us see One, where there is two

Where there is pain, let us see One

Where there is fear, may we see One

Where there is stress and anxiety, may we see One

Where there is disharmony, may we see One

Where there is mis-trust, may we see One

Where there is loneliness, may we see One

Where there is love, may we see One

Where there is hate, may we see One

Where there is understanding, may we see One

Where there is mis-understanding may we see One

May we see One, Only One, in that, may we keep quiet, because there is nothing to see, nothing to hear, nothing to say, nothing to do, and we become a flute, like Krishna's flute, where beautiful songs, beautiful music, and beautiful words would flow out of us to that One.

*Amen*



## *Divine Love*

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

*Sathyam*

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## *The Mind*

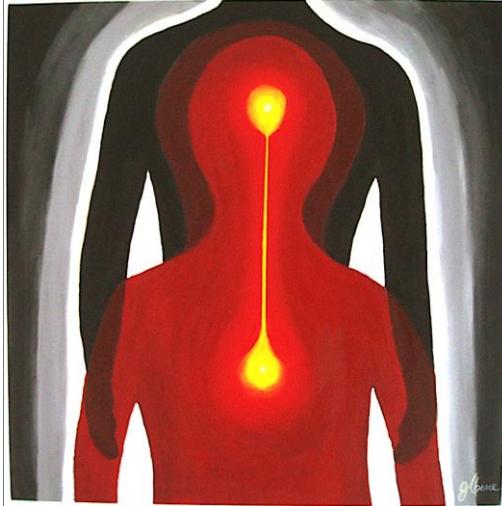


The mind is engaged in two activities: *alochana* or planning, and *sambhashana* or dialogue. Both these follow different lines. Planning is intent on solving problems that present themselves before the mind. Dialogue multiplies the problems and confounds the solutions causing confusion and adoption of wrong and ruinous means to solve them. The inner conversation and controversial chatter continues from morning till night, until sleep overtakes the mind. It causes ill-health and the early setting in of old age. The topics on which the chatter is based are mostly the faults and failings of others and their fortunes and misfortunes. This perpetual dialogue is at the bottom of all the miseries of man. It covers the mind with thick darkness. It grows wild very quickly and suppresses one's genuine worth.

*Sathya Sai Baba*  
*Vidya Vahini, Chap 28*

# *Most Precious*

## *Question 18*



**“Speak to us of raising children.”**

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

# *Conversations with Sathyam*

## Questions about meditation and Self-realization



**Question 1:** Sathyam, What is a pure heart?

Sathyam stays silent for a while.

*Sathyam:* Here was your answer!

*For those who might not have understood my meaning, a pure heart is imbued with silence, and silence is because the thoughts are not turbulent; they are not agitating.*

*In the Bazaar everybody thinks that a pure heart is a kind heart. But it is much more than that. A pure heart is a heart that not even its beating is heard. (This is a symbolic reference to the physical heart referring to the great depth of the silence.)*

**Question 2:** How can we find silence in the heart? Or is it that the silence is only for the mind?

*Sathyam:* When we do not go with the mind, the heart is **silence**, but the heart that I am talking about is not the emotional heart, since that is also part of the mind. The heart that I am talking about is that place..., the place where you can taste the silence. The emotional heart depends on the pulse and the

*activity of the mind, but the heart that I am talking about is nothing but the silence. We call it a "pure heart" when we are immersed in that.*

**Interviewer:** Then can we say that it is a place where the heart and the mind become "one"?

**Sathyam:** *The mind always exists, but in this case its activity has diminished because its attention and intention are on the silence. We can say that the mind and the heart become one, but in actuality what happens is that the mind returns to its true nature. I mean that the mind returns Home. The mind's home and the heart's home have never been different, but immersing in the activities of the bazaar has increased the mind's pulse and activity. From one perspective we can say that they become one, and from another we see that they have never been apart, but because of the responsibilities we have felt, certain beliefs and where we have placed our attention and intention, the mind has become agitated and its pulse has increased. Since the mind and the heart are in some ways connected, or in other words they are correlated with each other, it appears that our heart is not pure either.*

**Interviewer:** Then could we say that the mind did not exist at the instant that we came to be in this manifestation and it formed when the activities started?

**Sathyam:** *Yes. As I have said before the true nature of the mind is an avenue for expressing and experiencing the heart, it has been for experiencing that purity. The nature and function of the mind has always been to house the reflection of the heart and that purity, but because of descending into the bazaar, whose nature is based upon two opposite poles, (the duality) the mind has lost its Home. Once it finds its intended and true Home, it is all done. In essence, the child is the mind's creation or the symbol of the mind. When it goes back to its purity, it is not different from the heart. It has never been different or separate from the heart. In some ways it is difficult to understand.*

*When the child is born, I mean when its form is born, the mind is born in the bazaar. When the heart comes to the foreground and the attention and intention immerses in the heart, there will be no need for that worldly mind, meaning the mind that is residing in the bazaar. Therefore, the mind finds its purity; it finds its Home.*

**Interviewer:** One very common question that many people who are new to this path have is “Why are we given this ‘mind’ that is such an obstacle for us?” In the light of this explanation that You gave here, could we say that the mind was not given to us; it just came to be?

**Sathyam:** *The world is the mind; the Creation is the mind. There is nothing but the mind. This mind is pure; it is Home. When the mind is Home, it is Awareness; it is the Truth. When it is saturated with duality, it loses its purity, but why does this happen? This is the nature of the illusion to go..., go..., go to separation and then come..., come..., come back Home. This is why Baba says that there have been many different eras in the world. There have been eras that there was nothing but purity. This cycle is similar to the tree and the seed; the seed turns into a tree and then it turns into a seed again and falls under the tree. This resembles reincarnation. Everything in this temporary world has phases (incarnations) and the same is true with the Universal Mind; it goes from being pure to being contaminated and then from contamination to purity again.*

**Interviewer:** Then have there been times that there was no attraction to the mind to cause this contamination?

**Sathyam:** *Yes. There have been times like that.*

**Interviewer:** What is the single most effective tool to practice deep silence, contemplation, and meditation?

**Sathyam:** *Maturity is the tool. This is why I always stress that you need patience and forbearance on this path. Maturity takes time and maturity causes you to feel the silence. Now how does this maturity come about?*

*All the tools we have and use bring about this maturity. For example, Stop Meditation is the state that we need to live in at all times. It is not something to just sit down and do for a few moments. We need to pay less attention to the thoughts that hamper our efforts to stay in silence. To make it short, in all aspects of our thoughts and deeds we should embrace whatever causes expansion, joy, depth, and peace; and we should spit out and throw away anything that causes separation and contraction, by practicing our tools day and night such as Stop Meditation, Omnipresence Meditation, and silence. The ones who find their Home have perseverance, forbearance, and obedience.*

**Interviewer:** Obedience to what?

**Sathyam:** *Obedience to whatever is good for them.*

**Question 3:** What is the quickest way to get to the silence that is necessary for doing the meditations, such as “Are You with Me?” or Omnipresence? I want to do these several times a day for short periods of time, and sometimes it takes me a long time to quiet my mind.

**Sathyam:** *Why is it that everybody is after speed? What beauty is there in being speedy that is not in being slow and deliberate? What is wrong if we need to spend more time in finding that silence? The fast way of doing things is for people who lose it fast too. Meditation should be like a very delicious meal that every bite of is savored and fully tasted and eaten with joy. It should not be that we sit with a certain goal, and we get up with a certain goal, and then wonder why we did not get there. This is selfishness on the spiritual path. It is our attitude and the way we do our practices that bring about results, not the outcome of the meditation. If we go after outcome, we will come back empty-handed. If we understand that every second of our practice is ‘the outcome’, then we will lose the speed and focus in the taste of the practice instead.*

**Question 4:** One question that comes to my mind very often is that how a person can keep steady and firm in his or her faith and trust? This is a very essential and important factor and even though it is what we really want to have in our hearts, sometimes our mind interferes and brings doubt and confuses our heart into not knowing what is right. Is wanting this faith and trust enough?

*Sathyam:* All these questions come from your mind. The best answer that I can give you is that the true and original nature and quality of the mind is Divine. However, the individual quality of it, meaning the quality that we came to acquire is "I am the mind and the mind is mine" and it is full of duality. If we are talking about the pure mind, none of these questions come up. But if we are talking about the mind that is immersed in the bazaar, then the nature and quality of that mind has come to constantly doubt and alleviate the doubt, but in a way this same workings of the mind causes strength and increase in patience of the person who is searching. I mean, even this has its own benefits. For this reason, when doubts come, one either goes to the depth or sinks in the doubt and becomes miserable and starts appreciating the silence more. Each individual seeker must find this balance of how to deal with his or her mind. All of the tools we have are to find this balance, but again would rushing remove all of your doubts? No.

