

A low-angle photograph of a large, dead tree with a thick, peeling trunk and bare, dark branches against a clear blue sky. The tree's trunk is heavily textured with peeling bark, and its branches are intricate and dark. The image is framed by a blue geometric overlay at the bottom.

# **Dettachment**







## *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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## Baba Says

The birth of detachment in man assures him of the birth of bliss in him. Detachment alone can lead one to the awareness of the immortal self. That is the price one has to offer to receive the reward. Give up and gain, that is the divine law.

*(Sri Sathya Sai Baba, Summer Showers In Brindavan (Bombay India: Sri Sathya Sai Education Foundation, 1993) pg 42*

*Sathya Sai speaks vol. 11, chap 32 p 183)*

*Your life is a long journey. You should have fewer luggage (desires) in this long journey of life. Therefore it is said, "Less luggage, more comfort, makes travel a pleasure." So ceiling on desires is what you have to adopt today. You have to cut short your desires day by day. You are under the mistaken notion that happiness lies in the fulfillment of desires. But in fact, happiness begins to dawn when desires are totally eradicated. When you reduce your desires, you advance towards the state of renunciation. You have many desires; what do you get out of them? You are bound to face the consequences when you claim something as yours. You will be blissful the moment you give up ego and attachment.*

*(Baba- Divine Discourse, Mar 14, 1999)*



# *Most Precious*

Q31. Please speak to us of attachments.

*A. In Oneness, there are no attachments, just “isness”, in the form of serenity. Attachment is felt*

*every time one feels separated from the Truth, when the duality is in motion. Pictures are drawn, some good and some bad. So when do you have attachments? When you are not nestled upon Thyself. This is, indeed, the meaning of attachment. What to do about it? Remedies differ, but in all cases leaving the ordinary ways of life is required.*



# 'Being' Is the Ultimate Unity

**Someone says:** When You used to say 'Detachment, detachment; you have to drop all the layers,' I always thought You meant materialistic things, such as one's property, clothing, etc. But as time went on, I understood that all these worries are also...

**Sathyam:** No! Attachment consists of things that grab the attention and concentration of your thoughts. Be it anger or joy, whatever grabs the attention and concentration of your thoughts is attachment. You made a very good point since many people say 'I do not want a house or a regular family life,' or they might say, 'If Sathyam is detached, then why does She drive a Hummer?' When it is not important for you if you have or you don't have, and you look at life as temporary, then go get a Rolls-Royce and put a Jaguar next to it, and have a blast!! Because at that time this place becomes an arena to play a game; it is not an arena to hold on to things with dear life!

As you said, attachment or addiction...do you know how much...every thought that is repeated is an addiction...every thought that is repeated is an addiction and an attachment.

**Someone says:** Could we be attached to the Truth?

**Sathyam:** Yes, and eventually you should not have attachment to the Truth either. Even the desire of having peace is an attachment.

Of course, it is very important to desire having peace or freedom, but after a long time, which you will know yourself, since it happens automatically, peace even is not a big deal, because you are totally disassociating with the mind. The mind experiences peace and the mind experiences no peace, and it just doesn't matter anymore!

**Someone says:** As You said, peace is also a game of the mind, so it doesn't matter, so what does ultimately matter?

**Sathyam:** Nothing matters. That is it; that is the answer. Nothing matters; why? Why is it that ultimately nothing matters? I am not saying peace is not good, because our nature is peace. But to say 'I have peace,' we are also inviting its opposite.

Now... Just to BE; Just to BE.

We are going to practice 'Just to BE' here. I am going to practice how to Be with you, because very rarely and I am not saying this because I am an individual, but it is very rare for both the Truth and a method to be given at the same time, so you can experience it and make it your own.

Now we are going to exercise how to Just Be. With eyes half open, stare at anything that you want. That is it! Do not judge why the flower on the rug is red, or why the color green is the way it is, or how the flame of the candle is so beautiful, etc.

(Everyone practices this method in silence for a while. After a few minutes, Sathyam asks one of the ladies) How was it for you?

**She replies:** This practice allowed me to not read the thoughts, which normally attack my mind and keep it busy. I saw a separation between my thoughts and myself. The thoughts were there, I cannot say that I overcame them, but there was a separation.

**Sathyam:** Beautiful!

Now look at Me. When I stare at something... (Sathyam demonstrates this by staring at something and being utterly unmoved and silent.)

This is the State of being, this is our nature. When you stare at something, you do not have any judgments. For a moment you just are, you neither

want to Be, nor not want to Be; you just are! The whole problem is wanting to Be or not wanting to Be, but the Being itself does not create any problems. Just Be, be present. This practice creates a unity with our true nature.

How was it for you? (Sathyam asks someone else.)

**That person:** There was nothing.

**Sathyam:** This is our nature; can you say it is peace? Can you say this is not peace? Can you say it is love? Can you say it is not love? Is just Is and in that Is-ness, there is nothing but perfection.

**Someone says:** What I just learned is the difference between what an illusion is and what isn't. And that is what is important to me right now.

**Sathyam:** That is what you need to know...beautiful, beautiful! You need to know what is real and what is not. It is just like a child who is told 'This is your mother and that is your father,' and actually he's really been adopted. He grows up and finds out that neither 'this' is his father nor 'that' his mother. What is happening to you is that you are now finding out that what they said is 'like this or like that', is actually none of it. In this Truth, there is freedom.

**The same person says:** But having peace is beneficial for me, because having peace helps me seek the Truth even more.

**Sathyam:** Yes, That is the reason you have peace, but what I am saying is that ultimately our natural state is even more precious than peace. Had you not at least tasted the peace, you would say 'What are you talking about? This is a waste of time!'

