



The Art of Living in Truth II

Living in the Bazaar with Awareness



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.



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

TABLE OF CONTENTS

Do Your Duty-1
One Step at a Time-2
Dedication-3
Be Honest with Yourself-3
Repeated Thoughts Follow Us into the Night Dream-4
Before Forgiving Others, We Must Forgive Ourselves-5
What Shall I Do With My Fears?-6
Fear Belongs To Society-7
First Be Silent then Make a Decision-8
Just Surrender...a Decision Shall Be Made by Itself-9
Making a Decision-10
You Have to Try Your Best-12
Getting Too Caught Up in One's Job-12
Anger-13
Anger is really the thought of 'I am the body-13
Having the Last Word in a Conflict-13
The Art of Talking-14
Patience-14
Choose Your Priorities Correctly-15
A Mother's Illness-17
A Mother's Death, Proceed with Wisdom-21
Who Is the Doer?-23
Worry About Being Worried!-25
What Is One to Do with the Feeling of Guilt and Having a Guilty Conscience?-26
Just Play Your Role-29
The World Is not Your Business-32
Private Conversations-34

God's Will & Having Children-35

I Worry about My Children-38

For One Second, Stop-40

Compilation by FDE

What Is the World Based Upon?-43

The Roach in the Night Dream-44

Satisfaction with the Mind's Dissatisfaction-46

Die to the Mind-47

Choose Freely-47

Whether You Are or Not, You 'Are'-48

Not Being the Doer Means...-49

A Story from Shirdi Baba-50

It Takes Time-51

Boxed Short Quotes

Whatever You Do without Judgment-11

The First God for a Child Is The Mother-20

When You Condemn Yourself-24

Who Is the Doer in the Night Dream?-24

In the Eyes of God-28

What We Need to Have for Ourselves-28

Those Who Get Tired of Using Our I.V.'s-28

When You Learn How to Be-28

Should One Expect a Lot of Oneself?-30

There Is no Problem-30

These Moments and Days-30

Doing a Certain Thing-31

One Must not Waste Time-31

Learning Must Start at Home-31

What Will Become Of Our Country?-33

You Are Divine-34

Marriage Is Flying Together-39

Good Deeds Are Good Deeds-41

I Am not of This World-52

Dear reader,

Sathyam usually speaks in a very mystical way. Many times Her choice of words and phrasing is not based on commonly used, standard English. As editors and translators, it is always a dilemma...how far should we go in making the text fluent? Since many times doing that requires interpreting Sathyam's words and taking away the reader's opportunity to contemplate on it themselves.

Also, many times different people interpret things differently and by clarifying Sathyam's words, we are also taking away from the depth of Her teachings.

Our goal is to edit the original as little as possible, translate the exact words and try to keep the mystical style of Sathyam's words as much as possible.

Please be assured that we have carefully reviewed everything many times and have chosen to leave certain things as they are.

With Love,

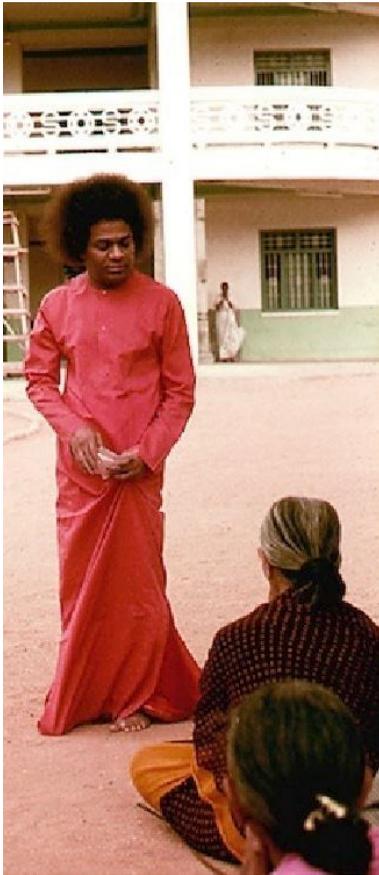
The Newsletter Team

Please note that Sathyam prescribes different methods for different people, depending on their personality and need at the time the question is asked.

DO YOUR DUTY

Devotee: Swami, should we think of God as being both mother and father?

Sai Baba: Your physical mother is only with you for some years. She is your temporary mother. Your physical father is also only temporary. The real relationship is different. Truth is the real father. Truth is permanent. Truth



has no birth; it has no death. Prema, divine love is the real mother. Devotion is the real brother. Wisdom is the real son. Peace is the real daughter. For all of these relationships there is no change, there is no birth, there is no death. They make up your permanent relationship, your relationship with God.

Devotee: Swami, if Divinity is my permanent relationship and all these others are only temporary relationships, then do I still have to take care of my family at home?

Sai Baba (very firmly): You must! That is your duty. Do your duty. Take care of your family.

Devotee: Even if it takes me away from God?

Sai Baba: No! No! No! No! Do not abandon your family. You must take care of your husband and your children. Do your duty. Duty is God. Work is worship. Do not forsake your duty.

Devotee: But Swami, not even when God calls?

Sai Baba (laughingly): God is in you. He is with you. He is above you. He is below you. He is around you. He is not calling or sending for you. He is always with you. He is you. You, yourself are God. Always think like that!

(Sri Sathya Sai Baba's Kodaikanal Interview, April, 1985)

ONE STEP AT A TIME

♥: What is the most important tool for progress on this path?

Sathyam: Cleaning up the basement. We have put a cover on our repeated thoughts, sorrows, anger, worries and fears and we have fabricated a persona to pretend that we can do anything and nothing can touch us. Without a foundation, we have covered up everything. The practices that we do are the best, the most beneficial, the most practical and the Truest. I am not saying that there are no other methods and that this is the only way. No, I am not saying that. I am saying that the tools and practices that God has brought through Me are effective. It is not a path that you can traverse through in one night. You will immediately feel free, but not all the chains will break in one night.

By using the tools and practicing, the covers lift once in a while and the dirt that is under it becomes apparent. When the dirt surfaces by the practices, don't be afraid, don't think that you have gone backwards or fallen off the path. These have to come up, since a house that is *really* clean is a house that the dirt has not been hidden under the rug. If you lift the rug, you see that the owner has carefully cleaned under it too.

Go forward with love, patience and awareness about what is working and what is not. Go forward one step at a time, one step after another; each step brings joy. Then when you wake up in the morning, you see that you are happy, you have so much hope in life, you have found so many true friends; you have such a deep connection with God through your inner voice. Everything looks beautiful to you. Because of the constant activity of the monkey, which Baba calls the human mind, you might have not paid attention to sunrises and sunsets, to the stars shining at night, to the birds chirping. Now every movement in nature has a sound...it catches your attention! You might even wake up in the morning and see that the leaves of the trees are more shiny and vibrant. A vision like this develops because the lens of our eye has gotten cleaner, the wisdom, awareness and understanding of our vision has expanded. This is the path of Divine Love, the path of awareness, the path of freedom, the path of friendship, true friendship with the Self, it is a path of forbearance and perseverance.

(Interview with Sathyam, Part 2, Arizona, Oct. 18, 2007)



Dedication

♥: I have a very busy life, but I try to spend all my free time on this path.

Sathyam: Those who have gotten anywhere as far as self-realization goes, are the ones who dedicated all of their time to this path after finishing their daily duties. If you are not such an individual, it is best to dive into the world, be curious, study, get ahead, do anything that you wish and finish it; do not stay in the middle! If you are curious about the world, go after it until you see where it ends up; it is either good or bad, but nevertheless there will be a result. But if you are really interested in self-realization, then sit in the silence of your Being and ask yourself 'what is it that I really, really, really want?' It is not what you think you want; it is not what you should want; it is not what you would like to want, but what is it that your whole being screams for? At that time, your goal becomes clear for you and you fall in love with your goal. As long as it has not gotten to that point, it is a waste of time.

*(Interview with Sathyam, Part 2,
Arizona, Oct. 18, 2007)*

Be Honest with Yourself

♥: When I am too attached to my daily work, should I try to completely let go or cut down on my daily work and go after the Truth? Or can I find the Truth while I am doing my day to day duties?

Sathyam: This is my suggestion to everyone who is listening: if you really, really want worldly freedom, do not come on the path of Truth, because it has a lot of ups and downs. But if you want eternal freedom, do not get on the worldly path and do not be too curious, because its ups and downs are deadly. So we have to ask ourselves 'what is it that I really want? Not 'what does my husband want, what does my neighbor want, or why don't I want what my neighbor wants?' You must be very honest with yourself, because freedom is good, but going after it is not for everyone. So either keep yourself entertained until the time when your interest grows, or you will realize in (your) silence that your interest in eternal freedom is far greater than the pacifier that the world sticks in your mouth. One way or the other, it will become clear to you.



Repeated Thoughts Follow Us into the Night Dream

♥: Recently because of being too busy I have been talking in my sleep. What can I do about that?