*This needs perseverance, forbearance and proceeding with strength. Proceed with strength even if your will becomes loose; proceed with strength even when in doubt; proceed in strength in the face of fear. If it throws you in a deep hole, immediately cling to the tools and pull yourself out. All this depends on the individual; the Guide cannot do anything about it. This is your own effort and digging in the Truth.*

**Interviewer:** In the question it is said that 'the heart is confused'. It is not the heart then; it is the mind that is confused.

*Sathyam:* That is it.

**Interviewer:** They also ask, “Is wanting and having the desire for this faith and trust enough?” Realistically, all of us have some doubt and hesitation at times.

*Sathyam: One hundred percent. Doubt and hesitation are a part of the games that the mind plays to hinder you.*

**Question 5:** Fear can be a very debilitating emotion; how can we face fear? Which practices help us extinguish it forever?

*Sathyam: The best way to face fear is to know what is the Truth and what is not, and when fear comes, to the extent of our ability we stay on the ground of the Truth. Again this needs perseverance and practice. If we do not hold on to the silence and do not practice Stop Meditation constantly, fear can take over us more easily. As we keep persevering and practicing, its grip will loosen and we know how to react to it. What is certain is that fear is born from our own thoughts. I mean that it is like a ghost that we have made from our own beliefs and since it is not true, a person who has become skilled, can easily overcome it. And if at times they cannot, that is fine too. Learn to be calm and silent even in the face of fear, just like in ‘The Letter to Richard’. (This letter was published in the Dec 2010 newsletter.)*

**Question 6:** What tools can I use to accept myself and be patient with myself in challenging times; how can I support and give love to myself?

*Sathyam: Do exactly as you say; you don’t need a method or a tool. The method is just that; be patient with yourself during hard times and support and love yourself.*

**Question 7:** In the Omnipresent Meditation we say: Since God is everything, what can I be? We also say: Be in the world but not of it. If everything is God then the world is God too; then in this case, isn’t there any relations between us and the world?

*Sathyam: What do you mean by “us”?*

**Interviewer:** It means "I".

**Sathyam:** *What is "I"? You are saying that if everything is God, then I am God and the world is God too; well, the answer is in the question!*

**Interviewer:** But in another place we say: Do not be of the world. If the world is also God, how can we not be of the world?

**Sathyam:** *(laughs) The world is God; we go back to our night dream. I have always said that whenever you have a question, go back to the night dream. You are asleep and dreaming. The dream is from your being, but it is not you. Those pictures and imagery are forming upon you and they are part of your being, but at the same time you are That who is laying in bed with all its grandeur. This is the connection between these two. Therefore, be awake and know that everything is that IS-ness or that Being, and at the same time the pictures are just drawings on the white (colorless) screen. I have always said this, and it is still the same thing!*

**Interviewer:** You mean the world?

**Sathyam:** *Exactly! The world which has form and name is that.*

**Interviewer:** The world is the drawings on the white (colorless) screen?

**Sathyam:** *Yes; we cannot say that it is not the white screen because it has come upon that screen; and at the same time, we cannot say that the white (colorless) screen is those drawings.*

**Question 8:** Is going into silence (not talking) a practice that is recommended for newcomers?

**Sathyam:** *If people who are just starting can practice silence of words and silence of curiosity in the bazaar, it is very good. This is because they will see the weakness of their mind much more obviously. In the beginning it is hard; their job will be harder, but since they see it, they will look for a remedy. Real silence is not about shutting the mouth; it is about closing*

*down the mind's shop and bazaar. The real silence will come with the Stop Meditation and other tools and of course with a lot of practice.*

**Interviewer:** When one becomes advanced in this, are there times that you have silence of the mind even as you talk?

**Sathyam:** *Yes; the reason for all these efforts and practices are to get to that level.*

**Interviewer:** So that one can do their work without getting sucked into it.

**Sathyam:** *Yes; yes.*

**Question 9:** When I meditate, I am more aware of my heart beat. Also, at times I have felt some very small pain in my heart or tingling in my heart and fingers. What are these sensations? Are they in any way related to the answer to the "Are You with Me," Meditation?

**Sathyam:** *No; they aren't. The heart that I am talking about does not have any location. It is only lowering your attention. I mean you purposefully direct the energy of your mind, which causes thoughts, and lower it to a place where thoughts are not born. This is not a physical heart that beats or tingles; it is a state beyond the physical body.*

**Interviewer:** Is it that the experience of going deep maybe different for different people?

**Sathyam:** *Yes; it might be different for different people, but however it is, it is very pleasant; it is very reassuring.*

**Interviewer:** You mean after we ask: 'Are You with Me?'

**Sathyam:** *Yes.*

March 2011



# Witness

**Question:** *The Observer or the Witness ... 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 that. The reason you see it this way is because you perceive it through your mind, which is individualized. ... The glimpses you get are an invitation to drop the individuality.*

*'I Is' DVD, 01-09-07*

# FOUNDATION

*of the Divine Era*



I waited to work with the younger people like this for twenty some years, and I always prayed that I be an instrument to bring the truth to the generation that are the most frustrated and are struggling the most. And I think that you all are our future. How can we deny you? How can we not be available, those of us that are able to help? And your interest will dictate your life in the coming days, so the more interest you have and the more time you spend investing in yourself, while doing your role, it vouchers your success for an inner calmness and love. ...

In young people, I see it all the time. You (young adults, when I say 'you' I am not talking about just the young people in this group) are struggling unnecessarily. Your life becomes a chain of unnecessary struggle, and even when you have free time, still it is not initiating anything that will bring tranquility to your busy time. In other words, when you are busy with your roles and responsibility, it is a struggle to make it, to advance enough, to be educated enough, to keep up with the technologies that are moving so fast. And then in your leisure time, you are not investing in what will help during the time that you have to do tremendous work to make it. ...

It's really good to go into the bazaar already equipped for the trade. Before, we were in the bazaar completely helpless, trying to

survive in the way that was very 'street smart' and we failed. When you have these tools, what happens is that you are still in the bazaar, but you know the tricks of the bazaar. You know how to bargain. You know how to keep your peace intact. And therefore the fear goes away, because before we felt that we are doomed, now we know we are not, because we have all these tools that can bring us back to where we were again and keep us in contact with our Inner Being. ...

What is joy? It is knowing who you are. You are playing with fire when you are not having this base. The mind will give you excuses as to how you don't need to have the silence, and to bring your being in balance. And I tell you right now, the sooner the better. Had I not started when I was eighteen, God knows where I would be. I still work day and night. So, are you obligated to find freedom within yourself? No. But is it necessary? Yes. So you be the judge of it.

## *Sathyam*

*Jan 9, 2011*

*Excerpts from Foundation of Divine Era phone conference*



*The world needs love. It doesn't need rigid-ness, it doesn't need stubbornness. And no one is at fault. This is the way we were mesmerized. It is nobody's fault. Now we have to reverse it. And it is very easy.*

*FDE phone Conference Jan 9, 2011*

# *The Guide and I*



I feel that I am a little more free, everyday. I feel like a bird that lives in a cage with the door left open. Sometimes the bird has the courage to step out and fly, but fear of the unknown and the familiarity and comfort of the cage brings her back. She knows the cage; she is acquainted with it and thinks the cage is her home. But, again the bird gets tempted, closes her eyes, flies out, circles around and goes back inside. Every time the bird goes back to the cage, she thinks; "I am this bird, but something new has happened to me and now I know that I have the power to choose and I am not condemned to this cage."

This feeling has affected my daily activities. I have the power to choose the way I look at my problems. I can either stay in the cage and see only one side and suffer, or I can come out of the cage and see them from all directions. With this approach, my problems won't be solved or disappear; they remain as they were. But when I see the world from outside of the cage, the problems change their appearance, and most of the time I realize that they are not even really problems. My one dimensional perception defined them as such for me.

When I'm able to see things from outside of the cage, I get a wonderful feeling of freedom which brings tears to my eyes, because my Guide had to work so hard to force and push me out of the cage, even if for a split moment. I tear up because every time I stepped out of the cage, even for a second, my Guide cried with joy, and every time I resisted and chose to stay inside, She trusted, in Her Truth, that one day I would finally fly.

*With Love for You  
The Bird in the cage*

# *All about* **Grace**

*What is Grace, and why do we need it, where do we get it, how do we use it?*

The Grace of God is the blessing you get with the territory of the Truth that is within you now. And later, it is you forever, and it always has been. Therefore, Grace is the true existence, the real permanence. You recognize the Grace in the state of separation, and also in nearness, where you know the Truth and you have glimpses of it, and yet there is still an impression of duality. By doing that, your peace becomes stronger; you begin to live the benefit of your association with the "I". As you realize the Truth, you find out that you are the Grace. At that point you do not recognize Grace as you did before. Instead, you are that Grace. The word Grace will be transformed into the state of your Being.