What happens here? Whatever is un-peaceful is replaced with peace. As you see, not having peace will cause us to go after peace and experience peace within ourselves. So with the right path, all of our weaknesses become our strengths. Until it gets to a point that you experience your natural state

of Being so much that it is like what we experienced just now. It is the state of Is-ness, that is the final; You just are

**Someone says:** With Your teachings I now live my life with love. Living this way is completely new to me, but I really do enjoy it. Sometimes though, I am in battle with myself.

**Sathyam:** My sweetheart, this is because you are telling yourself 'I should not get angry with anyone, I should be a good girl', etc... Your problem is the opposites, meaning being in duality. You have replaced what a bad girl should be with what a good girl should be, but you have not realized your Self yet. You have changed your clothes and thank God for that. The reason that you are still uncomfortable and battle yourself is that as I have said before and have shocked you all, a good person is good, but they do not know what being Divine is. Good is good and bad is bad, but he who has realized himself is neither 'this' nor 'that'. Since you have completed the bad with the good, you have fallen onto this path. But you still do not have peace. Why? Because you have completed these two, but both of these must go and only this (One) remains. (Sathyam raises Her index finger to demonstrate this)...

It is very interesting to look at the extent to which even good is not necessarily good. For example, they have told us from childhood to be an appreciative person. And that is a really great character trait, but look at how it actually becomes a hindrance on our path! When you are appreciative, you have judgment; for example, when you go in nature and appreciate a beautiful tree, your mind is still working to appreciate that.

Now, imagine that we look at this red and white flower on the carpet and we do not say it is beautiful and we do not say it is not beautiful; we do not say it is red and we do not say it is white. When you do not have an opinion, you become one with the flower. If you don't believe Me, do it now.

For example, we say ‘How beautiful the candle is, look at how the flame is dancing...’ It is beautiful and I am glad that you appreciate the yellow candle on the table, but I would appreciate it more if someone comes and looks at it and...a candle is a candle! With this method, you feel Oneness with whatever you are looking at.

**Someone says:** When we are in nature and for example we look at a tree, we look at the water...we feel Oneness with it...I don’t know how to explain it...isn’t that appreciation?

**Sathyam:** When you look at the grandness of the tree and for example ask yourself ‘What caused a small seed to turn in to a big tree like this?’ that is contemplation and inquiry and it is wonderful. When you hug a tree and appreciate it, it is an expansion of the mind and heart. But what I am saying is an exercise that comes way after all of that. I am showing you how, after you do all of that and go through all these steps, you use your mind to stop at every given time. This is the mastery of the mind, whether it is the mastery of the good or the bad thoughts.

What we talked about is inquiry and contemplation. Many people do it and I did it for many years myself. For example, when we went for a walk earlier, one of you said ‘Look at this tree. It is so heavy, but it is still standing tall! What is causing it to stand like that? It is the roots.’ This is discovery on a deep level. When you go to a deeper level and a deeper level and a deeper level...then Stop and Just Be. Your Being is one with everything else (and then you become aware of the fact that there is just “Is-ness”.)

**Someone says:** What about when we thank God all the time?

**Sathyam:** It is a good pastime and you should do it. I think that whatever brings you peace is wonderful and you should do it.

What I am talking about is even above that, it is the final stop (station). Believe Me, it is the Truth. I am not just saying that; it is the Truth.

All these steps that we take, such as crying for God, loving for God's sake, repeating God's name, etc..., for example in My case, the mind repeated God's name nonstop for 20 years, all these steps take place so that the last step can be taken. Just know that if we did not have the merit, we would not gather together here. The Self Is, Just Be.

Repeat God's name, pray, wake up early in the morning, chant the Gayatri, do all these; in the end, Just Be! Wash Baba's sandals, put flowers on it, kiss His hands; but in the end, Just Be! Go in nature, hug and kiss a tree, give energy, get energy, do all these; in the end, Just Be!

'Being' is the ultimate unity.

*Excerpts from  
"Persian Retreat  
DVD, a.m. 1-20-  
06"*

**This picture was taken during an early Valentine's Day celebration, when a few of the Ausheghan visited Reno in January of 2014.**



# *The Foundation of Detachment Is to Just Be*

*Sathyam:* The foundation of detachment is to Just Be. When we 'are', when we just are, we are detached. Therefore whatever is related to this, is related to the subject of detachment.

Desire and desireless-ness are also related to this subject, since desire and attachment go hand in hand.

♥: How about things that are related to the bazaar, such as contentment, accepting false beliefs, and letting go of your story...are these related to detachment?

*Sathyam:* Yes, very good, let go of your story; do not be attached to your story. Besides all of the ones you said, not opening your luggage and addiction are also related...mental addictions.

The best method for detachment is Stop Meditation. All other meditations will get you there, but it will take time. Whatever step that you take for freedom will eventually take you to freedom, but some methods actually expedite it. For example, if we did not have the Stop and we only had the Omnipresent Meditation, we would eventually get to Stop, but it would take time.

*(From the May 2014 Newsletter Phone Conference, Dec. 30, 2013)*

## Make The Load For Our Next Life Lighter

In 2007 Sathyam was asked: *Do we start our next dream (life) from where we ended the previous dream?*

Sathyam answers: **Depends on the desires that we had. If there were desires that were not fulfilled in one lifetime, they will be in the next one and then we will be at the place where we left off on our spiritual path. But first and foremost, the desires must be fulfilled. If you have too many desires, the effects of your work and efforts for Self-realization will be delayed.**

So according to this quote, we see that the fulfillment of our desires is important for our spiritual expansion and progress, and they also make the load for our next life lighter. But how can we fulfill our desires, so that we would not drag them to our next life? Desires are never-ending!