Sathyam: It is better to ask, 'What can I do for my mind?' First of all, the biggest help you can give yourself is to be by yourself for a few days. For example, go to the mountains, not for hiking or exercising, but rather for just sitting. This is going to be difficult to do in the beginning, since the thoughts will attack, but sit and do not move; let the thoughts come and destroy one another. The instant you find yourself getting involved with your thoughts and conversing with them, go back to your silence, to your Home and sit there. After a while, for example two or three hours, which depends on the severity of your thoughts, a certain peace will find you, which is not of this world; sit in this peace. If you can do this for a day or two, you will be able to regain your balance. Right now, your mind and thoughts do not have any balance. The mind and thoughts are only energy, which get excited when given attention. Just turn your gaze the other way. And when you go back to work, do the Stop Meditation frequently.

♥: Just sit in nature all day?

Sathyam: You can walk once in a while, but then sit and dive deep within yourself. And while you walk, your focus and attention must be on the Truth. Meaning that as you are watching the outside, watch the Inner, watch the Home! But you must sit once in a while, since thoughts accompany you while you are walking. Sit and completely let go! For example, walk for a mile and then sit and be patient with yourself. In the beginning, the energy of the thoughts is very concrete, but after a while it loosens, and begins to come down, slow down and fall sleep. Do not leave until you find the peace, even if it takes 24 hours. You have to do this, because if you don't, you shall not have a correct perspective on what may be going on around you. Then all the worldly problems become very real and concrete for you and the conversations you are having throughout the day with your thoughts shall follow you into your nightly dreams.

(Iran Phone Conference Book, pgs. 149-151)

BEFORE FORGIVING OTHERS, WE MUST FORGIVE OURSELVES

♥: How can we forgive others when they have wronged us? How can we forgive ourselves?

Sathyam: The best part of this question is the last part of it: How do we forgive ourselves? When we have a lot of judgment about ourselves, it is reflected outside of us. So, before forgiving others, we must forgive ourselves. But we did not commit any sins to have to forgive ourselves; so what does it mean to forgive ourselves? It means not to judge. It means to

reduce the limit us and give same freedom that give to others and that we give to ourselves. For



judgments that we give ourselves, we give ourselves, we give the same freedom others, we give to example, many watchful of their

wives, and want them to stay close and not get too far away from them. Well...by doing this, they have relinquished their own freedom too! Why? Because they have to sit next to their wives and make sure that they stay put. The same thing happens with the mind. When you don't have any judgment of others, it means you have forgiveness. But at the same time, you should know that if someone has hurt you verbally, mentally, physically or emotionally, you can give love to them and not judge them, but I do not recommend that you associate with them again. Non-judgment and forgiveness are things that happen in the heart, but associating with someone who hurts you is stupid.

(Interview with Sathyam, Part 1, Arizona, Oct. 18, 2007)

WHAT SHALL I DO WITH MY FEARS?

♥: I have a lot of fear. What do I do with them?

Sathyam: Had fear conquered you, you would not have done so many things that are to your benefit right now. So fear exists, but you do not let it overcome you; I did not let it overcome me either. What does that mean? It means whether you are afraid or not, you come to the meetings; whether you are afraid or not, you know that these teachings are beneficial for you; whether you are afraid or not, you look for a job; whether you are afraid or not, you wake up every day. Fear is a minor feeling, unless it is given a lot of attention, in which case it appears to be major. Your current situation will gradually go away; it will not persist. When facing your fears, show courage; despite being afraid of doing something, do it anyway!

Another thing you can do is to practice the 'Are You with Me?' Meditation all the time- so that

you have peace and you can do the Stop Meditation when you face your fear (and not go with your fear). Anytime a fearful thought from the past or the future comes to you, stand your ground...do not move! Going with the thoughts is just like sitting and crying anytime there is a cloud in the sky; it is the nature of the sky that clouds form whenever there is a lot of moisture in the air. Become familiar with the nature of your fears, so that they go away. Fear is one of the (Four) Brothers and everyone has it; if



anybody says that they don't, they are lying; but the important thing is what we do with it. Be patient, do your practices and go forward in life with joy until the fear dissipates over time.

(Phone Conversation with Atlanta, June 17, 2013)

FEAR BELONGS TO SOCIETY

♥: What can we do with the fear and anxiety that has been within us since childhood?

Sathyam: First of all, the fear and anxiety, especially the ones that have been with us since childhood are not ours, they belong to society, they belong to the world, they are of the world. Our only mistake is that once we are ready (and we receive the Truth) to still believe the fear. But as long as we have not been given the Truth, we cannot call it a mistake. And when we are given the Truth, we must practice the tools. By practicing the tools, little by little the belief of these fears- whatever their reason maybe- will weaken and eternal things will take their place, things like the Self and Being, unending happiness, eternal life and etc. All of these are characteristics of God. So the person who has more fear than others is not at fault, they should only increase their trust in the Self and the God within. Do the practices and be patient, because God will help and the fears will dissipate. The truth is that fear is only a thought, a thought that was given too much attention and it has become daunting. In addition, it is possible that such a person had a difficult past life and now in this Divine lifetime, these experiences and feelings will come to the surface, so that they could see and eliminate them with God's help and with the help of the Self.

(Interview with Sathyam, Part 1, Arizona, Oct. 18, 2007)

FIRST BE SILENT, THEN MAKE A DECISION

♥: How can I make quicker and easier decisions with regards to self-realization or God-realization and other various daily situations?

Sathyam: Trust! I mean do the Trust Meditation that I have explained before. The reason that you cannot make decisions easily and quickly is that you feel responsible and you tell yourself 'If it does not turn out well, what should I do? Or if it turned out ok, what will happen now?' In other words, you are afraid! But if you trust in the Promise that has been placed in your Being, and find your peace and silence, everything will be taken care of by God or the Divinity within you and you will make decisions much more confidently.

♥: Can I do this for any situation?

Sathyam: In any situation, first go into Silence, then make a decision.

♥: Would the decision be acceptable in that case?

Sathyam: That decision will be completely acceptable. The problem is that people think that there is a right or wrong decision, but it is not like that at all. Right and wrong is for the ones who think they are the Doer. But I promise you that we are not the Doer. In reality, whatever has to happen will happen and whatever should not happen- won't. So the best thing that you can do is to not do anything specific about it. Decision making with the mind is maddening. There are people who make a list of positive and negative points to help them make a decision and in the end they still don't know what to do. This is because they think they are the Doer. Throw



away the idea of being the Doer and sit in trust and silence and then go forward and fight.

♥: Do You mean that because of trust, the correct decision will be made?

Sathyam: Yes; the decision that must be made, will be made. Going into silence makes you trust more, and at the same time it will expand your awareness to the point that you would not be concerned about the outcome.

(Iran Phone Conference Book, p. 186)

JUST SURRENDER... A DECISION SHALL BE MADE BY ITSELF

♥: When I want to make a decision, fear takes over me; what can I do?

Sathyam: Your fears will diminish when you say 'Whether I win or lose, it is not important to me.' Fear will diminish when the result of your decision is not important for you, but rather the intention of it is important. What does that mean? It means that the intention is more important than the result. You become fearful when you make a decision because you are afraid of the result of what you do; but if you know that God is the Doer and you are no body and you don't know anything, you will be calmer. Remind yourself, as much as you can, that the result is not important for you and leave the result in God's hands. People who are after a certain result destroy themselves. Baba always says 'Leave the fruit of your actions in front of God.' This is because by accepting the responsibility for the result, it would be impossible to proceed calmly. Why? It is because in the creation of God, what has to happen will happen and what is not supposed to happen, won't. But people cannot or do not want to understand this and then they suffer. Practice the tools, do the Omnipresent Meditation. When you want to make a decision, do not forget to do the 'Are You with Me?' Meditation, say 'Guide me' and then let it go.

Whatever decisions you have made in the past with great difficulty will seem ridiculous to you now. This is a habit that will go away by itself.

♥: I base all of my decisions on what I think about the situation, what I have gathered about it and I sum all of that up. Then I doubt myself!

Sathyam: What do you gather and sum up? You do not know anything! Make decisions in being empty. No matter how much you want to check and double check and make sure, you will have problems in making decisions...

I want you to hold up your hand and say I give up'...and really give up.

The decision will be made by itself. I don't know how people think that they are making decisions...it is ridiculous...it is such maya, illusion.

♥: You mean that I let whatever happens, happen and not interfere with it?

Sathyam: Know that whatever must happen, will, and whatever decision that you made is what you were supposed to have made (at the time). And then do not think or analyze too much. Go with the decision that comes to your heart right away! Many people will make decisions with much difficulty and then having done so become their own enemies! Why? After they have made the decision, they keep telling themselves 'Oh, what a bad decision I made! Oh, this happened or that happened!'

(Phone Conversation with San Jose, Aug. 2012)

MAKING A DECISION

♥: In the past few days, I have been involved with making a big decision in the bazaar.

Sathyam: When you want to make decisions, if none of the choices seem to be ripe yet, the best (thing) is to wait. And then pick the one that is riper.

♥: If both felt the same, should I still wait?

Sathyam: If you do not feel like they are ripe enough, wait. Pick the one that is more in harmony with The Art of Living in Truth...if decision making is not with emotions and the mind and it is from the heart, it is always correct.