(To find answers to your questions) you must dive deep, as if you were diving for pearls. Even then, you find out that you go beyond the mind, where the mind doesn't exist. Then the question becomes irrelevant. So, you see, the mystery of it is in finding the source of the mind. By that process you transcend the mind in whole. Then the questions with the mind and questioner are all transcended to the "isness" of the Absolute. How is it done? By the grace of God. How will you acquire this grace? It is to the extent of knowing your Oneness with God, which is felt in silence and stillness, that you will acquire God's grace.

Do not believe the world; the rest is Grace. You are that Grace, but your belief of the world gives an impression of separation from the Grace. Practice living in Truth; that which is false will weaken little by little and what will remain is the Grace of Being. Your Being is Grace, nothing but that.

Have no opinion about what is right or wrong, what is good or bad, and no conclusion of the outcome of your activities. Relax in the center of your Being and see how, at that time, your body and mind will be a channel of Grace. But if you worry, struggle, and fear the material world, where is the room for Grace? And if there is room for it, where are the eyes to see it? You will be too entangled with what is seen to be aware of the unseen, such as Grace.

## ***Most Precious***

*Excerpts from questions 30, 40, 43, and 44*



# *Conversations with Sathyam*

## Questions about the bazaar



**Question 1:** “Is the story the map for the way back Home or purifying the individual mind and finding the unity with the Universal Consciousness, or with Spirit, or with the mother and father, and in the end the child becoming one with the parents and the parents becoming one with the **Self**? Or is it another way for the mind to go back to the **Self**?”

*Sathyam:* Yes. The story shows the appearance or the manifestation of the mind as well as beyond the mind, meaning the story shows the original purity as well as the contamination and the return to that original purity.

**Question 2:** “When the child is holding the Guide’s hands should he surrender all his desires on the worldly level to the Guide, or by having trust can the child think about his desires and the alleviation of the needs that he has?”

*Sathyam:* It depends on where the child is on the way back Home, meaning each person must be honest and truthful with himself. If someone can truly rely on that promise at all times, and at the same time put in their own effort, that would be ideal. But if in some circumstances

*this is not doable, the child can use both his thoughts and his common sense together.*

**Question 3:** “Why is it that even on the way back Home we look for fulfillment in the bazaar?”

***Sathyam:** Because we still rely on the bazaar. We still have not realized that the bad and the good of the bazaar do not have much of an effect on our peace, which we are seeking. And we still think that if we are loveable, if we are accepted and if people accept us, this will have an effect for us and for our life. This is related to ‘I am somebody’. Until we still take the body to be our truth, there is no problem with this type of thinking. But sometimes it is better that a person tries to not go with these thoughts and sometimes he or she has to completely overlook or ignore them.*

**Question 4:** “You consistently talk about having discipline on the spiritual path, yet there are times that we get caught up in the bazaar and our discipline gets tainted and we get distracted. What is the cause of that and how can we prevent it from happening? Is there such a thing as spiritual discipline on the path of self-realization?”

***Sathyam:** When I say discipline, discipline is necessary when the person can lose their concentration very easily. A person at the very beginning of the path, or at the beginning of the way back, can forget that he is to return back home with his Guide and it is at those times that he needs discipline. What does this mean? This means to definitely be in silence for a short time each morning, prior to starting any other task. Again around noon he should not forget to go back to the silence, meditation or his practices. A person has to be knowingly awake and alert, and his*

*intent and goal has to be to practice for himself so he can have discipline. Then little by little when his mind has gotten accustomed to the right path and to following the Guide, because he has tasted the right path and the following of the Guide and how much sweeter it is than being in the bazaar, then at that time there is not much need for discipline. And little by little his life becomes his message. At the beginning of the path, discipline is needed 100%. When you are in the bazaar and the moment you feel like you are about to suffocate and you feel as though you are soaked and stained by the bazaar, for sure pull yourself away and spend a short amount of time by yourself. This is the discipline of not drowning in the bazaar. Therefore the pulse of that is in the hands of each person, when to pull away and when to not pull away.*

**Interviewer:** “Is it correct when people drown in discipline itself, so much so that they forget that they are on their way back Home, and having discipline becomes their daily work and routine?”

**Sathyam:** *No. The discipline that I am talking about is not that type of discipline, for example to pray the Islamic prayer without reason and to be considered sacrilegious if they don't, or to sit in meditation without knowing why and being in battle with oneself, in order to meditate. The discipline that I invite you to is a discipline that you engage in with love and interest, the love and interest so you don't drown in the bazaar, and therefore it is better to prevent yourself from drowning in the bazaar. This prevention will take shape with regular usage of the tools. The more you use the tools the more you will benefit. Discipline is not to meditate for twenty minutes in the morning, and then go and drown in the bazaar. And to come back again and do that for another twenty minutes. Discipline is to put into practice that which we know is good for us. That is discipline.*

**Interviewer:** “So this is not like the disciplines that they made us engage in at school?”

**Sathyam:** *Not at all. It is a contract more than it is discipline. It is a contract with the Self. It means 'I want to put more time for my freedom.' We call that discipline, now you can call it whatever you want. But it is better for a person to not meditate than to sit down and have a battle in the mind and to get up more angry and upset.*

**Question 5:** *“Does our going back to the bazaar at different times serve any purpose or meet any needs? When we inevitably go back to the bazaar, does that at least meet any goal? Because sometimes we really don't want to go back to the bazaar but it just happens, we can at least be consoled with this reason that our going back met a certain need, or it cleaned up something it needed to clean up. Does that help us not to go back to the bazaar again in the future? Does it help us to be more aware and alert so we won't repeat the same thing that sent us back to the bazaar previously? Or is it even deeper than that?”*

**Sathyam:** *When I talk about going back to or not going back to the bazaar, I do not mean being in the bazaar or not being in the bazaar. See, the main symbol, the main root of the bazaar is the mind; the individual and the Universal mind make up the bazaar. So in that case the mind always has thoughts, the mind cannot be without thoughts. Now, the measurement of how much we are in the bazaar depends on how much we read our thoughts, and how much of a sense of discrimination we have to know which thoughts to go with and which ones to not go with. There is no shame in being in the bazaar, everyone is in the bazaar, I am in the bazaar, even Baba is currently playing His role in the bazaar. Everyone in whom we believe and have faith has been in the bazaar and may even go back to the bazaar again. Bazaar is not sacrilegious. Sacrilegious is when we read all of our thoughts knowingly, meaning to have the knowledge that we must not read our thoughts but to read them anyways.*

*The other part of this question which asks, 'What is the goal of going back to the bazaar?', and the answer is to play your role. If you are a father be the best father, if you are a mother be the best mother. And if you are an employee somewhere be the best employee, but aware and alert. Aware and alert to what adds to your peace and what does not in the bazaar. What expands your vision of the truth on the **Self** and what constricts it. That is a sign of going forward!*

**Interviewer:** "So the times that we willingly or unwillingly go back to the bazaar and we unexpectedly find ourselves there, so does that going back to the bazaar meet any goals then, is there something that we have to go back to the bazaar for?"

**Sathyam:** *Which bazaar are we talking about? If the bazaar you are referring to is the individual mind, the more you focus on your individual mind, that truth which is in your being, that truth which is inside of you, will appear lighter and less colorful. I have said this numerous times. The more you nourish your **Self** in the silence of your Being, your personal bazaar becomes lighter and lighter. That is why so many people who are on this path tell me, 'Sathyam, the bazaar has not changed, rather we have changed.*

*If, however, you are talking about the Universal bazaar, that which you see is stained by the individual mind and the same method applies to that too, meaning the more you put your focus on it, the more that peace, that Truth or that Sath, Chit, Ananda, Awareness or Bliss, the more you will not see the awareness and eternal joy inside.*

*One part that is extremely valuable and most Iranians do not observe is that they analyze too much. They are too curious and that is a constant opening of the old luggage. This is a bad habit that everyone wants to do even on the way back Home, to reopen their old luggage and this adds to the un-peacefulness of the individual and Universal mind.*

**Interviewer:** “Is there ever a time that you would go back to the bazaar to finish up some things?”

*Sathyam:* You do not make that decision. But even if it is for karma, or for a lesson that you have to learn for your expansion, because the way back Home sometimes shows you the things that must not be done or for any other reason you feel the un-peacefulness of the mind, it is better to go prepared by your tools than without them. Using the tools even weakens or reduces the pain of karma.

**Interviewer:** “So when we find ourselves in the bazaar we should not say to ourselves, ‘We are burning or getting rid of our karma and we should tolerate this pain of being in the bazaar.’ We have to use our tools even there, right?”

*Sathyam:* Yes, you especially have to use your tools then and there.