Sathyam says: **In the bazaar, it is believed that desires give the ability to fulfill, on our path however, desireless-ness gives the ability to fulfill.** (From Her blog entry, Oct 2013)

But...how can we be desire-less?

In 'A Letter to Richard' from July 2010, Sathyam says **'every desire has a price tag on it...they all must go through transformation to their original purity'**. She also says that if we are after peace, truth, love, freedom, happiness, etc... **we have to find our peace in all the un-peaceful events...we have to see the Truth beyond the false...we have to find love within ourselves...we have to find our freedom in spite of our limitations...we have to find our happiness in our state of Being...**

In other words, all these desires must be fulfilled from within us and not from outside, and in my experience, to experience anything from within, we must be still.

Stop and Trust Meditations are two important tools to be still, but for me personally, 'I am no body and I do not know anything' also helps a lot. It immediately takes me to a place where I do not know what is beneficial for my ultimate desire, which is spiritual expansion and Self-realization.

In Dec. 2013, I asked Sathyam about using this tool to experience detachment and She said: **'Yes, in the beginning when I told all of you to say it, its benefits were little, but now you have opened up so much that when you say 'I do not know anything', you really know what you are talking about. You know that you cannot trust the mind, and you say to yourself 'I cannot trust my mind, my mind is not real, and I do not know anything.'** Any word that comes out of your mouth, right now, is a lot bigger than when you said it before. **When you tell yourself 'Be' it is not like before where you used to debate it 'I will be', or 'was I?' etc. I mean it does not have the push and pull it used to. When you say it, it is as if you have the mastery of your mind.'**

I Love You Sathyam,





# Desire

♥: Yesterday You said that we came into this arena to play and to explore. Isn't playing and exploring also desiring? Does that not have attachment in it then?

**Sathyam:** It has none of those; none of those. It is totally free. It is as if dance music starts playing. My husband and your husband get up. They do not want to dance, but they force themselves to get up. Then they wonder to themselves, 'What if we dance badly? What will happen? What if we step on our wives' feet? What will the other men think? I need to learn to dance, or I will make a fool of myself...' There is a constant battle of desiring and rejecting.

Then I come, or you come and because it is beautiful music, we just dance. There is no attachment to 'Should I dance? I want to dance so I do, or I don't want to dance now, but maybe five minutes later I will dance.' The music is playing and you get up and dance. Which part of it is desire? You didn't desire the music. You didn't even desire to dance. It was just that the situation was there for you to express yourself. This is what I mean, without any hesitation.

Spontaneous living has no desire in it. My life is very spontaneous; it really doesn't have much desire. I might tell you or even my husband to buy this or that house, but there is absolutely not an iota of desire to do that, not one iota. I play the game because it is in front of Me.

♥: I have a desire to own a house in Reno to be near You. I also have the desire for the house to be in walking distance of You, so I have not handled buying this house in Reno the way that You are explaining.

**Sathyam:** Well, you have to turn it to this. The opportunity has presented itself. You have the money and I am here. Do you see what I am saying?

You just have to say that this opportunity has come up, and I am going to play it joyfully.

Now when I go to see the kids, I call them and I say, 'Do you have two weeks from now off?' And they say, 'Yes'. You can call that desire, but if they say 'no' it would be the same for me. But when the opportunity opens up, then I go and play. It is not having attachment to the outcome of what is presenting itself to you at this time. It is un-attachment; playing it, enjoying it...

♥: To me it is a fine line. I might say that I am going to the casino to play poker. But I am not attached to winning or losing. I just want to play. But isn't the initial thought of it a desire?

**Sathyam:** You see, (it is desire) when you dwell on the fact (idea) that I should definitely go to the casino, or I have to make money...

The idea comes, but this is just an idea.

Desire is saying, 'Aha! I have to get to it!'

♥: Ok, Ok, I get it. Playing poker is just an idea.

**Sathyam:** It is an idea. It is an idea for you to have a place here. That is it.

♥: It is very important to know the difference.

**Sathyam:** Baba had an idea to build a university and a hospital. Was it His desire? It was an idea. Now again, desire could be an idea, if it is in an idea form. Do you follow Me? But His idea was manifested because it was a divine idea. And He played the game better than anyone else. He came out; He performed marriages for people, etc.

♥: So You are saying that this life is not for saving or crushing ideas.

**Sathyam:** Yeah, it's for expressing ideas; this is it. What are you crushing the idea for? For what?

♥: So this life is for exploring, it's for playing.

**Sathyam:** Exactly. This is what I am trying to say, exactly.

*Private conversation, May 2, 2012, Reno*

## Being Desire-less

**Sathyam:** What is being desire-less?

What I am trying to say is, what makes a person that way?

What caused him to be content?

**Gopi:** To me, it is like when you have no judgment.

**Sathyam:** Then you are content?

**Anjela:** It is when a person is honest with themselves, they are satisfied with themselves; not even with themselves, more like in their heart.

**Sathyam:** But what makes them this way? When you don't have desires, you are content. You have no wants. What makes a person without wants, or desire-less?

**Gopi:** When all your attention is to the Self and the Beloved?

**Sathyam:** What if you don't know any of that? Many are just like this; they are content. Think that you are a normal person without any philosophy. What makes someone desire-less and therefore content?