♥: How can I tell that it is not with my mind and my emotions?

Sathyam: Decision making based on emotion is when you decide something with an agitated and tired mind; for example, when you want to get away from something or you have fear (about something), etc. Sometimes you decide in a hurry, you say 'I don't have time, I have to decide quickly...,' this is also mental. I do not think I have ever made a decision in my life without sitting down, going into silence, and finding my peace first. In that state, I would either get an answer, or I would not. If I got an answer, I would do that. If I did not get an answer, because I had gone to the Stillness within me, a decision would spontaneously present itself. Go in silence, go in silence, go in silence...you will either get a clear answer or a correct decision would eventually be made. Do not think that you are the Doer!

(Video Conference with Isfahan, April 14, 2014)

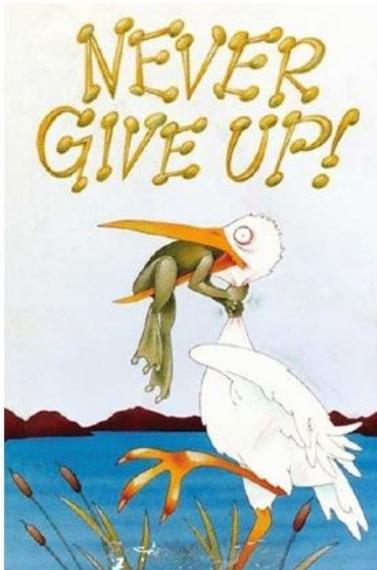
WHATEVER YOU DO WITHOUT
JUDGMENT AND WITH LOVE IS
THE CORRECT THING TO DO.

(Interview with Sathyam, Part 2, Arizona, Oct. 18, 2007)

You Have to Try Your Best

Sometimes success is needed and sometimes failure. So be in peace, if it is needed for you to fail, no matter how much effort you have made, you will fail; and if success is needed, you will eventually succeed, no matter how negligent you were. Why is it like this and what does this teach you? It teaches you 'I am not the Doer; I am That!' But even at that, you have to try your best. You must do your best to play your role the best way that you can. It will not be acceptable otherwise. You must do the best that you can without any expectations about the result of your efforts, because expectation will cause disappointment.

(Dar Hozur book, Bodrum 2012, pgs. 45-46)



Getting Too Caught Up in One's Job

We always apply the Art of Living, because sometimes it is very hard for some of us who have very mental or important jobs, to be in the silence at all times. This is because the world demands a reaction from you, and it becomes very important for you to close your eyes, even for a moment, and ask 'Is this job real or unreal? Is this job me or not?' Immediately you trigger that 'Witness' and that makes the job flow easier.

(Freedom, Piece of Cake, 6/20/06)



anger

♥: Lately I have been getting angry quite often.

What should I do?

Sathyam: It depends. After one is on this path for a while, it is possible that other people's tendencies and behaviors become intolerable for them. If your anger is due to this, it is a phase and it will pass. Do Stop and Trust Meditations. If it is not due to this, you must practice more and know that this anger is a reaction. And the more you show reaction, meaning that the more you go with your reaction, the stronger and stronger it will become. So you must choose whether you want your reaction or your

Awareness to become stronger, it is your choice!
(Interview with Sathyam, Part 1, Arizona, Oct. 18, 2007)



Anger is really the thought of 'I am the body and one body is causing harm to another body', when it is not so at all. It is just life doing what life is doing. Wanting to retaliate towards those we feel wronged by is living a reactive life, at the same time don't work so hard at pushing these thoughts/feelings away.
(Private Conversation, 6/7/12)



Having the Last Word in a Conflict

♥: During a conflict, is it okay if I say what is really on my mind but with calmness and love?

Sathyam: Whoever does not have the last word will always have more peace.

Whoever does not have the last word in a conflict will always have more peace. The one who doesn't have the last word, to finish the argument, to prove or convince the other of something, will always have more peace! Now go and contemplate on what I just said and see what I mean.

(FaceTime with Iran, Damavand, Jan. 15, 2015)



The Art of Talking

The Art of Talking is very important. The Art of Talking is that the most effective talks are short and important. When you are solving something or explaining something to someone, choose words that are effective, clear and short. That gives less of a feeling that 'I made a mistake...I should not have said that...what if I said too much...what if I said too little?' Some people can say a lot about nothing, but the Art of Effectiveness is in short sentences.

(Reno 6/15/14, From the Blog Entry on 6/22/14)

Patience

♥: You say that we must be patient. I try to be patient in my life, with my family and the people around me, but how can I continue to be patient?

Sathyam: No, no, the patience that I am talking about has nothing to do with what you are talking about. It does not mean to be patient if you see something that is wrong in your family. Do not be patient in those matters at all.

When I talk about 'patience', I mean patience on this path. The patience that I am talking about means Stop Meditation. Patience on this path means 'do not rush', it means that you do not want to get someplace; since the thought of getting somewhere will cause you to get farther (away). On the path of Self-realization, one must go forward slowly. Many people come with a very hot fire, but their fever breaks quickly and they leave quickly.

(Phone Conference with Isfahan, date unknown)



Choose Your Priorities Correctly

Someone talks about the difficulties they are facing in taking care of their parents.

Sathyam: The way you are expressing love is tainting the name of 'love'. You might be shocked to hear this and say to yourself 'What is She talking about?'

It means that what you are doing is tainted with thoughts such as 'What I am doing is right; what I am doing is good; I have to do this; I will do it again; doing this is my duty; I have to do it again; etc.'

♥: Many of the things that I do are not with love, but I feel that there is no other option.

Sathyam: You do not do them with love, but you do them with the love of fulfilling your duty.

♥: Yes.

Sathyam: Whichever way you look at it, there is love in it; it would be impossible for love not to be involved. Maybe you do not love what you are doing, but there is love for the righteousness!

If one looks at what they do throughout the day carefully, they would see what I am saying. They would see how many of the things they do are not really necessary; how many of the interferences are unnecessary; how many of the comings and goings are unnecessary. But you would not understand this, until you pay attention to how unnecessary they are.

I have told you this many times: it is your own fault that you put your priority in the wrong places. Now you might say 'No Sathyam, I meditate, I am always remembering You, I am always thinking about Baba, etc.,' but I tell you and I have always told you that too much is too much. Even though you get tired, your body has gotten used to this situation and

unwittingly you have become addicted to this lifestyle. You do not even know that you are addicted. On the one hand, you do not want it and on the other hand you won't quit.

♥: Please bestow Your grace on me. I do not want to live this way anymore. I want to do what You want; if I am addicted to this, please help me; I am powerless!

Sathyam: You are severely addicted.

If you do what I said, you will feel lighter. Then you'll see that how much of what you have said and done were actually not necessary; how many worries you have had that were not necessary.

I do not mean that you should neglect the people around you and not care, but what I am saying is to pick your priorities well and let the other things go...pick them correctly.

♥: Please, bestow Your grace on me so that I can understand and do what You have told me.

Sathyam: I am surprised that you think I still have not done that!

♥: I mean please bestow Your grace on me, so I do not allow what You just told me to slip my mind.

Sathyam: No, no, no, no! And you may forget!

Let us assume that you do in fact forget...just don't go with that thought. The important point is that you will remember what I told you and you come back. Leaving is not important, coming back however is joy, do not be afraid of leaving, be happy when you come back.

What I am saying is not being uncaring and thoughtless, it is wisdom! If you learn the mastery of it, it will bring you freedom.

(Phone Conference with Iran, June 24, 2014)

A Mother's Illness

Someone talks about their mother who is in the hospital in another country and the fact that she cannot help her as much as she would like.

♥: My mind is very much preoccupied; my elderly mother has fallen down and injured herself.

Sathyam: One should not desire to forcefully keep someone in this world, or to want someone to leave this world. At some point one must surrender and say 'Thy will be done', and everything might turn out to be even better for her than what you expect. In any case, you cannot blame yourself or desire for her to stay or to not stay in the world, considering that her life does not have any quality to it. If you do this, it means that you do not believe that this person is not the body. Being in the body is not an easy thing to do. I don't really understand why everybody wishes to have a long life.

Stay in your own peace, do not move, do not allow your surroundings to go through an earthquake. The best help that you can give your mother is to stay calm and do not believe the picture. Just don't believe the picture...either way, do not believe it! Do not have any conclusion. Whatever happens will happen, so it is what it is; we do not want to interfere with it!

♥: I want to do my duty as a child; I want to do my duty well. I have been away from my mother for years and have not been able to watch over her. I went on occasion and did what was necessary...my mother has had a lot of problems in her life and has always wanted to come live with me (here in the States)...

Sathyam: All that you are saying is mental. Let go of all these thoughts, who knows...maybe if she was here with you, her life would have been even worse and fallen to pieces. How can you say 'I wanted to do this or

that for her?' Who are you to decide whether you have to be (physically) near her or not?

♥: I also have come to the same conclusion.