**Question 6:** “Why is experiencing the bazaar on the way back Home in comparison to before so painful and difficult? Now that we are different people than before and we have more of an understanding and realization of the bazaar is that why it is so much more painful and feels so bad when we go back to the bazaar?”

*Sathyam:* The reason for that is because you have now tasted peace and now the bazaar has become unbearable for you. Little by little this phase will transform into taking the peace to every part of the bazaar. This is a very important part, because it forces you to not deviate from your right path, because it has reduced your tolerance of people and the repetitive thoughts. And this is a good intolerance, but nonetheless again use your tools at those times, so that even this experience little by little transforms into feeling peace even in the old bazaar. However, something else very important that needs to be said here is that during the time of the return

*back Home, never again is it a good thing to go back to the same bazaar, where you were sitting in the corner and screaming. You may lose your friends, your family structure may change and the way you treat others may change, let it be.*

**Interviewer:** “In many instances, the way back is much harder because we are accustomed and familiar with our survival skills, but we are not very familiar with the untwisting on the way back Home.”

**Sathyam:** *There is no such thing at all. The only difficulty that it has is that those who ask this question or have this feeling, have still not understood the way back. No matter how difficult it may seem, the difficulty or the challenge of it is in defending that which causes us pain and suffering, meaning not having the appetite to wanting to be untwisted.*

**Interviewer:** “For any reason?”

**Sathyam:** *For any reason. But there are those who say this and then there are those who say ‘How could we live that way before, and how much better it is now than before. How could we have been in the bazaar? How could we have been in the bazaar without our tools?’*

**Interviewer:** “But on the way back Home, we don’t have familiarity with the untwisting that is involved in our way back, even though we have gone through many hardships in the bazaar, even with that sometimes these changes on the way back Home are so hard for us that it is possible that we may give into the hardships that we are familiar with and had been accustomed to in the bazaar, especially at the beginning.”

**Sathyam:** *Those that want to find their refuge in the bazaar why don’t they go and do that? What is the answer to that?*

**Interviewer:** “Do they go and come back again?”

**Sathyam:** *Why do they go back?*

**Interviewer:** "Because finding refuge in the bazaar has not given them an answer."

**Sathyam:** *Very good, therefore benefit from it and go forward. I myself, in my own life on the way back, if I did not prefer the untwisting, with all the difficulties it seemed to have, if I did not prefer that to the world or the bazaar, I would have gone back to the bazaar by now. Why did I not go back? Because the more we go back to our true nature we see what a world it is, what an expansion it is, what a realization it is, what an understanding it is, and what a peace it is, whereas no part of the bazaar could have given this to us.*

**Interviewer:** "The way back is all about untwisting, isn't it?"

**Sathyam:** *No, no, it is not like that. It has its own joy and intoxication; it has unbelievable experiences in it. Love expands, peace increases, that feeling of unity increases, and then taking things out from the root comes with it too. Each time that a root is being pulled and it is too painful and you say to yourself 'I must go back to the bazaar,' my answer is go back to the bazaar. Why even bother coming on this path? But no one who is on this path will go back, very rarely do they go back. Why? Because something in their being knows how fortunate they are, how very lucky they are. When we ask 'why' in some instances, being in the bazaar may appear easier than the way back Home, and the answer to that is that our feelings in those moments have become very active, meaning that we are speaking with our feelings.*

March 2011

# *Light Meditation*



## **Baba Comments on Light Meditation**

.... Thus this type of meditation ennobles man and helps him scale great spiritual heights very steadily. If we keep the mind busy, in this manner, with the task of carrying light to all parts of the body, it will not wander and will remain steady. The whole process takes about twenty to thirty minutes to complete. This kind of meditation should not be regarded as an exercise in fantasy. No doubt in the beginning imagination will be involved, but by constant practice it will be transformed into a powerful thought wave creating an indelible impression on the heart leading to union with God. The meditation should not end with the individual visualizing the light in himself (alone). He should see it in his friends and relatives, and even in his enemies. He should see the whole of creation bathed in the resplendent light of Divinity. This would make him live a life of love and happiness.

*Sathya Sai Baba*  
*SSB 1979, p. 82*

One of the best ways to calm down an active mind is to slowly use a good method. In other words, you do not expect results overnight but it is so effective that even one moment of it is very worthwhile. (You also have to know that) in meditation unless you have a certain agreement with yourself that you are done for the day, your meditation will be all thoughts.

The Light Meditation is a very important tool because your one-pointedness will go into something that is almost formless as light is, and it is the truth and therefore not imagined. Although you are imagining the light within yourself, it does actually exist.

**Sathyam**

## **Sathyam leads**

Light Meditation is given by Sri Sathya Sai Baba and is very effective for all Beings.

We begin by looking at the light of the candles in front of us. Look at them shimmering, and regulate your breathing.

We slowly close our eyes and bring our attention to our forehead, and we imagine the candlelight, this brilliant light, in our forehead. If the memory of the flame of the candle is fading away, imagine looking at a sunset.

Watch your body get filled with this light; this shimmering light going from your forehead down into your face and neck just filling you up with this divine light. You see nothing but light in your hands and arms. Continue to bring your attention down into your shoulders, arms and hands, and again notice the light that is within you, within every part of you. Notice the light radiating from every finger; notice this divine light just pouring out of your shoulders, like a halo. As we bring our attention down to our chest, we see that it is also filled with this divine light.

On the right side of our physical heart, we inwardly notice a beautiful and magnificent lotus. Watch it open when the light touches it. We watch every petal of this lotus open; with every opening our Home becomes more visible; our bliss becomes more visible.

Sathyam gets silent for a few minutes

Just watch this lotus open. As it opens every petal is also expressing and radiating this light. All the rays of light unite together and become amazingly magnificent: the one that was hidden between the petals and the one that touched the petals, all become one light, one brilliant light. Now, watch this soothing and healing light pour down into the lower chakras, all the way into the reproductive organs. We just allow it to pour down our legs as we watch it go down to our feet. We see inwardly that we are one with this light. It fills our body as it radiates outwards. This light is a very healing light; if there is any place in your body that needs to be noticed, please bring your breathing and your attention down to that area for the light to penetrate it more and more.

Our meditation begins now; we sit in this light and we keep our attention either in the Silence or in this light for the next few minutes.

***Collection of comments from:***

*Dealing with Stuff DVD, 2/6/07,*

*Light Meditation DVD, June 2004*

*Spiritual Healing Setup DVD 5/1/07*



## *From Nothingness to Totality*



I always thought being on the righteous path is very hard and wondered what motivates a person to be able to pray seven times a day. I told myself if I ever follow a path for peace and stillness, I will choose a path that would not overshadow all my daily activities. How naive I was and I had no idea what the Truth will do to me. Now my mind is involved with the Guide and the Guide's path all day long. Every moment has a meaning for me even if I don't understand it. Sometimes I think that it is much easier for those who choose a church or a mosque to reach freedom.

For the first time, I don't know what to do or not to do; what is right and what is wrong, who lies and who is honest. I just follow Her and practice not being (this or that). My basket that was full of dualities is getting lighter and lighter. Worldly problems do not drown me as much as they used to; because now, I have a Home to take refuge where the biggest tragedies of the mind are disarmed.

Dear God, I never thought that I could go from nothingness to Your totality. I know now that to understand YOU I must throw away everything that I know, and to experience YOU I must understand and accept the non-existence of someone or something called Hanieh.

I love You so much; ....as much as the vast emptiness of my mind.

*Hanieh*

# Just A Dream

## The King & the Beggar

King Janaka was a great realized soul; he was the king of Videha, which means he attached no importance to the body. It means he was one who realized the knowledge of the **Self**. One night after dinner, he was discussing something with his Ministers and followers. Therefore he retired to bed late. He slowly got into sleep while the servants were massaging his feet and fanning him. His Queen was also at his bedside. The Queen noticing that the King has fallen asleep sent the servants out of the room.

After sometime, the King got up from the bed and started shouting "Is this the truth? Or that is truth?" The Queen was deeply upset over the behavior of the King. In spite of her repeated questioning as to the reason for this sudden change in his behavior, there was no reply from him. The only words he spoke were his continuous questioning, "Is this the truth? Or that is truth?" Then the Queen called the Ministers and servants to help her ascertain the reason for this strange behavior on the part of the King. They, in turn made some enquiries. But there was no answer from the King. For all the questions, there was only one response from the King-his query "Is this the truth? Or that the truth?"

Sage Vasishta was a tri loka Jnani (one who knows all that happens in the three worlds). Therefore he closed his eyes for a moment and

tried to think about the reason for this type of behavior from King Janaka. He realized that King Janaka had a dream in which he was dethroned and was roaming in the forests with acute hunger. There he saw some dacoits (gang robbers) in the forest about to take their food in a leaf-plate. He went and begged them for food and they gave him some in a leaf-plate, taking pity on him. While he was about to partake of that food, suddenly from somewhere an eagle came and snatched away that leaf along with the food. He cried aloud in deep anguish that he could not take even the food offered as a charity to him. With this, the dream ended and he was awake. When he came into the waking state he realized that as usual he was in his palace happily lying on a soft bed, with his Queen and his servants doing all sorts of service for him.