**Anjela:** Sathyam joon when we are with you we can barely think.

**Sathyam:** I think it is being generous that brings this about. Being generous does it. Not the kind of generous where you are giving to charity; your soul is generous. It's sharing; you don't care who takes what or what goes where. What do you think? I don't know. What would it be? What makes someone



desire-less? It's a very good question, because on our path we know what does it; it is Stop Meditation. But I want to know what really does it. Just contemplate on it.

**Richard:** I would say it's either a lack of mind or a very quiet mind.

**Sathyam:** I would say a simple mind; a simple mind. So a simple mind makes you desire less, less of a desire makes you content. Therefore, how does one have less of a mind?

**Richard:** Less of a mind?

**Sathyam:** Yes, and that's how contemplation is by the way.

(Everyone is silent in contemplation for several minutes.)

**Sathyam:** To Me, having less of a mind comes from deprivation; a lot of famine. I remembered my son as I was contemplating. When he was a child, the only way he would relax, because he exercised and studied a lot when he was very young, was to watch one hour of *'The Dukes of Hazard'*. I took the *'The Dukes of Hazard'* away from him so many times, that he said, 'I don't even want it'; he didn't even think about it anymore. So I think it is the maturity of the mind; knowing that whatever you get, you lose, might get us there. You have less thought. What was your contemplation?

**Anjela:** Since it doesn't satisfy you anymore, you don't search for it. You don't have the thirst for it. And when you see it, it doesn't grab you.

**Sathyam:** So, can we say that a mature person, and I don't mean wisdom, I mean someone who has suffered enough and gone through much hardship in a past lifetime. Would it make you have a calmer mind because everything is not as important, maybe?

**Gopi:** My mom came to me, because she had a very simple mind. Though she was always in the midst of the bazaar and so busy with her kids, she was always content. She liked to have things, but she wasn't attached to those

desires; it wasn't like if she didn't get it she would be mad or upset or talk about it all the time. So to me, it is deprivation; it comes from that.

**Sathyam:** She was deprived of a husband, money, comfort...everything.

**Gopi:** And that brings ok-ness to everything, right?

**Sathyam:** Yes. What is the difference between your mom and someone in the same situation that dies in bitterness, complex desires and disappointment; what makes that person not become desire-less?

**Gopi:** I think it is maturity; that the person is born with fewer Brothers. (As a form we come with different tendencies, or even relatives that we call Brothers.)

**Sathyam:** It is exactly that.

**Richard:** The person is born with less maturity?

**Sathyam:** Or more maturity. Again, where does the maturity come from? It comes from some more deprivation.

**Gopi:** We have gone through so many lifetimes, is that it? Why is someone born with fewer Brothers?

**Sathyam:** Well we know that some people are born with fewer Brothers, but why? They are born with fewer Brothers for the purpose that they are serving in this lifetime, or more Brothers for the purpose they are serving in this lifetime; whatever it requires.

**Gopi:** For the role that they come to play?

**Sathyam:** Yes. So often we say, 'Be content'. But we don't know what makes someone genuinely content, not ordered to be content. Some people are just content and some are never content. No matter how comfortable they are, their eyes zoom in on the lack, on not having. We knew a person like that. Even if she had everything, she would still say, 'My husband doesn't do this enough', or 'I should have done that' or 'If this happens, then what?' It is

because the focus of the eyes is someplace in the mind and it just zooms in on it and cannot take it off of it.

**Gopi:** Is that focus or attention part of the mind, or is it another entity functioning?

**Sathyam:** It is and it is not; it is and is not. It is part of the mind because unless you have focus in the mind, you cannot know the mind. So when it is focusing on the mind, it is a part of the mind. When it is focusing on the heart, it is a part of the heart.

**Richard:** What destroys contentment is the rising of some desire...

**Sathyam:** It is a habit; it is a habit of laying your attention on repeated thoughts that you believed.

**Gopi:** So everyone is born with the Brothers to perform that role.

**Sathyam:** That's right. The Brothers are part of the totality of that person. The brothers might appear outside as a character, but it is a part of the whole of that entity that comes. Do you remember I used to say, without anybody telling Me, that the Avatars and the saints are born with an entourage? An entourage is a group of people who follows them, like the Shah had, and if he was invited to somebody's house, they had to invite an additional thirty people, because they went everywhere with him. Every form has its own entourage, inner and outer. We call them the Brothers. It is our thoughts from another lifetime. If we had a strong thought of hatred; we built a brother of hatred. We built a strong Brother of hatred that is born with us, either inside of our heart or mind, or inside of our family or friends, but it was our thought pattern. Some people have a lot of fear, so they make a Brother out of fear and it comes out with them from the womb. This is how it happens, and it is really interesting.

**Gopi:** The person who has fear in his mind and comes out of the womb with that fear, has he been reincarnated to get rid of that fear?

**Sathyam:** Sometimes...and sometimes it depends on how that person uses that fear. Someone might have fear and say, 'Please, I need help, I have had enough'. On the other hand, there might be another person who has fear and starts killing people instead, because he has a phobia; he fears people and reacts to that. So the one who says, 'I really need help; I am tired of this' will have a Brother from the sathwic or spiritual part to help alleviate his fear, and the one who had some karma going on around that fear, might experience more fear until he no longer does.

Do you guys understand what is happening when you are with Me? The things I tell you, I never learned. Nobody told Me; I never read it anywhere. I never read it anywhere! The interesting part is that there is nothing that I don't know when it comes to questions, and I don't know how...I don't know how.

**Gopi:** Sathyam joon that is what makes it so powerful. That's why.

**Sathyam:** It's unbelievable. I just watch Myself speak the Truth, and for Me it is a matter of fact. It is like saying, 'Would you like some water, or bread?'