Sathyam: Yes, that is right. You have to keep believing that if she was supposed to come and stay with you, she would have. If you were supposed to be there, you would have been there and if not, you would not. It is easy to say 'If I had done this or that, such and such would have happened.' This is exactly the mind's game. Just the fact that it did not happen, means that it was not supposed to happen. Really...as the body and the mind we are just a puppet. The most we are is a puppet, with the strings being pulled. *If you know who you are, the story ends!* If you have a story, you are a puppet. If you are a puppet, then why are you blaming yourself?



♥: My mother has to have a very important operation and I am worried that something could happen to her, or that she becomes more disabled.

Sathyam: Someone might die from a very insignificant situation, and someone else might get near death many times and yet stay alive. The important thing is to know that the quality of life for our loved ones is more important than the quantity of it. So let go, trust that if your mother's destiny is to stay in the body, no matter what surgery she does, she will not go. But during this time, your behavior and reactions are very important. Just be at peace. That is all I can say. Just be at peace. Your mother's body is not the reality of who she is...that is not who she is, it is just not who she is. She is endless divinity, just relax in that!

♥: If possible, I want to go there for a few weeks, get her a special bed and hire a nurse so that she could be better cared for.

Sathyam: You cross that bridge when you get to it. Listen to your prompting for sure and do what it tells you.

♥: It is very difficult.

Sathyam: Truthfully, the most unpleasant part of this situation is the hardship that your mother's body is in and that is because I do not like to see the suffering of others. And this is what caused me to go see Sai Baba. I wish everyone knew who they are so that our suffering would not be like this; otherwise, the rest is not important. What is more important than the story that is in front of you is that first of all, your mother and my mother are not their bodies! Secondly, the biggest service you can do for her is to refuse to believe the stories. Look at her without the stories and know that if it is not possible for her to get completely well, why should you want to prolong her life? Why? Why? Her leaving her body would not be the end for her. Why are you doing this? I am not saying that your mother is going to die. This is the law of creation.

♥: I do want to help my mother. Her life is filled with just sorrow and regret, maybe I can take her out of that state, if I am with her. Of course it is not in my hands, since I am not the Doer, but how can I help her before she is gone with the use of our teachings?

Sathyam: Silence...just be quiet...just be quiet!

♥: Should I try to be more in silence? Should I try to do the Omnipresent Meditation?

Sathyam: Yes, do the Omnipresent Meditation and also do not go with the mind...do not go with her image. This is the biggest help that you can give your mother.

♥: My mother has been afflicted with many major diseases in her life and she has been miraculously saved several times...

Sathyam interjects: My recommendation to you is to stay in silence. Do not dwell on your stories. Do not repeat your stories for other people; do not open your suitcases. Do not have too much intimacy with your mind; do not believe its stories. Do not even believe your mother's life story. Otherwise, there is no end to this and you will find yourself in a ditch, without a clue about how to get out of it.

♥: Should I tell myself that this was her karma?

Sathyam: No, you should not. Just be quiet. When I say 'be quiet' it means that if anything happens to make you excited again, just be quiet.

♥: You mean that I take my attention to my heart?

Sathyam: Yes, constantly take your attention to your heart. Especially now that your mother is going to have an operation; she does not need more stories. Just be quiet!

♥: My mother is in the I.C.U. and they do not let anyone talk to her or see her...

Sathyam interjects: I do not want to hear your stories...*be quiet!*

(Private Conversation, Summer 2014)

The first God for a child is the mother; whether it is a good mother or not!

(Bodrum Retreat Booklet, 2011, p. 49)

A Mother's Death

Proceed with Wisdom

This person has lost their mother who lives in a different country and is sobbing on the phone with Sathyam.

Sathyam: Don't be distraught, you were with her during her last days and saw the pain and suffering she was going through. She left her body at home, surrounded by loved ones.

♥: Yes, that is true. The last few days she got better, they disconnected all the equipment and she was even able to sit in a wheelchair, I felt very hopeful then!

Sathyam: Usually people become alert a few days before leaving, so that they can talk and take care of their affairs.

♥: I'll miss my mother.

Sathyam: Yes you will...but for a moment set all of that aside. Whenever you miss her too much, just think about whether you'd prefer her to be gone or having to live with the condition her body was in. Realistically, no one will stay (forever). *No one!*

♥: What can I do for her now that she is gone?

Sathyam: See only her truth; see only your mother's truth. Light a candle, recognize her and say 'I recognize you now, and I light this candle because of my recognition of you. Go...go to the light and be happy.'

♥: Is she in a tough situation right now?



Sathyam: Just know that her body is no longer with her to cause her pain and suffering. Understand this and move on.

♥: But her worries, desires and thoughts are still with her.

Sathyam: That is not your business darling. I did not say, 'Go on and imagine things for your mom,' because we don't know. Instead of thinking this way, free her, with your wisdom free her.

♥: You mean that my calmness will help her?

Sathyam: Of course it will! Our feeling is in One-ness and One-ness is Omnipresent. Whenever she comes to your mind send her love and say 'I am glad that you are free!' Do not let memories and drama take over your mind...cut it, cut it and stand your ground and go forward.

♥: Would going there and participating in the funeral and other ceremonies help the deceased?

Sathyam: I don't know sweetheart...I don't know! The best thing is to let yourself be guided. How? With no judgment about 'Should I go? Should I not go?' Be still and see what you feel within you, without too much emotion. See what your prompting is telling you to do. Know that if you do go, you should have gone and if you don't go, you should not have gone. Do not make too much of a fuss. This is the best way to handle things in life, but it is very difficult to explain it to people who are entangled in everyday life.

♥: There are moments that I feel like my inner prompting is guiding me, and it gives me a lot of joy. But I cannot always tell for sure.

Sathyam: So if you cannot always tell, trust that whatever decision you do make is the correct decision. Be calm and peaceful and let the decision present itself. Trust... Surrender. Whenever you want to make a decision, do not make the decision on the worldly level, rather go to the depth, so that the illusions become apparent to you. Do not make decisions with a worldly eye. We no longer see things like everyone else. We see everything differently with our wisdom. Proceed with wisdom!

(Private Conversation, Summer 2014)

WHO IS THE DOER?

♥: When we are not the Doer and just doing what we need to do, how far do we go so we don't disrupt that balance of doing our best and knowing that we are not the Doer? Where is the limit exactly on the amount of effort we need to put out?

Sathyam: *Too much is too much and too little is too little.* Each situation is different as to what is too much and what is too little for it. When you see that doing your work is becoming too much like a repeated thought, it is too much, if it is becoming too much of a compulsion or obsession, then it has gone beyond the fulfillment of responsibility. By announcing that we don't know anything and that we are not the Doer, we do not bury ourselves underneath how it turns out. This has to go hand in hand with looking at ourselves; as you are doing a task look at yourself. Do not look too much at what you have to get done; look at your Self, look at how your Self is getting this task done. See how the State of Being will turn you towards what needs to be done.¹ Look at what Its beliefs are about what you are doing. That is self-realization-that means you are getting to know your Self.

♦: On a practical level, I am still confused as to how not to run around when you have to accomplish a task. I still don't know what that balance is...Many times something has to get done and you feel as though you are stuck trying to get it done...

Sathyam: *...DO, do it perfectly even, go after what you need to get done, but don't be concerned.* If you get concerned, then you are thinking that you are the Doer.

(Silence and Simplicity Retreat Book, Aug. 2013, pgs. 11-17)



¹ Sathyam is referring to the inner conscious voice, which is the same as the Self.

As long as a man says 'I have duties & responsibilities,' he will feel defeated; he will get crushed under it. As a man do your best, but know that you have no responsibilities to anybody, because that which must happen will and that which must not happen won't. This may not sit in your heart but know that I am telling you the truth.

The only thing we have to do is to trust the promise in our heart and see what kinds of miracles take place in our lives. This is guaranteed!

If right now in this very moment, all the men who feel a sense of responsibility and a heaviness could do the Trust Meditation for one moment and say 'I don't know, I am nobody and I release myself of all this responsibility and heaviness and I will Just Be, I will Stay, I will stand on that Promise' and then see what will happen in your life. It is not releasing all that lies on your shoulders in the sense that you don't play the role you have been given. Play your role, but you are not concerned with its outcome, in the slightest. It is a miracle what can happen in your life if you do this. Do it and report to Me...it is guaranteed!

(Dar Hozur² Book, Bodrum Retreat, September 2012, p.90)

***WHEN YOU CONDEMN YOURSELF,
YOU ARE TELLING YOURSELF THAT
I AM THE DOER. DON'T DO THAT!***

(FaceTime with San Jose, Ca, Nov. 2012, Track 4)

WHO IS THE DOER IN THE NIGHT DREAM? NO ONE!

(Dar Hozur Book, Bodrum 2012, p. 139)

² *Dar Hozur means In The Presence*



WORRY ABOUT BEING WORRIED!

Sathyam: One of the illnesses that has become very common is worrying. But instead of focusing our attention on the reason for which we are worried, we should be worried about being worried, so that we can save ourselves. Instead of worrying about others and their wellbeing, worry about the bad thoughts you may be having!