In the dream, he was dethroned and suffered from acute hunger and even the food offered to him as charity was snatched away by an eagle. Therefore, he was enquiring whether the dream experience was real (is that the truth?) or the experience in the waking state was real (is this the truth?) Sage Vasishtha, recognizing the predicament of King Janaka explained to him that neither that was truth (dream experience) nor the experience in the waking state was truth, *the only truth was he himself*.

There is no waking state in the dream state and vice versa. However, Janaka was there both in the waking and dream states. That is the truth. That is the Omnipresent. Thus explained Sage Vasishtha. Our life during daytime, is a day dream and that during the night a night-dream. Both are dreams only. Thus, both waking and dream states are a kind of delusion. To make efforts to recognize such discrepancies is true detachment.

And all that you see in the physical Universe is like a vision in the dream. Is it not a fact that all those mansions and sky rise

buildings are no longer there when you open your eyes? Whatever experiences you have in a dream state are disappearing in the waking state. Similarly all your experiences in the waking state are also vanishing in the dream state.

*Bhagavad Gita, Part 1 p. 157*

*Divine Discourses of Bhagawan Sri Sathya Sai Baba on Bhakti Yoga*

*Delivered during 2/8/1984-8/18/1984 at Prashanti Nilyam*

## **Sathyam's comments on this story**

“Do you realize the significance of this story? We are all kings dreaming that we are beggars.

And when a beggar says he is a king not only no one believes him but they also laugh at him. But when the king says he is the king no one laughs. So when you say ‘I have the light within me,’ you are the king saying you are the king and no one laughs.”

*(Dealing with Stuff DVD, 2/6/07)*



*"When you turn your mirror inward and you become aware of your own Sathyam or your own TRUTH within you what happens to your world? It stops the suffering."  
Certainty, Uncertainty DVD*

# *Point of* **ATTENTION**

## **The LINGTH (link + Length) Between Being Asleep & Awake**

A woman asks Sathyam what to do when she is being harassed by the mind.

*Sathyam:* Who does it harass? This is the problem; you have the dream, the dreamer, and the state of being awake. The dreamer sees both the dream and wakes up from the dream. When the dreamer is dreaming it thinks that it is awake and when it is awake it doesn't know where it is. Whose fault is it?

The point of attention is the LINGTH between being asleep and awake; it is the laser of attention. If you are sitting by a calm and clear water you can see yourself in it. At first you know that it is your reflection. If you look at it intensely you can very easily forget that is your reflection. It becomes far more real than it is. Where your concentration/attention is that becomes your reality.

## **You Can Truly Forget That You Are Dreaming**

*Sathyam:* The world exists if you want it to and it won't exist if you don't.

**A woman asks:** "So you mean the whole world is Maya?"

*Sathyam:* When you are in the world, your attention is on the imagination rather than the Imaginator, the one that imagined.

**The same woman asks:** "So you are saying we are imagining the whole world?"

*Sathyam:* We are not, God is! Listen, compare it to this, you go to sleep at night, you have a dream, you get so involved in your dream that you forget that you are laying comfortably in your bed sleeping. It is the same thing here. The 'Witness' does not move, the attention moves, touch the attention and you are free.

**The same woman asks again:** "So you mean that we are already Home but we are still in the dream?"

*Sathyam says firmly:* 100%. 100%, you never went anywhere.

### **One Moment You Are Sleeping & One Moment You Know You Are the Dreamer**

**A man asks:** "Is it possible for the Guide to let me go back to the bazaar so I can find my way back myself?"

*Sathyam:* There is nothing but the Inner Guide. There is nothing, the bazaar, the outer, they are all one. So if you want the ultimate truth it is that attention which is the LINGTH between what is called 'out' and 'in', which does not exist, (that) is what activates the Maya. It is like you are sleeping, for a moment you forget that you are dreaming, and the next moment you know you are the dreamer, back and forth.

### **Attention as the Lingth (link + Length) Between the Seer & the Seen**

**A man asks:** "Earlier you were talking about the love being necessary for this path, and you said that if you don't feel it, it was there before. Is attention there too on its own?"

*Sathyam:* It is the LINGTH; it is the energy from the Seer to the seen. So it depends on where your attention falls and that determines the shape your life is in.

Compiled from Heart of Mother Retreat,  
Saturday Satsang, 10/23/10 Part 1 a.m. & p.m.

## *The 4<sup>th</sup> Compartment*



There is a fourth compartment to our being that is very important for us to notice. Most of us notice three of them (physical, mental or mind, and emotional) in this world, but completely neglect the fourth one.

### **First Compartment- The Physical**

So here we have the body, and we are taught from childhood, if we are lucky, we are taught to exercise, to eat well and to stay away from those things that can harm our physical body. And the other thing is that we were taught that almost we are the body because people review us as our body. Our parents reviewed us, they said, 'I have a boy and his name is such and such and I have a girl, and this is my child.'

### **Second Compartment-The Mind**

Now we go to the mind, and the mind is the trickiest one, and unfortunately we didn't have a good guide from childhood, neither in the society nor in the family most of the time, in general, to help us with this very important part. In the mind we say we have to educate the mind, we have to be curious, and we have to develop the mind into a strong mind. Most of us do that and stay away

from what harms the mind. This is also something most of us have done throughout childhood from the curiosity and gathering information and data, trying to make ends meet and being good citizens as far as our minds go. But we are not taught how to deal with the mind from childhood.

### **Third Compartment-The Emotional**

And then we come to the emotional part. We were taught to control our emotions, or to get excited about good things. So emotionally also we are either taught to control it or to just let it play its role as best as it can. Nobody told us how to express or control our emotions.

### **Fourth Compartment-The Existence or Being**

Then we come to the most important and the most neglected part of our being, which is our Being, which is our Existence, which makes the body, the mind, and the emotions be able to function. So the sap in the tree is being ignored, and it is not being recognized by the body and the mind and the emotions. Therefore, the harmony cannot beat through this body. Throughout life, either the physical, the mental or the emotional will suffer, because no one taught us how to bring the Fourth component into play. This is exactly why the world is rampant in ignorance and in war and misunderstanding and greed and anger and lack of love, because of not feeding or recognizing the sap or the essence of our Being. As you feed your being-ness, the components of emotional, physical and mental, begin to take on a form of normalcy, they become balanced little by little, instead of being all over the place. Therefore, it will channel the energy, divine energy to every part of your body, whether it is mental or emotional,

in a better way. So without having to control the mind, the emotions and the physical, but by feeding the present and by not going with every thought, you have brought something that was all over the place, like a jungle, into a more comprehensible look.

Because when you don't feed that, everything goes out of whack. It is chaos. And people get used to chaos. And they become chronic sufferers and they don't even know it. They think it is part of life to struggle and it isn't. ...

### **The Opportunity is Yours**

Now we are bringing it back through these teachings, and it is really high time that we do that, and the opportunity of this, not the weight but the opportunity, is on your shoulders, your generation, to uphold this fourth part of our Being, that is the most important and bringing it back to this world again, to your own world first and then to the society in which you live.

### ***Sathyam***

*Excerpts from FDE phone conference Jan 9, 2011*



*Remember a thought is like a kindergarten with thousands of children. Will you fulfill every child's desire even if it is stupid? No you don't, therefore you should not do it here either. There has to be a will, a strong will that keeps you from following every thought.  
FDE Jan 9, 2011*

## *Be Aware of Your Existence*



The most important thing I would like to say to you, all of my children, is do not allow a moment during your day go by without being connected, whether you are doing intense work, or you are doing your work in a most insignificant way, by sitting in front of a computer and playing a game, make sure that you are aware of your Existence. Make sure that you check in with that part of you which is aware. ...

**A girl asks:** When you practice the Presence, does your struggle cease to exist or do you have more understanding and balance to not go with it?

**Sathyam:** Both. That is a very good question. Sometimes the struggle is a reflection of your own mind, and that will cease. And there are some struggles that are teaching you a lesson and those will not cease, but what happens is you have a much better understanding to go on ahead with it. It does not penetrate as deeply in your emotional, mental, and physical emotional levels as it would have, had it not been for your practices.