*Lake Tahoe, Oct 12 2013*

*Fear is of the unknown, and is due to the attachment to the name and the form. This is why I emphasize detachment and a desire-less state. Start dwelling on permanent and impermanent. Choose to center on the permanent.*

*Excerpt from Most Precious Q53*

# Unconditional Acceptance

The complete unconditional acceptance and non-judgment that I give to all of you helps you get rid of the old tendencies. Because it is like the dog and its tail, when it decides to not make its tail wave back and forth, it turns around and gets into a vicious cycle of its tail moving, because it is part of its physique. The more we want to catch the mind and its habits, the more we are actually irritating the tail, so to speak. And this is because it is all happening in one body! When you hear things like this, something in your mind recognizes it as the Truth, as hard as it may be to understand it. It is all such a Maya! It is like having a dream that a lion is chasing you, the lion is a Maya, the dream is a Maya, your image of yourself in the dream is a Maya, but it wakes you up. Actually it doesn't wake you up, it ends the dream.

*Private Conversation with Sathyam, October 4th, 2013, Reno*

**CONTENTMENT**

*is detachment.*

*Detachment is  
freedom.*

*Freedom is  
peace and joy.*

*Most Precious, Q51*



# THE DIFFERENCE BETWEEN DETACHMENT

## And Not Caring

♥: What is the difference between detachment and being indifferent or not caring?

**Sathyam:** There is a big difference! The difference between being detached and not caring about something or not giving it importance is huge. When you do not care or you are indifferent towards something, it is because that thing or situation is not important for you. But no doubt something will come up in your life that is very important for you and that 'not caring' will slip out of your hands. Therefore this feeling of 'not caring' is only temporary for you. The detachment that we are talking about is different, since it has to come from the depth, you cannot pretend you are detached. You have to have done your practices and worked hard to get to the state of detachment. When you get to that state, the love that you used to know goes and your whole being becomes 'caring'. In other words, without being attached, everything is important to you and you care about everything and everybody. That is the difference between these two.

♥: You said 'The love you used to know goes,' which love are You referring to?

**Sathyam:** The emotional love goes and since your Being is no different than love (and it is all love), other people can say that you have love, but you do not know it yourself.

○: Just like the example of sugar dissolving in water.

**Sathyam:** Yes, exactly. Baba says this.

○: You said that at that time everything is important for you and you care about everything without being attached. Please elaborate on that.

**Sathyam:** It is not the kind of giving importance or caring that makes you suffer, struggle and or worry. It is the kind that you actually do care; it is the same thing that is happening to all of us.

**O:** The root and origin of not caring and being indifferent is still in the mind.

**Sathyam:** I think that the words that we are using have become an obstacle. To make it short, if your indifference is because of not caring, it is temporary. If you are indifferent because you do not worry and you do not have attachment, that is true detachment.

**O:** The way I understand it is that behind detachment is awareness, but this is not true for 'not caring'.

**Sathyam:** This is correct, and our detachment or indifference is not because it is not important to us. What this means is that you automatically give the ultimate care to the person or the situation, while being completely unattached to what is happening.

### **Attachment Always Comes From Desire**

♥: Could we say that our attachments bring about everything that we are entangled with or have to face in life? We might not even be aware that it is an attachment.

**Sathyam:** Yes, wherever your attention is, your life is. If your attention is on something that brings about expansion, you will expand. If your attention is on something that is limiting or constricting, you will be limited and constricted. Attachment always comes from desire. What is attachment? Attachment is when you put both of your fists around your desire and you keep holding on. In other words, you grab onto it. If there is no desire, there is nothing to grab onto and your fists will be empty.

*(Excerpt from the May 2014 newsletter phone conference, December 30, 2013)*

## *Because You Told Me*

*Because You told me not to compare,  
I can see my path right in front of me, right  
where You are.*

*Because You told me You liked me,  
I feel trust from within and my heart weeps  
with joyous tears.*

*Because You told me I like your progress,  
my faith has deepened in Your teachings  
and in You, my Guru.*

*Because You told me that life should be one  
continuous smile,*

*I realized the smile fades when we go with  
the mind and as You said we believed it.*

*Because You told me 'Just Be Quiet',*

*a peace and ease settles on me when I repeat this to myself.*

*Because You told me 'I accept you just the way you are',*

*a weight has been lifted and I fall into softness, as I remember what You said.*

*Because You gave me my wings of Patience & Faith,*

*I know with You, my desire to be free will happen.*

*Because You told me 'I am always with you',*

*I know You will never leave me. As You said, 'The I that you  
are, and the I that I am are One. We can never be separate.'*

*Because You give me pure acceptance and love,*

*Because You told me the Truth of who I am,*

*I am Yours!*

*May I always please You, honor Your teachings and show nothing but pure  
loyalty and love to You.*

*You told me that an Avatar can never be replaced, but an Avatar can create their  
own image.*

*To My Avatar, My Guru,*

*Forever at Your Feet*

*Love,*

*Susan*



# You Asked Me to Wake You Up

♥: Some time ago I read an article that really moved me and sat in my heart and I thought that You had never talked about that subject before. But today I came across an article from a few years ago, where You had said the exact same thing, but it seems like at that time I did not quite get it.