If for one instant we look back at the luggage we left behind, we will see that they are filled with worries! The beauty of what we do is that we *allow* ourselves to be worried! Now that we know the Truth, we should say 'If we are worried, so what? It's ok. We can be worried until we are no longer worried.' Because I do not want the Truth to become an effort and struggle for you. If you can't...you can't! This too will be added to the category of all the other lies and false beliefs. For example, if you are worried, tell yourself 'I am worried? So what! It does not matter.'

But if you want to find a remedy, you have to see where does the worry come from, what is its reason, and is it compelling or not? Do people who are worried do their job better? Do they help more? Do they have more miracles? Do they find more solutions? If this is true...ok, great; but if it is not...then it is not!

♥: I would like to know if our practices will gradually eliminate the habit of worrying?

Sathyam: It does not get eliminated with our practices; it gets eliminated with the result of our practices! What does this mean? It means that the practices that we do, familiarize us more and more with the Truth. Keeping the company of the Truth eliminates the false, and keeping the company of the false will cover up the Truth.

(FaceTime with Iran, Damavand, Jan. 15, 2015)

What Is One to Do with the Feeling of Guilt and Having a Guilty Conscience?

♥: What is the best way to deal with feeling guilty?

Sathyam: What does this feeling of guilt bring about?

♥: First of all it causes fear in me. It drops me in a ditch and takes me away from my Self.

Sathyam: Does it also give you a lesson?

♥: Sometimes yes and sometimes no. Even if it does teach me something, I do not see it.

Sathyam: There are two kinds of guilt. The first kind is chronic, which means that one is chronically addicted to the feeling of guilt and the second kind is when one is so lost that this could be a sign from within to make them a bit more conscious. It is up to you to make the distinction!

♥: If it is chronic, what should we do?

Sathyam: If it is chronic, you must do Stop Meditation. You must stand your ground with strength and determination. Like Baba says, if you have too much energy, do not drink coffee; but if your energy is low; coffee is good for you. The feeling of guilt is the same way; it depends on the person. Some people must get annoyed by something in order to awaken and some people think they are at fault, even in the most minor situations. Do you see what I am saying? You have to make the distinction.

♥: In the cases where the feeling of guilt brings awareness, I mean when the reason for feeling guilty is recognized, how can one let go of that feeling?

Sathyam: With Stop Meditation. If I say feeling guilty is bad, you want to constantly run away from it. But if we become friends with it, it becomes a part of creation where everyone is sitting uniformly under its umbrella. So

you have to ask yourself, 'How can I use this to my benefit and when should I set it aside?' You have to do the same with fear. For example, the fear of jumping out of an airplane without a parachute is good, but if you constantly fear that you are dying, then it becomes a disease. Therefore, these kinds of issues could imprison you or free you (it depends on your approach)! It is up to you to distinguish which tools to pick and how to use them, because the sensitivities and weaknesses of each person are different. One person's weakness might be fear and another one's might be anger and agitation, etc.

Stand firm in the face of your weaknesses and practice steadfastly. Years ago, one of my friends told me that she has come to the conclusion that our weaknesses become our strengths much quicker than what we believe to be our strengths. Why do we reject and dislike our weaknesses on this path, even though if we go after them and remedy them, they will become our strength? We are on this path because of many of our negative characteristics; so in this case, our weaknesses are not our enemies!

◆: What is meant by feeling guilty?

Sathyam: It means that we constantly blame ourselves. For example, 'Why did I do this? I knew better, why did I behave this way? Why did I say such and such to make so and so unhappy? I should not have done that, etc., etc.' We all have parts of this issue in some form or another.

●: What about having a guilty conscience?

Sathyam: Tell me who has a guilty conscience?

●: I for example.

Sathyam: What part of you has a guilty conscience? Show Me the part that has a guilty conscience!

●: It is very much like having a fear and no matter how much I try, I cannot do the Stop Meditation and thoughts such as 'what I did might cause problems for so and so', berate me and fill my mind.

Sathyam: These are all misconceptions. These misconceptions exist in the child at birth. The best remedy for the superstitions with which your body has come into this world is to Trust. Trusting the Divine promise, this is the remedy!

In these instances, immediately go back to the Divine promise. Of course, you must practice this when your thoughts and feelings are not as serious and don't seem as big. You must constantly dwell on your inner promise; then when the misconceptions come, you have your armor on; you are always ready. See yourself in the Light; see yourself in the Light!

(Bodrum Retreat 2011, Friday Satsang, 4 pm)

In the eyes of God one's character is not a challenge at all. The challenge is an unwillingness to change. Those who are willing to change have nothing to worry about. *(Private Conversation, 2/20/14)*

What we need to have for ourselves is a constant watchfulness with acceptance. You watch yourself with love and attention, so that you don't get sucked into the drama of the world.

(Sweepers in a Green Kingdom DVD, 3/23/06)



Those who get tired of using our I.V.'s are those who do not have the patience to free themselves.

(Silence and Simplicity Retreat Book, Aug. 2013, p.26)

When you learn how to Be, a miracle takes place in your life!

(Dar Hozur Book, Bodrum 2012, p. 67)

JUST PLAY YOUR ROLE

♥: You say that if we still need a boat and a paddle, to be honest with ourselves. And that just because other people are swimming, we should not suddenly dive in! I feel that I really need a boat and a paddle. What I mean by that is that I need Your help in everything.

Sometimes situations come up that I really feel are beyond what I can even handle physically. There are times that I can do the practices, but many times I fall short.

Sathyam: It does not matter sweetheart. In my view, you are perfect the way you are. This will pass. Know that these times, with all of the problems and chaos and all the things that you have to do, will pass. All of these steps (you are taking) will help you become free, meaning that you will really taste the bazaar and become disillusioned with it. Then the attachment to the bazaar lessens and it is replaced by the inner One-ness. Just like what you are doing right now. Do your duty but know that the Doer will take care of everything; as the body and mind, you are only a puppet! When you wake up in the morning, enter life, but do not enter the past and future. Do not let yourself feel that there is any weight on your shoulders. Let things come and go and at the same time do not have any doubts that you are perfect. Lessen the feeling of being responsible, you have only one activity (at a time) in your life which automatically gets done and you are only watching it. For example, you get in the car and go to work; ok...so you got in the car and left. Then at work you take care of the clients; ok...you took care of them. When you get in the car to go back home, the office and its work should be finished. When you are in the car and listening to the CDs of our teachings, be with your Self, enjoy them and do not think about home. And when you get home, allow all the work and activities to get done. As a human being, this is not your first role, you have played many other roles as well. Therefore, just play your role and do not think that it is real.

(Phone Conference with San Jose, Nov. 29, 2012)

♥: Should one expect a lot of oneself?

Sathyam: If you are lazy, yes expect a lot of yourself. If you always blame yourself, do Stop Meditation. It is very simple; everyone has come to this world with a certain temperament and they know themselves better (than others know them). It is up to us to discern.

(Bodrum Retreat Booklet, 2011, pgs. 25-26)



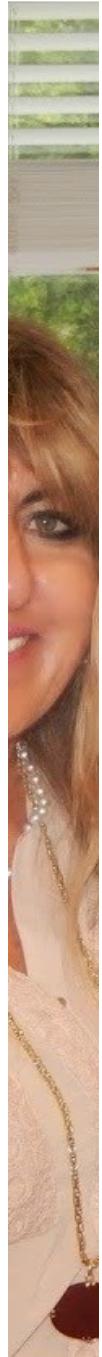
There is no problem... play your game in the dream. For example, if you are attached to your children and you do not want to let go of that attachment, play with this attachment in your dream...but know that you are sleeping.

(Bodrum Retreat Booklet, 2011, p. 81)



These moments and days that we are together *will* come to an end. Any other beautiful moment will also end. The only thing that remains is that we use the tools (of the Art of Living) and save ourselves.

(Dar Hozur Book, Bodrum 2012, p. 78)



Doing a certain thing or making a certain decision might be better for one's life than doing another thing or making a different decision, but nonetheless, it is not eternal. After this decision there will be another one! Eternality is in Being!

(Dar Hozur Book, Bodrum 2012, p. 98)



One must not waste time and practice as much as they can. Practice and devotion to the Truth are very important. *Nothing* is more important and more precious than practice. Practice as much as you can; then you will suddenly notice that you have progressed so much.

(Bodrum Retreat Booklet, 2011, p. 3)



Learning must start at home. Whoever comes to Me, I tell them to start from their home. Always be conscientious of your relationship with your family. Before you concern yourself about feeding others, pay close attention to how you are feeding your own family.

(Iran Phone Conference Book, p. 208)



The World Is not Your Business



♥: Please pray for world peace, there is so much violence and war in so many places.

Sathyam: I have a tender heart, so do not think what I am telling you is out of lack of compassion, it is actually out of love. The world is not your concern. The biggest thing that you can do is to find the Self in your one-ness with Omnipresence. The people who can actually help the world are the ones who have forgotten it. Seeing injustice and bad in the world indicates that we have not settled in our Self yet.

The situation in the world being eternal or improving depends on your realization and love of your Self. Later you will understand that there is no bazaar...

If you like to pray, do it for sure, but the ones who understand the truth help the world the most. Do you get my point? Let practicing the tools that you have in your hands make your world so small that your world dissolves in the wisdom and finds its freedom right there.