*Excerpts from FDE phone conference Jan 9, 2011*

## *Heart to Heart*

For me being a part of the Foundation of the Divine Era (FDE) has been like an invisible bridge of love and understanding between all of the young adults on this precious path. When Sathyam shared this opportunity with us She said, "I have waited twenty five years to be able to work with young people like this." These profound words are setting a very strong groundwork for generations to come, as well as for each one of us that participates in these conferences. It amazes me that we are able to connect from all over the world, from Iran to the U.S. and have these Satsangs together and share our experiences on this holy path. The unity amongst us has already deepened even after only a few sessions. Although most of us have never met, we have a heart to heart communication and love for one another due to the pure intention we all have. It is so beautiful that no matter what part of the world we live in or what our situation may be, Sathyam's teachings opens our hearts, therefore expanding our consciousness beyond any words can describe, thus freeing us from any setting we live in. Sathyam says, "The world cannot change unless the generation that carries it changes!" I can only speak from my own personal experience and share with you that when I met Sathyam in my early twenties, the miracles that have surrounded my life since then have been too deep to describe. I thank God every day for the teachings that have enabled me to have more understanding of my purpose and who I really am. I thank God every day that I will not pass the confusion I once had on to my children and break the cycle that would have continued. The FDE meetings are exactly that, it is a place where chains of the past will be broken and the true base is being revealed for each one of us and ultimately the world! These meetings set a stage for us to shine as the young generation of this world, to be the change we want to be and the change the world needs. The Foundation of The Divine Era teaches divine skills of "Art of Living" to use in every facet of our lives, therefore giving us freedom to fly like we are meant to fly! In this path the biggest gift of all for me is the silence within and the true happiness in my heart of hearts. May we all be a light in this world shining from only one source...the source of SATHYAM! The source of Truth!

What can I say to You, for You are Omnipresent and know what is in my heart!!

Forever loving You and humbly at Your feet!

Your child, as we all are Your children.

Sathyam's labkhandeh ziba



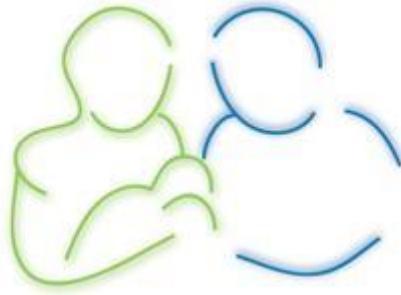
## *Tell Your Children Who They Really Are*

When we have children, not only do we live the Truth, but we also realize that our children are identical to who we are. So, whatever understanding we have of our Self, we will have it for them too. We also realize that as a body and mind, our children are here for certain experiences. That, however, is not who they are, and so we sort of separate the doing from who they are. Otherwise, we become very judgmental of our children. We say things like, 'You should not have done this or that,' or 'What have I done wrong that they are acting this way, or that way?' What we would be addressing in that case would be their mind and body, and they are not that. So, the more we tap into the Truth, the less we try to limit them. I know one way we can do this, especially for those of you who have small children, is to tell our children each time we see them, that they are the Light. Eventually, it dawns on them that *'I am not good or bad. I am not a failure, and I am not a success. I am not kind or unkind. I am the Light.'* Right there, you release them of having to prepare for and to repair their lives, in the realization that there is no need for repairing.

***Sathyam***

Asatoma DVD, 3/1/05

# *Being a Parent*



Being a parent is the only role that one should not neglect or take lightly. The first duty of a mother is to provide nourishment for her child both physically and spiritually, from the moment of the birth of the child. The same way that she gives her child the essence of her body as milk, she should present to the child the essence of her Being.

In what way can she do this? By recognizing or identifying the child; in other words, by visualizing the Light in her child's Being, and recognizing him or her beyond the body and mind.

What kind of mother could do this? A mother who is aware of the SELF.

Therefore, it is better that young mothers and women who are about to get married be more vigilant and persistent in their efforts and practices on the path of the Awareness of the TRUTH. Hence, they would not mislead their children from the beginning and would remind him (her) of "who" and "what" he (she) really is.

Advancement and spiritual expansion of the future generation always relies on the mothers of today. If, like the past generations, we continue our ignorance of the TRUTH, and teach our children to

accept and live a false and transient life, their future will be even darker than the present. Therefore, mothers should not disregard their responsibility on this matter.

From the very first breath of the child in this world, the mother should remind her baby “who” and “what” he (she) really is. She should see her child in the Light and Love of Divine. This is the responsibility of a mother- the Heart of a mother.

Whatever the mother instills in her child’s mind will be a good indication of how the child’s life will be in this world. The nourishment we feed the child will fuel the growth of the child’s body as well. Therefore, in the beginning, the nutrition the child receives for his (her) soul, body, and mind should be solely by the mother; it should be pure and saturated with the love of Divinity and awareness of the TRUTH. Then, the world will become a bright world. For this reason, Sri Sathya Sai Baba has given us the Light Meditation. By practicing this meditation we can become aware of the Light within us and our children as well.

The Light Meditation is a meditation that the whole family can easily practice together. Every day, time should be dedicated to practice this meditation in order to experience our One-ness with the SELF and each other. The Light Meditation unveils the TRUTH.

I recommend to all mothers to dedicate some time everyday, and do the Light Meditation with their whole family to expand their awareness of the SELF and silence of the mind.

With Love,

*Sathyam*

*A letter to all mothers, Jan 2011*

# *Conversations with Sathyam*

## Questions about Parenting



**Question 1:** My dear Sathyam, since I have been practicing Your teachings, my life has been nothing but miracles, but at times this takes away any desire to bring children into this world. Can You tell me why this is?

*Sathyam:* Because it is supposed to be like that, until this feeling of yours changes. Continue to go forward with this feeling for now and if a child is supposed to come through you, that love for them will come as well and or it happens on its own. And that is not a bad feeling or state to have.

**Interviewer:** But sometimes this thought comes to the minds of those who have recently gotten married and are thinking about having children, 'Should we or should we not bring another being into this bazaar?' So are You saying that this is no longer in our hands, and if a child is to come into this world it will come?

*Sathyam:* Yes, meaning that either the joy of it will take place within you or it will happen.

**Interviewer:** "Is that because if it is supposed to happen, it will happen?"

*Sathyam:* Yes, but what this person who asked the question is saying is a natural state to be in, meaning when you know the nature of the bazaar,

*you ask 'why?' But if it wants to happen it will happen, and that is why a person must not really worry about it too much.*

**Question 2:** “Dear Sathyam, at our Heart of the Mother retreat You said to us, ‘Bring good souls into this world.’ This felt like a huge opening in my heart. Can You please clarify how this is possible?”

**Sathyam:** *With the expansion of the awareness of the mother. The more a mother prepares herself with each newborn that comes into this world, at least she knows how to spend her time with that baby, how to see him or her and how to free them. Even if it is not in the child’s capacity, this makes it possible for the child to advance and it makes it so for the mother to show that ‘I am ready for someone who is aware of my awareness’ and accepts it. A father helps a lot as well, but because some fathers may not be into this very much, a mother must not wait for the father to do this.*

**Interviewer:** “What do you mean by saying ‘If it is not in the child’s capacity?’”

**Sathyam:** *Meaning that even if the baby comes to this world unprepared, with the readiness of the mother, he or she will get more prepared with a mother that has spread or expanded her awareness.*

**Interviewer:** So then the mother is ready for her baby?

**Sathyam:** Yes.

**Question 3:** “What is a pregnant mother to do to prepare for her child’s arrival?”

**Sathyam:** *Meditation, sincerity, and closeness, love and seeing the light in the form of the Self and imagining the child as a white and blank canvas.*

**Interviewer:** “When you say ‘sincerity and closeness’ do you mean ‘sincerity and closeness with the **Truth**?’ “

**Sathyam:** Yes, with **Truth**, with the Inner & with silence.

**Question 4:** “How can we experience the Heart of the Mother, while playing our role as a mother, is there a time frame for this?”

*Sathyam:* Both of these (that you are asking) are the same, when you have an immense and boundless unconditional love, you have the Heart of the Mother.

**Question 5:** “Is there anything the parents or family members could have done to keep the child from wandering away?”

*Sathyam:* Many, many. Just like I said earlier in one of the previous questions, that the parents can prepare themselves for the arrival of their child, for the parents to raise their own awareness, increase their peace, to add to their practices, etc.

*When a person would like to buy a couch for his living room, he cleans that room first, he cleans up the floor of that room, so when the new couch goes on that floor, it goes on a clean floor. That person may even paint his walls to match the color of the new couch, so the new couch would not be against a dirty wall. Now imagine how much more effort has to be made for bringing a Divine being into the bazaar!*

**Question 6:** “How do you introduce the child to spirituality between the ages of 1-5?”

*Sathyam:* With your own self-realization. When you understand that there is only one God, and that He is everywhere, then what can you be...? What can your child be...? Between the extremely important ages of 1-5 of the child, your thoughts, words and deeds have to represent that Awareness.

**Question 7:** “When everyone and everything, including our children are trying to get our attention, how do we consistently pay attention to and stay focused on the **Self**?”