*Sathyam:* I am going to say something very important, so listen closely. When the Truth appears in front of you, but you are asleep and dreaming, it does not affect you that much. For example, when you are sleeping, as your sleep becomes lighter and lighter, you can hear what other people are talking about and show curiosity or sometimes you might even express your opinion. I mean take a break from sleeping and say 'This was like this or that' and go back to sleep. This is what has been happening here. From the year 2000 that I started teaching meditation classes (which Richard started recording in 2003,) to this date, as God is My witness, I have been saying the same thing. The same thing that was said then is being said today, but the difference is that you understand what I am saying to the extent of the capacity of your own awakening. Then like what happened to the person who asked the question, a memory stays with you and you say to yourself, 'I think when I was sleeping and dreaming, something like this was said.' But you have forgotten, since you were not awake yet. Now the memory of it comes back to you and you say: Ah! I had heard this before, or I am reading it now..." Every time that something like this happens, congratulate yourself! It is as if you have become more aware of the sound of the alarm clock and you won't fall back asleep when it rings. And every time that you tell yourself, 'Oh my God, how come I did not get this before, but now I do?' congratulate yourself. I am serious! Because it shows that your sleep is now lighter. See how much lighter your sleep is right now!

When one is asleep and it is time to wake up, the mother comes in the room and says: 'Wake up'. When he or she does not wake up, the mother repeats,

‘Wake up, wake up, wake up...’ until they start moving a bit, and she repeats that until they actually wake up.

Now one might say, ‘Mom, I do not know why you say I did not wake up the first time you called me! I woke up as soon as I heard your voice.’ The mother says, ‘No darling! I have been standing by your bed saying ‘Wake up’ for some time now.’

♥: How many lifetimes has it been that You have been trying to wake us up?

**Sathyam:** The last words in the book *‘Most Precious’* are interesting. It says: ‘This is the time you asked me to wake you up’. This means that since you yourself have asked to be woken up, it will not be given up until you do wake up. This is the difference.

o: You always tell people who ask for Your help, ‘Since you asked Me, I am telling you...’

**Sathyam:** Yes, since you asked Me to correct you, that is what I am doing.

*(Excerpt from the May 2014 newsletter phone conference, December 30, 2013)*

*All Desires Have To Disappear  
Even pure desires are a bond. But they  
are not hindrances, however many they  
may be. The purest of desires, the  
craving for Moksha or liberation, has  
also to disappear in time. Only then can  
you become That. One attains a stage  
when neither good nor bad will attract or  
repel.*

*Sathya Sai Baba  
Dharma Vahini*

# Becoming Like a Motel or an Inn

We start dropping our titles. These are titles that you have given to yourself, that really go with the story and the baggage, and that is what people can never get over. They can never get over it. One of the very important parts of this revelation, that has been given to Me is that when you do this often during your day, you realize that you are playing a role. You do not take your role seriously. This is because you have seen beyond the role. When you drop all of these titles, you realize how pure you are. And then if I pick up that role as a mother, because my children are around, I know I picked up that role; if I pick it up as a friend, I know I picked it up and there is no attachment there. Friends come and friends go, children come and children go, you become like an Inn or a motel.

*(Spring Cleaning DVD, 11/29/05)*

*Most Precious, Q47:*

*“Tell us how to let go.”*

*A: Inquire into the Truth. To let go is to not desire. To not desire is a calm mind.*

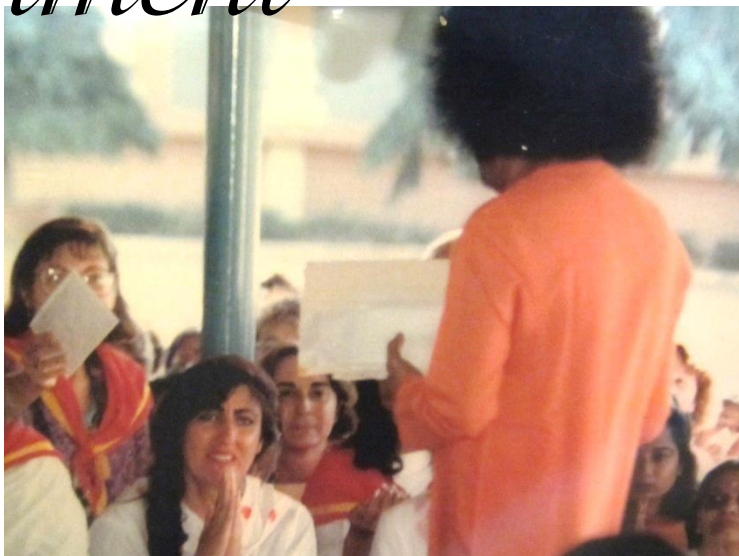
*The calm mind sits in peace. Peace is who you really are.*

*Sathyam comments:*

*It is very simple. If we do not desire something, we don't have anything to let go of.*

*Private conversation, Reno May 2 2012*

# Attachment to the Guide



♥: My experience is that attachment to the Guide results in detachment.

**Sathyam:** Yes, this is the foundation. For example, imagine that you meet a spiritual teacher and they tell you to worship only God and to let go of all your desires. You go and come back in a year and they see that all of your desires and attachments are still there. Again they would tell you, 'Why didn't you listen to me? I am telling you to worship God and to let go of all your attachments.' They come back in five years and see that you are still up to your neck in your desires. What did this Guide lack? First of all, they did not show you how not to want. Secondly, your heart was not able to open so that it could pour all the desires into just one desire. In that final desire, there is wisdom. And that is exactly why this last desire has the capacity and the power to free you. Because all I wanted was Baba, and my only attachment was to Him, every other attachment that I had loosened.

This is the only attachment that has wisdom and freedom in it. Every other attachment can drown you in it. Why? It is because they are of this world.