♥: When You said 'find your Self in your own Omnipresence' does that happen in silence or Stop Meditation?

Sathyam: No, you find your Self in the Omnipresent Meditation.

♦: Do You mean that all the bloodshed and violence happens in the realm of this world and if we come to this awareness and understand that all of these are nothing but a dream and drawings, we should not involve ourselves in them?

Sathyam: What you say is in that. I am going to try to make my point with an example: You sleep and dream of the world with all the people and all the problems in it. You become engulfed in the dream so much so that you forget that you are sleeping in the bed, without any concerns or worries. Someone comes in your night dream and says 'You are getting too agitated, go within and do not concern yourself with the world.' You go within and free your dream! When you free the dream, you have freed the world because everything was happening in your dream. You go within and after a while, gradually or suddenly, the awareness comes to you that 'You are That!' At that time the dream ends for you. When the dream ends, everything that was in the dream ends! Everything is set free and you have recognized everything, and that there is no body but yourself. Isn't this helping the pictures in the dream?

(Video Conference with Isfahan, July 12, 2014)

♥: What will become of our country?

Sathyam: It is fine if we worry about our country, since it is our homeland and we care about it. But this worry must cause us to do our duty correctly; meaning the peace that we feel within us is the biggest help that we can give to our country, whether it is socially, intellectually, behaviorally and/or vocally. This is the only duty we have to our homeland. The rest is in God's hands.

(Bodrum Retreat Booklet, 2011, p. 110)

Private Conversations

Thank God all of you got saved, even though there is no path, it does need time, freedom is already ours, but it takes time for the mind. It is a game that has to be played, so we feel that it is completed.

(Private Conversation, 6/9/12)

A realized person knows that the mind cannot get what the mind wants in this world and (knowing) that is contentment.

(Private Conversation, 11/25/14)

♥: Sathyam I've noticed that all of us complain about our tendencies at one time or another, could You shed some light on that for us?

Sathyam: There is only one tendency: 'I am the body', and it takes shape or form based on our character. And based on our character, it gets meshed differently and expresses itself.

(Private Conversation, March 2014)

In the bazaar it comes naturally to play dramatic/chaotic roles, the bazaar asks you to play these roles so many times that you get so good at it. We have to accept that this is the way it is and to see how stable we can stay as we are playing these roles.

(Private Conversation, 1/14/14)

*You are divine, that is the truth.
You and the Universal are one.
You and the Absolute are one.
You and the eternal are one.
You are not the individual, the particular, the temporary.
Feel this.
Know this.
Act in conformity with this.
Sri Sathya Sai Baba*

God's Will & Having Children

♥: I used to always have this deep attachment to having children...

Sathyam: Of course, any woman would...any woman would! But sometimes we sell our freedom in the sentiment of history or the past...

♥: Could you please elaborate on what You mean by that?

Sathyam: Well, we sell it to the sentiment of history. In history the sentiment is 'it is good to have a child.' But in the sentiment of history nowhere is it written '*Not for Everybody.*' You have to look at your life and see what suits it. We don't look at it that way; we just go with the sentiment. No one brings up this fact as often, everyone however says 'having kids is good...I should have a kid...I should save my eggs and get someone's unknown sperm and have a child, etc.' No one however says 'wait a minute...what is *my* history? Where do I stand in life? Is it really necessary for me to have children?' We are not really educated that way to suit our own story, rather than the history of having kids as a sentiment that is uniformly good. Nothing can be uniformly good.



♥: Sometimes our families put pressure on us to have children; they think that we too should be having children like everyone else.

Sathyam: Not everybody should...not everybody *should have* children. The mistake is that people go with the history of the sentiment of 'we should have children'; everyone believes 'we should have children'. What they

don't see is 'wait a minute...what is my story?...Where does this fit into my life?...I know this and that person has children, but what is it that *I want*?' Not very many people think this way...automatically they'll get pregnant...automatically they'll have a child and then ask themselves 'Oh my God, what have we done, did we really need this?' (Sathyam laughs)

You have to follow your own heart and know that you are not the Doer, why plan anything, unless the prompting is to plan! You cannot have a kid for somebody else (such as your parents putting pressure on you) *you have to have a kid for the kid, not even for yourself*. I myself, before I knew whether I should or shouldn't have kids, had kids.

Don't go with the pressure from your family or with what the crowd says you should do, when it comes to having children, because that would not be a good cause to bring a child into this world. The prompting to have a child has to be so strong that it either happens without any planning, or you say 'we are going to be such good parents that we want to have a child in our lives'.

But just because others think you should or by thinking that you'll regret it later if you don't have a child now, all of these are very weak excuses. The strong excuse would be the most intense prompting that would not let up or it happens all on its own.

♥: Isn't something like this somewhat predetermined already, when we come into this world (whether we will have children or not)?

Sathyam: It is and it isn't. It is to the fact that you come into this world with a bunch of thought patterns that must get fulfilled in this lifetime. These thought patterns hang over your head like a cloud and when the foundation is correct, this cloud begins to descend and pour rain. Sometimes though it is not set to that extent, the cloud is there and it is supposed to rain, but the circumstances due to your own effort, particularly on the spiritual path, can make it move away. So it is there and there are

cases where they can be moved, prevented or avoided. How it happens and under what circumstances, that I don't know!

♥: So then again is it not 'God's will' whether things like having children will happen or not?

Sathyam: So, when you say 'God's will', is it a God who is sitting there, and willing every little thing with every little human being in every universe? Is that what you mean by 'God's will'?

♥: I don't really know...I don't think I could say that.

Sathyam: I think the best that 'God's will' can say is 'Stay away from Doing...Stay away from thinking that you are the Doer.' That is the most meaningful reason for saying 'God's will', otherwise 'God's will' for most people is just a sentence, because they don't know what God is and they don't know what 'will' is.

When someone says 'God willing', they really don't know what they are saying; all they are really saying is 'I am not going to get disappointed.' Unless you know what God is and what His will is, anything else you may say about His will is not the truth.

♥: Does God have a will?

Sathyam: If you want the answer to that, go to the night dream. Do you will your dream? Even though I don't really have dreams anymore, this morning I had the most bizarre dream about someone. I would never will such a dream and I am the Dreamer, I wouldn't will it (Sathyam laughs) I wouldn't even think of it...subjects such as these are all good subjects for inquiry.

A few days later Sathyam asked us: Do you really want to know what 'God's will' is? 'God's will' is going to the (Divine) promise and sitting there. That is 'God's will'; that is all it is.

(Private Conversation, 9/20/14)



I WORRY ABOUT MY CHILDREN

A mother whose children have some genetic issues says: I feel very distressed. I don't know what to do with regards to my children.

Sathyam: It is a natural feeling of a mother that causes you to be concerned and tell yourself 'What if my children's situation gets worst?' Close your eyes and go to the place that you were before you became a mother or a sister. In One Being, in One light, in ONE...ask 'Oh Lord, are You with me?' Let's do it right now, be silent and look at your heart. In this stillness, let go of your children! What are you letting go of? You are letting go of disease and what does not recognize the light! Know that the Totality cannot be separate from your children, so let yourself go. You need a little rest. For a short while forget your children and take care of yourself. We have come to this world alone and we will leave alone. Open your fist; this will make room to receive Grace. So just let yourself open up. The grace of your own being will help and heal you; surrender! It is a difficult period, but it will end.

(Iran Phone Conference Book, pgs. 458-459)

♥: My children's difficulties have caused my husband and I to think of them day and night.

Sathyam: You have to come clean with yourselves. Ask yourselves 'How much do I really know about my children's future? How do I know what is to their benefit?' You might give them advice and tell them that it is better

to do such and such, but how confident are you that you will not change your mind in a few days or it gets proven to you that whatever you thought was not correct. You can only talk from your own life experiences and it is possible that the same experience is not suited for your child. But if you prove to yourself that you really do not know anything, you will, very easily, be able to not think of the future.

♥: But there is always a fear that something might happen to my children that might harm them or not be to their benefit.

Sathyam: Yes, this fear is with an individual, but not with Divinity. For this same reason, you have to constantly practice so that Divinity expands within you. As long as you stay on the belief that you are the body and you have a future, it will be very difficult. But the more you make this belief less colorful and live in this moment, it will be easier.

(Bodrum Retreat Booklet, 2011, pg. 81)

Marriage is flying together.

*A good marriage is one
that two people help each
other become free.*

(Dar Hozur Book, Bodrum 2012, p. 74)

For One Second Stop

A woman who has lost her young son talks about the pain and sorrow she feels and coping with that loss.

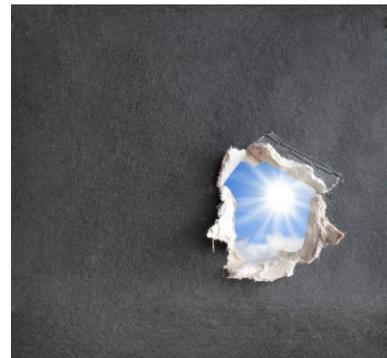
♥: I cannot bear his death.