**Sathyam:** *With the practices that you have done before, with the practices that you do every day. These two are not contradictory to one another, rather they are linked together. There always has to be effort, practice and sacrifice, while you are attending to your responsibilities as well as when you are by yourself.*

**Question 8:** “As a working mother, how can I have balance in my life? Is it ideal for me to quit my job and to spend more time with my children during their first years of life?”

**Sathyam:** *Yes, downsize your life a little bit, so you don't have to pay a caretaker to take care of your children and to basically raise them, or to send them to a private school at that young age. Try to be at home, at least part time and raise your child the way that you want. This work is truly a maternal role that has to be fulfilled. Unfortunately, in the Western world this is nearly no longer the norm, and if you have the love and the interest then it has to happen.*

**Interviewer:** “But does this pertain to only those early years of the child's life?”

**Sathyam:** *Yes at least for the first few years of his life.*

**Question 9:** “How do you go on in the teenage years?”  
(Maintaining the practices begun at 1-5)

**Sathyam:** *By setting the correct example and being a good role-model, by having an altar, by meditating with the children, etc. When you do that for the first five years, the children come with joy and interest and enthusiastically sit by you. At night they go into silence with you, or with whatever form of worship you have, the children accompany you in that. So with this type of work you are a good example and role model for your children.*

**Question 10:** “How can we make our children, particularly our teenagers and young adults be vigilant of the affairs of the world and yet not give the world too much importance for them?”

*Sathyam:* Do the same things that you just said in your question.

**Interviewer:** “You mean to make them vigilant and yet not give the world too much importance for them?”

*Sathyam:* Yes.

March 2011



*Parents must feel that they are servants appointed by the Lord to tend the little souls that are born in their households, as the gardener tends the trees in the garden of the Master.*

*Sathya Sai Baba*  
*SSS1 pg. 70*

# *My Sun*



For my Dearest Sathyam, who transformed Shab to Shabnam with Her light, and Her love.

They told you that you were born, and you believed them. Whose fault is it?

They said you were this and you must do this and that. But it just isn't so. It is not true. That is not who you are. You are free, to eternity and for eternity. That is the truth.

I heard these words when I was only a few weeks pregnant. And I knew that it was true. Nothing else had ever made any sense or 'fit'. But this fit. I believed these sweet words.

With these words my story ended, or at least I stopped taking notes. I can honestly say that I don't remember Mastan being born. He was not born at all. I promise you I don't have a single memory to support the notion that he was born.

Mastan is my sun. He brought me light, and where there is light, darkness cannot hide. He was not born, and I never believed that he was mine. I just didn't. So he is not an extension of Shab. He doesn't carry my baggage. I expect nothing of him. I never did.

I feared nothing for him. He is not mine to guard or train or love or protect. He never belonged to me! That which he IS guides him, and guides my hand as I walk through the world with him.

Baba tested this. He brought to me dreams, horrible dreams, in which unspeakable things happen to him in front of me, and I am helpless to stop it.

I can only stop. That is my only option. When faced with one of those thoughts, I have to stop. Or it will take my breath away. I have to stop. And then it is gone.

Mastan is my sun. He brings me light. When I look at him, I remember. When I say to him, "you are in the light", I can't say if he remembers. But I do. He is not a baby, or a child, or a boy. He is none of that. He reminds me. I honestly look at him, and that is when we are loving each other the most. Because I really know him in those instances.

Parenting is the one role that, when it is a role, I play knowingly. It seems more and more that it is not a role at all, but so close to who I am. That is how it was to be for me, and I am grateful. I don't know what it is to parent in darkness. But this is what I do know. Every day with him is new, never a continuation of the day before. And it is clean and fresh. Sometimes it seems that every second of the day is new. My sun brings that. He really is the light.

Sathyam joon, thank you for the sun. You must truly love me, because you gave me everything. You gave me the sun. And you gave me the eyes to see its light this time.

Forever Shabnam

# *Remember Your Light*

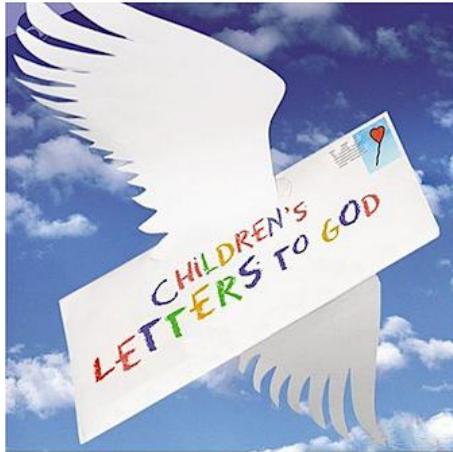


I played this game very often (perhaps referring to Her previous incarnations,) it is time for all of us, whoever is sitting in this room to know that we have all been a mother, a father, a grandmother and a grandfather, a killer and a saint, now we want to know the Truth. Anyone who comes to Baba had a background like me to different degrees.

And that is why I am teaching our youngest devotee, (age 6) a shortcut. And that is because it is very easy to say to our children, 'Be truthful, be honest, do good,' etc. But that is being a good person and that doesn't mean that you know yourself. Many good people suffer a lot, but everything that you tell your child has to be on the base of first 'in' and then 'out'. First feed the roots and the leaves will automatically be healthy, the fruits will automatically be juicy. And this is why I am so gung-ho about the new generation

that is being born at this time and to tell them from the get go, 'This is who you are, you can't do wrong as long as you remember your light. (She reemphasizes this) As long as you remember your light, because you can be in the bazaar and forget.' So what should we emphasize with our children, 'You are the light, you are the light, you are the light...' I explained to the child in our group why he meditates now, because when he grows up the mind might get busier and busier and it might get to be too much. Now he has a tool and he can sit down at every given moment and say to himself, 'You know what, I know how to calm it down.' I certainly did not know that when I was growing up, we were pushed to engage in more and more daily activities. Can you believe how active parents expect their children to be in this country? Yes, I put my children in soccer and skiing activities and they stayed active that way, but we meditated together twice a day, in the morning and at night. We listened to bhajans together, there was never a time that we sat in the car and did not sing any bhajans or repeat the Gayatri mantra in the shower, or repeat it (Gayatri) nine times before we ate, or serve food to Baba first at all of our meals. The children have to learn these things from their mother (emphasizes this strongly by patting Her heart repeatedly), this is the time of the Heart of the Mother, give them the nutrition of who they are and set them free. You are then giving them the biggest gift.

(Sathyam, Blog Entry 6/27/10)



*Sathyam takes questions from an 11 year old girl.*

**The Child:** "How can I keep my focus when I am studying for five hours?"

**Sathyam:** Do you exercise?

**The Child:** "Not a lot."

**Sathyam:** Before you sit down to study for five hours, you have to get rid of your mind's energy, and you can do this by exercising. You can run up and down the stairs, or run around the house. This will take away some of the mind's energy. Focusing your thoughts for more than an hour will not be productive. Allocate yourself half an hour at a time to study, and if thoughts or imaginations come, do not go with them. After half an hour, go do something else and then come back to your school work. Children cannot have deep focus for more than half an hour. Make sure you meditate. Whenever you have a lot of thoughts, don't go with them.

**The Child:** "Why did God create us? Did God have a purpose for bringing us here?"

**Sathyam:** When you understand and see that you are part of God, you understand that being a girl, going to school, studying and

everything else that you do as a human being and as a girl, is just your role. Your Truth is part of God. When you shift your Attention towards silence and your inner peace and happiness, you see how good it is to play this role; how good is the Creation, and then you live this life the best possible way. Since you know that our real and true role is Divine, you will play your worldly role beautifully.

**The Child:** "Can I ask you another question?"

**Sathyam:** Yes, darling!

**The Child:** "The Ramadan (month of fasting in Islam) is next month; Do I have to fast?"

**Sathyam** (responds with a warm laughter): I love you! If you were here I would hold you tight and give you a big kiss.

Honey, since you are your mom and dad's child, you must play that role. When you get bigger and leave your parents' home, treat your own children with your own understanding of God.

(Sathyam then addresses the mother.)

**Sathyam:** Do what gives you peace and takes you closer to God. I congratulate you for having a child like her. If you get peace from religious practices, talk to her and convince her, but also listen to what she has to say. If the child follows the parents one hundred percent, she might fall off her own track, which might be deeper. Talk to her and let her talk to you freely and without hesitation. She might think that if she does not fast, she will be a sinner, and feel separated from God. This obstacle must be removed for her so that she would try on her own, since she might even see closer and clearer.

**The child:** "My dear Sathyam, You said that we should not lie since we get far from the Truth. But for example, if I get a bad grade and tell my mom, she will be upset. Is there still a problem if I lie?"