*(From the May 2014 Newsletter Phone Conference, Dec. 30, 2013)*

# Let the Attachments Be

**Sathyam:** I would like to mention an important point. Some attachments are a part of maternal instincts and some of these types of attachments are...I do not know how to explain it...You have to let them be and not pay attention to having them. I mean they should not turn into an inner conversation and struggle, 'I have attachment...Ah, I still have attachment! How can I get rid of it? I do not want this attachment...' If we are able to not think of them this way and we can let them live peacefully in our Home, they will lose their strength and become less forceful on their own. Do not think of attachments as an enemy. Accept them and get along with them, this is very important; it is exactly like the mind. The mind is not the enemy, the pure mind is 'God', the mind is the Self. But get along with it, do your own thing, and learn the mastery of it. Attachments are exactly like that. After this conference call, do not tell yourself, 'I have to work on this and that.' When you see them, accept them and just let them be.

♥: You just said, 'The mind is God, just accept it but learn the mastery of it.' Who is it that should find this mastery of the mind?

**Sathyam:** Your attention and focus, when you focus and see the divinity in the heart and that light shines on the mind...

You see, Baba says that the heart is like the sun and the mind is like the moon. Where does the moon get its light from? It gets it from the sun. When you become familiar with it by constantly going to the heart, instead of the light of the bazaar, the light of the heart shines on your mind. You have to gain the mastery of your attention.

♥: Is identifying the beliefs and attachments important when we do the Stop, or when we focus on the heart, it is not important what we believe or...

**Sathyam:** Yes, it is important. Wherever we put our attention that is where we get stuck. If we put it on the negative, we get stuck on the negative; if we



put it on the positive, we get stuck on the positive. If we put it on the Home, we get stuck on the Home.

Now...where is it that you want to be stuck?

**Several people say in unison:** In Sathyam...

*(From the May 2014 Newsletter Phone Conference, Dec. 30, 2013)*

***By Concentrating On The Creator,  
The Creation Is Transformed***

What really warms My heart is that all of the families and friends of the people who are on this path benefit from these teachings. Every child or grandchild benefits from the time that they are the size of a pea (in the womb).

What does it mean to change the creation?

It means remembering the Creator. By concentrating on the Creator, the creation is transformed.

When we see someone's inner light, we see the Creator. (By seeing a child's light) the creation of that child is transformed. By seeing and saying that they are the light, the pictures that are supposed to unfold in their life could change.

***Sathyam***

*From a video conference with Iran, Dec 16, 2013*



*Sathyam, Lake Tahoe, Feb 2010*

Compilation by the Foundation of Divine Era

# *Most Precious*

## *Question 46*

*Please tell us what to do with  
possessiveness.*

*A. What we hold onto in the material realm is not worth holding on to. What you let go of becomes your salvation. Duality is separation. Separation creates fear. Fear creates wanting to possess and hold on to. Now, to let go is to let be. To be is your true nature. Do you see the equation here? What you hold on to is never yours. Why? Because in reality all is One. Underneath all seen is that One.*

*The root of attachments is only in the mind.  
All of the attachments and desires that try to  
keep the mind alive by any means possible are  
occurring in the thoughts.*

*The heart does not have any  
attachment.*

*When the mind loses control over 'I am  
somebody', what happens is that your  
perspective and survival mode changes. From  
the bazaar's perspective, survival mode is to  
have and acquire. In our understanding, it is  
to let go. So the difference is that 'to have'  
changes to 'to let go' on this path. Letting go is  
a calm mind.*

*Letting go brings freedom, freedom brings  
peace, peace brings silence, and silence is God.*

*Dec- 21- 2013*

**Question:** Can you further explain

## *The heart does not have any attachment*

**Sathyam:** The heart that we are talking about here is the Truth, or God. It is the place where only silence exists, and in silence there is no attachment. Silence is like clear water; shadows and images are reflected on it, but no shadow or image can diminish the purity of the water.

I know what you mean when you ask this question. For this reason, I will remind you of the example that Sai Baba gives for this. Sai Baba says, 'When you get a thorn stuck in your hand, you pick up another thorn and use it to remove the thorn. Once you remove the thorn, both thorns become worthless.'

Attachments that are numerous, repeated, baseless, meaningless and pointless are all like a thorn that is stuck in your hand. The attachment that you have to the Guide is the thorn that has removed the worldly attachments, or will remove them, or is in the process of removing them. So the attachment and the love that you have towards your Guide is a positive attachment. It is the attachment that allows you to follow the Guide and stay at Home. If not for this attachment, your attention would waver along the way and you would go back into the bazaar. Ultimately we will realize that who we really are never had any attachment, but since we identify with the mind and body, and it is hard to let go of this identification, we must identify with another body (the spiritual Teacher) until our identification with our individual shape and form weakens.

This dream is illuminated by Love, and without Love, it is dark. Without Love, this dream is like a region wherein the night is longer than the day. When this Love comes into your life, this dream becomes like living in a region where the sun shines most of the time and the days are longer than the nights. The whole meaning and goal of this dream is to have the sun, but you must realize that beyond having or not having the sun is totality and

perfection. Having the sun (Love) allows you to see in this dream. Love is food for God's soul. Nothing happens outside of you, nothing. Now you are all looking at Me, and you feel love and attachment, and you feel like you are being given understanding. But where are these feelings occurring? This feeling is from the oval energy within your being, from beginning to end. I am just the igniter of this energy. You may not believe this, but from the first day that I was sent to teach in classes until today, I have only been talking to Myself. There was no listener. Although this false separation sometimes makes Me talk more, the Truth is much greater than the forms. Each one of us, by the virtue of knowing that the Truth is perfect, should live happily. Not that we should live happily; we will live happily. By living happily, I don't mean to be happy in the bazaar, and by being happy, I don't mean laughing all the time. I want to tell each one of you that knowing this wisdom will free us, and in this freedom is eternal happiness.