Sathyam: Oh sweetheart, since I am a mother myself, I cannot tell you not to cry or scream, since I know it is impossible. I am sincerely sorry; I don't even know how to say my condolences. Every one of us come to this world with a certain number of breaths, once it runs out, time is up. Destiny is in the hands of Divinity! These tears are because of an imaginary temporary separation.

♥: I cannot bear being without him, I really loved him... (She cries incessantly)

Sathyam: I have a request from you sweetheart: for one second Stop and do not go with your thoughts! For one second have faith that whatever happened to your son was for his benefit. For one second, believe it and then don't. For one second, be happy for the outcome of his wish. I am not saying do not cry; but for one second, do what I say and know that this incident was because of his own wish, know that this will change your life. Some people sacrifice so that the lives of people around them change. Allow his freedom to bring such a transformation to your life that through it, you could find complete awakening. Tell yourself 'I value my son's soul and I open myself and allow myself to wake up.' Let go of the world and get on a path that would give you freedom, I don't mean towards me, but towards any place that gives you freedom.

I would like to invite you to let this unbearably difficult situation, open up a door for you and cause you to become free. You can spend your mental and physical capacity in a way to bring you expansion. For example, as you are crying for the loss of your son, tell yourself 'I want to know: Where has he gone? Where did he come from? Where did I come from? Who am I



really? What am I? Have we really come into this world to lose whatever we are given? What is God? Where is God?' Continue asking these questions until you can feel the Presence; that is when you will know the reason for whatever has happened in your life. I can say that no one has your forbearance; losing two children is *very* hard. (This woman lost another child some years back)

♥: Have I done some things that these things happen to me? (She keeps crying hard)

Sathyam: If one considers death to be bad, it is natural to question 'Why me?' But what if one does not consider it to be a bad thing?

♥: Death is good for me; I mean I am ready for it, but what about for a young man?

Sathyam: Know that we are not aware of our past lives. When I saw Baba, I told Him 'Baba, I am really suffering, it is killing me.' He said to me 'You receive what you put out.' I was only 20 years old. I wondered 'What have I done in this life? As far as I remembered, from childhood, I wanted to make everyone happy. Truly what had I done that Baba was now saying were causing my suffering at that time?

But then I realized what He was saying: I had not woken myself up in my past lives and remaining asleep had caused limitations in my life. It is not sin, it is limitation. That is why I say that doing good deeds is very noble, but it is in awakening that we become free and then we do not need to do anything else.

Good deeds are good deeds; bad deeds are bad deeds and they will definitely have karma, but self-realization is something completely different.

(Iran Phone Conference Book, pgs. 187-190)



Compilation by the Foundation of Divine Era

What Is the World Based Upon?

In 'Most Precious' one asks: 'How can one be in the world but not of it?'

Sathyam elaborates on this question: This is when you find yourself as the body, because the world is the body. You cannot be 'not of it' because the world is the world of individuality.

What the person asking the question is really saying is 'Help me go beyond the idea that limits me, while I am still in the body.' So the answer is '**See with a single eye**'.

What it is saying is to go beyond the beliefs and the concepts of good and bad, ugly and beautiful and see with a single eye. It means that all of the beliefs and concepts we have ever accepted have brought us duality. Don't see them; go where you see only one picture with a single eye. So the answer is to See with a single eye. It means go beyond the beliefs and the concepts; see the 'I'. That is when you have the freedom of not having the body, despite still finding yourself in the body.

So being in the world is identification with 'I am somebody. How can I be somebody, yet be unaffected by somebody?' That is the question. How can I be both in the individual world and not of it?

As long as we are in the body, the individuality exists, but our attention does not have to be on it. When we don't pay much attention to the world through our practice of Stop Meditation, seeing with a single eye is complete.

What is the world based upon? The world is based upon 'I AM'...the world is based upon 'I AM'. First 'I AM' was, then 'I am this or that' came about.

(Reno Devotional Program, December 10, 2014)



The Roach in the Night Dream

Early this morning, I dreamt that there was a roach on the carpet. In my dream, My body reacted to it the same way that it used to when I was afraid of roaches as a child. When I saw it I screamed, picked it up and threw it into the air. Its eggs spilled out and suddenly there were a thousand small roaches flying through the air, circulating around the room. One of these small roaches went into My left ear. In the dream, I said, 'I will get a Q-tip to remove it.' So I took a Q-tip and removed it, and by the time I had removed the roach, it was dead.

What can we conclude from this dream?

In My night dream, I saw a roach, I was frightened, I threw it into the air, it multiplied into many tiny roaches and one of them went into My ear. In the night dream, I used the tool of the night dream to remedy the roach problem. The 'night dream roach' required a 'night dream Q-tip', but I can't use the same Q-tip in the day dream. And I can't remove the roach from the night dream right now; it could have only happened there! Had I remembered that I was dreaming, although I

didn't need to remember, what would have happened? There would be no need for a remedy, fear, or to give any reality to the roach!

My night dream had two remedies. The first was that since I forgot that I was dreaming, I had to find a remedy for My problem in the night dream- a remedy to remove the roach of the night dream from My ear. The second remedy is to practice so much in the night dream that as soon as I see a roach, I know it is only a dream and doesn't require a remedy, at which point both the problem and the remedy disappear and we will wake up.

See how beautiful our practice of Stop Meditation is? We don't throw the roach so it multiplies. What do we do? We go to the silence and we stand our ground. This is awakening! As soon as you Stop, what happens? The roach of the night dream disappears, as does the Q-tip of the night dream required to remove it. In My dream, I threw the roach and its eggs spilled out into the air. If I had Stopped instead, while it was still on the ground, I would no longer see it and that thought would vanish. In reality, when I don't feel its existence, it is gone. This is the value of our path!

So if we are not completely awake, when we see discord in our body, mind or home, we must search for the remedy in the realm of the same dream, whether it is the day dream or the night dream. With Stop, either we wake up and see that the dream is finished or we feel like we know what is really going on, even while we are still in the dream. When we are dreaming and we know that there is no need to kill the roach, then we are in the world but not of it!

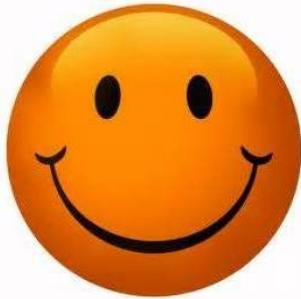
(Sathyam, Reno Devotional Program, January 7, 2015)

Satisfaction With the Mind's Dissatisfaction

Q: When I am with You my joy gets bigger and bigger. Is the goal for my joy to keep increasing or should I want to get somewhere?

Sathyam: Your nature is Sat-Chit-Ananda, or Truth, Awareness and Bliss. Bliss means joy. When you feel the joy, you are feeling your Self, and the reason you feel your

Self more around Me is because I have that purity to allow you to enjoy your Self. Now you ask where you are going. What the hell do you care? Do you know what force brought you here? Why would you want to know what that force will do now?



You ask 'Should I strive to get to a certain point rather than enjoy the joy?' It is the mind wanting to rain on your parade. It is telling you, 'Oh, you are satisfied with this joy? Follow me instead.'

Q: Does the joy get bigger and bigger?

Sathyam: What do you care? What type of a guarantee do you want from Me? Would you like Me to draft and sign a contract for you on how your future and your joy will be? No, it is all about

this moment. Whenever we want to get somewhere, we are not in our Inness. It means we are not aware. When the mind says, 'You must achieve your goal' it is deceiving you. Subtle means simple, it is so simple that it is almost invisible. It needs extreme alertness to see the trickery of the mind, but we are all doing it.

When you are not with Me, you say 'My goal is to go and see Sathyam.' Then you get here and feel joyous and ask yourself, 'What is my goal?' Satisfaction with the mind's dissatisfaction...satisfaction in the mind's dissatisfaction- that is an art in and of itself! Our mind has destroyed our satisfaction for years. Now we say 'Are you dissatisfied? I don't care.'

(Reno Devotional Program, December 5, 2014)

DIE TO THE MIND

♥: Is the Art of Living about being happy? Does it mean to not suffer? Is it the Wisdom that brings about complete Stop with respect to any thought or form? Is permanently not going with the thoughts only possible using the tools?

Sathyam: The Art of Living IS to die to the world (mind). That means the less we think, the more we live!

(Sadhana for Fall 2014, September 28, 2014)



CHOOSE FREELY

♥: My experience is that when I am faced with a problem in life, I go within for a moment and I am reminded of the Truth, but when I come out, the problem still exists. This is how I understand it now: first I must use the tools to remind myself of the Truth, and then I must take whatever steps are necessary to solve the problem.

Sathyam: Yes, sometimes it is necessary to experience it and solve the problem. Sometimes just going 'within' solves the problem. And other times, when you go 'within', you no longer see the situation as a problem. For this reason, none of these ways is wrong. What is important is that the wisdom has been given to you. The important thing is that you know that these three ways exist and they are all ok. So, you can solve the problem with a solution on the dream level, be awake in the dream, or just wake up altogether! Once you have the wisdom, all three of these ways are okay. You are free to choose which one, because you know what you can do, and if you don't do it, it's because you didn't want to. You are no longer its prisoner; you choose freely!