**Sathyam:** Yes, there is a problem.

Your mother should resolve this for herself, but her reactions should not derail your path. If she did not ask, don't say anything; but if she did ask, you must tell the truth. If she reacted, don't let her reaction get to you. Let the important thing be that her reaction is because she loves you and wants you to have a brighter future and a better position in the society. Do you understand me? Don't let it bother you and remember that a mother's anger is because of her love. I might get angry sometimes, but my anger has more love than when I hug you.

For example, for the past 4 months I have been having a very tough time in my life and many days I have to face some difficult moments. In my heart though, I know that whatever happens in my life is because God loves and values me. It is a knowing; I just know it.

I want you to understand that the reason your mother gets angry is that she wants to tell you, "Sweetheart, I am worried that you might not pass your classes the way you want to, and then become disappointed."

**The child:** "I have to say, she has gotten a lot better lately."

**Sathyam:** I thank God, but there is still some ways to go. (Sathyam laughs)

Your mother is one of the best mothers; it is just that we are used to learning how to be a good mother from our neighbors, or mothers or grandmothers, and we forget that they themselves did not have enough awareness on how to raise children. Now we want to learn how to be a REAL mother. I mean that when we give deep understanding to our children, they change. Don't forget this. If we use harsh words, punish them physically or lock them in the closet, nothing will change. However, if you sit with them and talk to them and give them deep understanding, you see how they will completely transform.

*Iran Phone Conferences 8-29-2006 and 9-23-2007*

## *On the Divine Path with My Granddaughter*



As most people in the world, I was raised in the bazaar, in a very religious environment, with all its rules and regulations, concepts of good and bad, reward and punishment, fear of God and imagining that God is somewhere in the heavens, separated from me. I was raised with the concepts of “I am the body”, “I am somebody”, etc.; therefore, I raised my children in the bazaar like most other people. I never tasted the real touch and Love for God, therefore I couldn’t teach my children how to really feel Love for God in their own hearts and ask for guidance. I raised my children with the same false beliefs that my parents passed on to me, but later on I realized “whose fault it is?”

*Sathyam says: We shouldn’t make the same mistakes our parents made when they raised us.*

As I was receiving the divine teachings on my journey back Home, I often regretted how I raised my children without having and applying these divine parenting and Art of Living tools. How unaware I was about the Omnipresence who is in me, everywhere and in everything. Why didn’t I have the opportunity to raise my children with the awareness of the Truth? Little did I know at that time that I will get the opportunity to practice all of those not only for myself, with my grown children, but also with my grandchildren, simply by seeing and acknowledging the Truth in them. Now in any situation, whether happy or sad, or if I am simply feeding them, hugging them, kissing them, or even disciplining them, all I see is the Light in them. I’m actually raising them by raising my own consciousness.

## **Our first practice:**

*Sathyam says: Don't put the things in your Child's mind that need to be untwisted later.*

Per Sathyam's teachings and instructions, the first thing I whispered to Auva (my granddaughter) when she was born was, 'You are the Light.' She immediately smiled at me as if she was acknowledging me saying: 'Yes, I know.' That was a lesson right there for me. So the Story of Light began ...

I took care of Auva for nine months when her mother went back to work, and I had the opportunity of practicing Sathyam's parenting methods with her, as I was raising my own consciousness as well.

As she is growing with 'I Am the Light', and other teachings that we regularly practice together, I often feel our One-ness with God very strongly.

We sing bhajans when we are together, and even have made up some of our own that she likes to dance to. We also sing, Gayatri in the shower and before we eat. When she is sad, I sing 'Don't Worry, Be Happy ...' bhajan and she immediately starts to sing and dance happily and joyfully. When she does something wrong and is disciplined I start singing 'Love Is My Form....' bhajan, and she immediately starts singing along and then later she says, 'I'm so sorry Momon Aziz,' (which is the name she calls me, which translates to 'dear mom'.)

When she leaves for school, she tells her mom and her nanny, 'You are the Light'. She often tells her little brother 'You are the Light.' When I pick her up from school, I ask her, 'Auva, guess what?' She says 'I Am the Light', I then say, 'and that's really good news.' If I somehow forget to say that, she reminds me!

It's so beautiful and joyful to watch children grow knowing and realizing, 'I Am the Light', and the amazing things that happen with that knowingness.

## **Our second practice:**

We often have satsang together. The very first time that we talked about God and that God is everywhere and in everything, when I asked her

'Where is God?' She tapped on her heart and said, 'In here, in you, there (pointing her finger around her) in nature, in trees, in my mom, in my dad, in my brother, in animals.' That was an amazing experience for me. It seemed that the knowingness was communicating all those through that little body.

One day after we had practiced the Omnipresence, she then said: *God is in monsters too!* This surprised me since she often used to say, 'I'm afraid of monsters.' A few days later, she said, 'God is in everywhere and in everything.... in monsters too, so I'm not afraid of monsters any more, because God is in monsters too.' Still a few weeks later she said, 'There is no monster.' What a freedom right there from childhood! What a difference implementing these teachings makes!

First she was afraid of monsters, and then she realized if God is in everything, therefore God should be in monsters too, and then she realized there is no monster to be afraid of!

One day her neck was hurting. I kept her that day and after we did our regular ritual in the cave, I put vibbhuti on her neck, then Sathyam told her on the phone, 'Do you know that God is in your neck too?' She said 'Yes'. Her neck pain vanished. A few days later when her mom's neck was hurting, Auva told her, 'Put vibbhuti on it, Mom; God is in your neck too.'

### **Our Special Prayer:**

When she was two and half years old, with Sathyam's guidance, we made our own simple prayer. She now has a copy in her altar and in her room.



This is our special prayer:  
Dear God, thank You for loving me.  
Dear God, Thank You for being in my heart.  
Dear God, Thank You for blessing me and my family.  
Dear God, I always seek Your lap to rest on.  
Dear God, I Love You.  
Amen

## **Sathyam says: Altar is your first Home**

A few weeks prior to her body's 3<sup>rd</sup> birth year, one day while we were in my cave praying and singing bhajans, and doing our usual ritual, she was very happy and with joy she asked: 'Can I have my own altar?'

I said 'Of course,' and we made an altar with small things that are her favorite items, such as a small teddy bear holding a heart, some heart shape marbles, flowers, and a few small pictures. The rapport that Auva has with Sathyam and her altar is unbelievable. She misses her altar if she doesn't see it for a few days. It pulls her to the cave. She has found her first Home. She even takes flowers to her altar every time she goes there.



I see the huge difference these teachings are making in the way she behaves, the way she treats others, plays with her friends, and her reaction to the bazaar and its affairs. I saw with my own eyes how these teachings have been proven right in this child's life. I'm so grateful to be able to raise my grandchildren with this awareness and guidance. Sometimes children, like nature, become our teacher, they take you to a deeper place. All my experiences with my grandchildren keep pointing to this deep gratitude and glory for my Most Precious Guide Sathyam, for I could have very easily been a very skilled grandmother in the bazaar, as my parents and grandparents were, and my whole life would have been dedicated to their illusionary body. I greatly and deeply appreciate my Nazzanine Sathyam, for all Her Grace, Blessing and Love that She has bestowed upon me and my family.

*Forever at Her Lotus feet  
Her Gopi*

# *Disciplining Your Child*



Never, ever tell your child that they are not good, no matter what. Correct them immediately and be stern if they have done something wrong, but don't ever tell them that they are not good. These are all the things that I have done myself, so I am not sitting here just preaching for no reason. When my children said something inappropriate I had a bar of soap ready, and I would use it in their mouth to wash their mouth out with. And right after that I would explain to them by saying, 'You know in our family what you are saying is bringing our vibration down, it makes us look bad, and we are not bad people, we are very good people. So, we need to do things that show who we are.' And then that would be the end of it. It is no use however to raise our children the way our parents raised us, because that was another generation of ignorance. For those of us who don't have children I would say everybody is your children, so take that knowledge (of them being the light/God) and give it to them. Spread the Heart of the Mother to others. We are all children; I give children patience, understanding and discipline, and

where did I learn them? I learned them from Baba. I had the heart which wanted all the children to be happy. You know how some people are animal lovers and advocates; I have always been that way for children. I saw that Baba is giving everything to every child under His care in India. Why is He doing that? There is a huge reason behind it and I learned it from my Baba. He gives time, blessings, teachings to children, opens universities for them, provides them with endless opportunities, He crushes their egos, He teaches them shortcuts (through the knowledge of who they really are) He marries them, He showers them with gifts, He disciplines them more than any mother or father would ever discipline their child.

Remember discipline is love and do not wait if you are in a place you don't consider a good place to discipline, you discipline your child as soon as he/she acts out, regardless of how humiliating it may be for them at that moment.

## ***Sathyam***

*Blog Entry 6/27/10*



*Discipline is not about anger; it's about the authority of the Mother, the authority that when a mother shows discipline, it should always come with love.*

*Sathyam, Private conversation, Monday Jan 31-2011*

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**May 2011 Newsletter**