*Feb-28-2014*

As you all know, when the attention is on one thing, the attention is shifted from other things. In the bazaar, we want to acquire a thousand different things and be attached to a thousand different people. We like our car, we like our home, we like our children, we like our friends, and we are worried about losing any of them, so we protect all of these attachments. All of our attachments become a weight on our shoulders. But from where we are now standing and with the wisdom and love that we have, there is no need to protect these attachments. There is only freedom and in freedom there is peace.

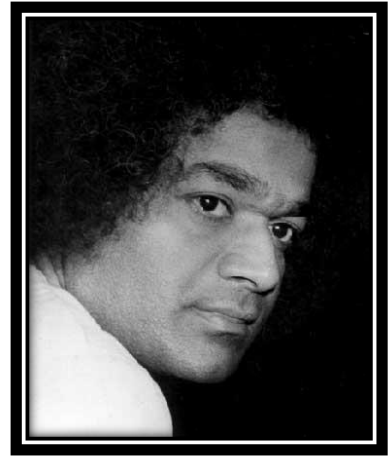
*Sathyam*

*Dec-5-2013*

# Baba Says

that a person with no desires is truly fortunate. He tells a sweet story to demonstrate this, one that I have often thought about in times of need. In order to capture monkeys in India, people put peanuts in a long necked clay jar. They then tie a string to the jar, hide, and wait patiently for the monkeys to approach. As soon as the monkeys smell the enticing treat, they slide their hand inside the jar and grab the peanuts. Naturally, their little hands curl into fists to grasp the almonds. But because of the opening at the top of the jar is so tiny, their fists get stuck as they try to remove the food. No matter how much they struggle, they refuse to release the peanuts and are therefore captured. Their excessive greed for the peanut keeps them from opening their fist and getting free. They are so attached to these peanuts that they are willing to risk their lives over them. Humans are like these monkeys. They have many desires, and lack strong will. They willingly lose peace of mind and risk their physical and wellbeing in the quest to fulfill their desires. The mind is like a ball of yarn whose threads are composed of attachments and desires. So, if we release our attachments and desires, little by little our mind will grow calm automatically.

*"Nazzanine"*



# I Am Somebody

♥: When I believe that I am somebody and I become somebody, at these times I feel attachment to anything associated with an individual. My question is this: Where does the attachment to 'I am somebody' exist?

Why is there such a strong tendency for being somebody?

**Sathyam:** Your question is unique. 'I am somebody' is a thought, and our attention is very much on our thoughts. For this reason, our unreal form changes with each thought that comes. When we say, 'I am somebody', the result is that we have to wear certain clothes, go to certain places and act a certain way. There is nothing wrong with this; it just shows that we believe ourselves to be the body and the mind, so we obey them and feel Oneness with them. Before this, each of us were completely one with our mind; now we are slowly seeing that we are not one with the mind, but it takes time to know and understanding who we really are. We were given these tools in order to realize that we are not the mind and be that which we really are, but we have to realize that this takes time.

Even the body is a thought, only a thought; if this thought did not exist, the body would also not exist. So continue to practice and its okay if you become somebody, just watch yourself because watching yourself brings separation. This world is a thought, the dream is a thought. But now we have been given tools so that we can know the true nature of the dream and not be fooled by it; this is the biggest gift. Now you can see that your attention is one with your thoughts, but before this your attention and thoughts were so completely one that you didn't know what it means to not go with your thoughts. You didn't know that you had a choice as to whether or not to go with your thoughts. This state is called a deep sleep. But now you see that your attention and your thoughts have become one, and whose fault is it? It is enough that you saturate yourself in true wisdom. Have patience and don't lose your faith in this path; purification will slowly happen.

**I want all of you to know that, just as returning Home is impossible without the Guide, it is impossible for you to return to ignorance; it is impossible. It's like someone undergoing plastic surgery on her nose and then worrying that it might return to its original appearance. Once your intellect is full of wisdom, returning to ignorance is impossible.**

*March 13, 2014*



## Divine Satsang

♥: I really miss Sathyam. I feel like a deflated balloon. I just want to hear Her voice.

♥♥: I know. The world has no color without Her; everything is bland. What's the point? There is no point to anything without Her.

♥: I know how you feel, I really do. It really hurts to be away from Her.

♥♥: What can we do to ease this pain?

♥: Nothing. Do you remember when we used to want other things? Houses, cars, jewelry, or even small things like new clothes or shoes? And we used to suffer because we didn't have them?

♥♥: Barely. I can't even imagine it now.

Thank God we want Sathyam! Thank God we are miserable over being away from Her

♥: And nothing else. Our love for Sathyam has replaced all other desires, and the pain we feel when we are away from Her has replaced all other pain.

♥♥: Thank God for this pain.

♥: Thank God for this attachment to Sathyam.  
Shabnam and Hanieh



## I Shall Be with You Eternally

♥: What would we do without You?

**Sathyam:** What would you do without Me, sweetheart? You cannot live without Me because you and I are always together; forever, to eternity, always, endlessly, to infinity, forever and ever and beyond forever!

♥: I wanted to hear that.

**Sathyam:** The only thing that you do not have to worry about is My separation from all of you, since it is not possible.

♥: That's it!! We are all done now!

**Sathyam:** Yes, all you have to do is celebrate joyfully.

♥: When we gather together, all we do is talk about how truly lucky we are! It is impossible to get lost!

**Sathyam:** Yes, it is impossible to get lost.

Well guys, do not forget to be silent; that is what I am going to do now. Good day and good night to all of you.

*(Excerpt from the May 2014 newsletter phone conference, December 30, 2013)*







**May 2014 Newsletter**