(Reno Devotional Program, January 7, 2015)

Whether You Are or Not, You 'Are'

Q: To what extent can we just sit and 'be' in our daily life? How can we perform our duties and responsibilities?

Sathyam: If being was just sitting, I would be sitting in My cave right now. If being was just sitting, I would never have done anything in My life; I would just be sitting. When you are being, you are much more aware, you're much more focused, you can do much more than you normally could. Being is not sitting in a corner somewhere without emotion. Being means to sit in your natural state without fighting with the mind, or worrying about whether or not you are being. It means being aware of the truth that 'I am'. First Be and then do! Being does not mean avoiding and doing nothing. The Art of Living is to BE while doing; you can even think and do your work while in that state, but with awareness. Just be aware.

Q: When I am on the phone, I can check in with my Being, but when I am talking, I am just talking.

Sathyam: This issue is a very fine line. When you're in your State of Being, be in your State of Being and when you are at home and you have work to do, do your work without worrying about whether or not you are doing it correctly. This is the easiest way I can tell you to do it.

For example, as I am talking to you, I don't pay attention to whether or not I Am, but when I am alone, I probably prefer to sit in the absolute Silence.

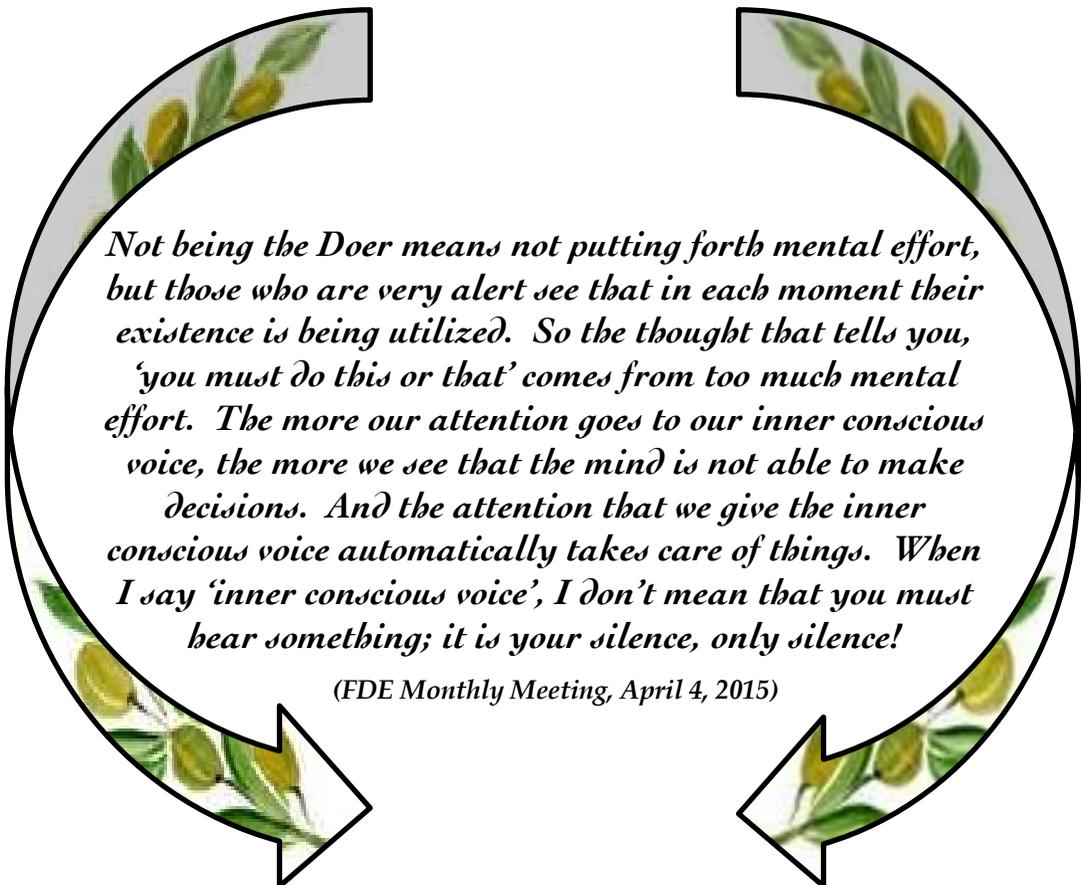
Right now you are struggling with this and you are in duality. You're thinking 'I am doing something and I'm not paying attention to my heart.' You don't always have to put effort into being in the region of the heart. If you check in with your Being in the morning and at night, know that it will happen for you as it should throughout the day. This issue is very subtle and with trial and error it will become clearer for you.

For example, at the moment that I am talking to you, I don't have a plan for My Being or for what I want to say to you.

A bearded man used to sleep well at night. Somebody once asked him, 'When you sleep, do you put your beard under the blanket or over the blanket?' After that, he could not sleep because he kept wondering where his beard was. Don't do this with Being, live your normal life!

Remember this truth: *Whether you are being or not being you 'are'. Whether you are being or not being, you 'are'. Whether you think you are being or not, you 'are'.*

(Reno Devotional Program, October 1, 2014)



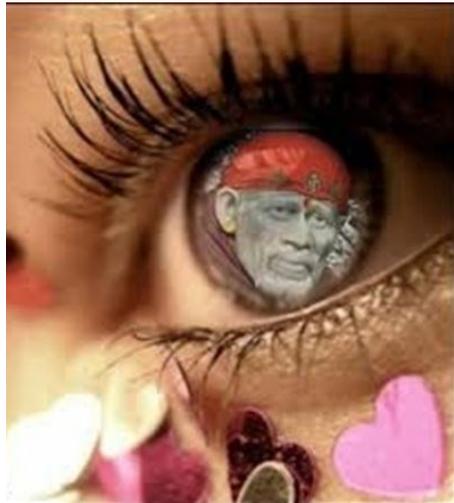
Not being the Doer means not putting forth mental effort, but those who are very alert see that in each moment their existence is being utilized. So the thought that tells you, 'you must do this or that' comes from too much mental effort. The more our attention goes to our inner conscious voice, the more we see that the mind is not able to make decisions. And the attention that we give the inner conscious voice automatically takes care of things. When I say 'inner conscious voice', I don't mean that you must hear something; it is your silence, only silence!

(FDE Monthly Meeting, April 4, 2015)

A Story from Shirdi Baba:

Shirdi Baba and three others decide to go and find their Guru. They go into the forest and they see a guide who is leading a horse, carrying hay. The guide asks them where they are going. They do not want to tell him, so they say, 'We just want to wander in the woods.' He says, 'You shouldn't wander in the woods without a guide; you will get lost. I have some food for you. Won't you stop and have some food?' They say, 'No, no we are in a rush.' So they go into the thick of the forest and get lost. Finally they turn around and come back to the guide again. He says, 'I told you to sit here and have some bread and water before you go.' The only person that accepts the bread and water is Shirdi Baba. He says, 'You are right, because all I keep thinking about is how hungry I am. I will stay here and accept your hospitality.' The others say, 'No. We have to endure pain. We have to go and find our Guru.' So the other three go and Shirdi Baba stays. As he is eating his bread and drinking his water, the Guru appears. The Guru comes down the hill and says, 'What is it that you want?' He responds that he wants a Guru. The Guru asks Shirdi Baba to follow Him, and takes him and hangs him upside down from a tree, over a well. Then the Guru leaves. After five hours the Guru comes back and brings him down and asks 'How did you feel?' Shirdi responds, 'Pure bliss'. The Guru says, 'Then come with Me' and takes him to his hidden Ashram in a tunnel and he stays with his Guru for twelve years. The love between them was unbelievable. Shirdi said, 'Everything I ever wanted, my Guru gave me with His gaze.' The Guru didn't do anything but look at him, and yet he would get everything he wanted; food, clothing, shelter, comfort and bliss!

So what he was saying was that by gazing into the eyes of the Guru, he was being fed. The Guru or God is the same as the Self; there is no difference!
(*Sathyam, Private Conversation, January 10, 2015*)



It Takes Time

You have been told everything you need for your freedom. You have been told the words that take you to silence, show you what is temporary or unreal, and give awareness to your consciousness! But it takes time; you either get it right away or you desire to get it... and that is perfectly ok!

Why is it ok?

Because ultimately, we are all awake, we were never dreaming; only the mind is dreaming!

(Sathyam, Reno Devotional Program, January 7, 2015)



In my 40 days (of silence) every cell in my body was screaming 'I am not of this world'! I did not understand myself what was coming out of my mouth; just like right now that I am talking to you. What did it mean by saying 'I am not of this world'?

Now 'I am not of this world' has become clear for us, therefore the most precious teaching does not concern itself with correcting the worldliness of this place. Just knowing that 'I am not of this world' is enough. 'I did this, I did not do that, I wish I had done this, I wish I had not done that, I wish I did not say this, I wish I had said that, I wish I did not go, I wish I had gone, why did I say this, why didn't I say that', etc.

*I am telling you...we are not of this world...we are not!
(Phone conversation with Damavand Gathering, Jan. 15, 2015)*



May 2015 Newsletter