

STOP
BE
RECEIVE
GRACE



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

This Moment

"This moment" is Just Be. Just Be is always in Ananda.

"This moment" is Your Presence. This moment is no different from the past or the future. So, when you say 'This Moment', it has to take you to your Presence. Present time means being in the presence of THAT which is Omnipresent & I I who you really are. When we say 'This Moment' it is as if we say

"ahhhh ... I Am".

'Now' has to be filled with the quality of the Self. Feeling your Presence makes this moment a moment of now, and the 'now' is the only moment that is Omnipresent and always I I.

When you are in your own Presence, you have already left the bazaar to go There. When you are in the bazaar, you have already left the company of your Presence.

Sathyam

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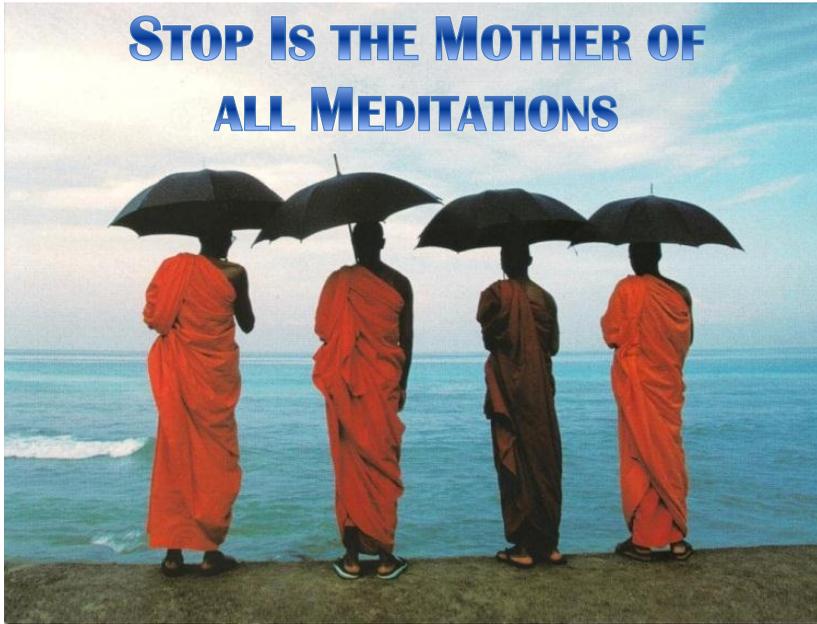
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Never Forget That You Are Divine



Never forget that you are Divine, that you are righteousness personified. Your duty (dharma) is to cultivate your faculties for the great adventure of realizing your oneness with the Divine. To accomplish that, your mind and intelligence must be fixed on your chosen Lord. You must meditate on Him in solitude and silence. Cultivate concentration. If your attention is distracted, no progress can be made. However, if you practice meditation in silence and solitude, you will be able to establish and retain that silence even on the busiest streets. Talk less, deliberately think more and practice discrimination. Then you can empty the mind of impulses, prejudices and preferences. In this manner you must strive to realize your true nature.

Divine Discourse, Sep 29, 1965



Stop Meditation is the mother of all meditations, especially for eliminating things at the root; it truly is the cure for everything. However, despite Stop Meditation's simplicity, it is a very powerful and worthwhile meditation and yet not everyone is able to access it and even if they do access it, not everyone is able to benefit from it.

We however are very fortunate, because every single one of us has realized to our own extent that the mind's job is to think, that it is transient and constantly in the process of changing.

The Four Brothers, which are our tendencies and the way we perceive the world, make it possible for us to believe our thoughts, whether they are mental, emotional or spiritual, but we now know that we are none of these thoughts.

How is that we now know that we are no longer any of these thoughts? Only through practicing the Stop Meditation and concentrating on that which we are, little by little the Self becomes apparent and therefore clearer for us to see.

Sathyam, 5th of April, 2012



We all Have a Mind, a Cosmic Mind

There is not even one person, who has not been affected by the mind, and it makes absolutely no difference whether they are calm, jolly, sad, decent or indecent, etc. We all have a cosmic mind, which is actually a Universal mind that can explode in our consciousness in a moment of weakness.

First We Have to Stop Believing the Mind

The first teaching that came from within my own Self, and was blessed from my Teacher, was that we have to stop believing in the world of the mind. At that time, I did not have the Stop Meditation, as it had not been given to me yet. To stop believing the mind is absolutely the first step. How can we do this? We do it by using the ability to neglect it through the Stop practice. This is for those of us who have trouble with repeated thoughts and chronic information from the mind and its constant nagging, whether it is fear, anxiety, lack of self-confidence, or lack of self-satisfaction. *All* of these thoughts can become repeated. Whatever is in your mind now, will be repeated tomorrow, and whatever is repeated tomorrow will be repeated the next day. Therefore, Stop Meditation is a highly valuable practice.

How to Stop

We will now work on this practice. Let's start by sitting comfortably. Look at me for example, sitting here happily and comfortably, looking at these

candles that are in front of me on the table. The eyes can be open, half open, or completely shut; it simply doesn't matter. Allow the thoughts to come, having absolutely no problem with them. Just stay unmoved, not caring about what happens or what you may or may not see, completely surrendering to the silence and going back to your natural state.

No Matter What the Thought, We Just STOP

When a thought comes, Just Stop, don't make a conscious effort to stop, just do it automatically. The thoughts are not being pushed away and they are not being looked at. We are not pulling them towards us, we are not afraid of them, hating them, or loving them. For example, just imagine that a thought comes to your mind that says, 'you have a busy day ahead of you'...another thought comes trying to frighten you or to convince you of something else...to tell you that so and so is a bad person...work is not going well...your spouse is not treating you right...etc. These thoughts become repeated because we have paid attention to them more than enough times. They can put a lot of pressure on us, due to their repetition and aggressiveness. What do we do now? This is what we do: NOTHING. And I don't mean that we say 'nothing,' because whatever would be said would be followed by a thought from the same mind. This is a very thin line I am trying to tell you about.

Why Does a Thought Become Repeated?

If the thoughts are old and repeated, not only do we read them, but we also detest them at the same time. We ask ourselves things such as, 'Why can't you just leave me alone and not haunt me anymore?' The reason a thought becomes repetitive is because initially it got our attention and we looked at it. A thought which you have paid attention to once, will certainly come back to get your attention again. What happens is that we converse with it; we either like it, hate it or fear it. We either read it or react to it; with every sentence that comes, there is also imagery that accompanies it, which we not only read but we watch too. We read and we watch; we read and we watch; we read and we watch some more. Then we send the senses out to accommodate every letter that we read. It then becomes a chain of doing and not Being.

The Tricks of the Mind

As we STOP, the dirt or the false identification with the thoughts and beliefs settle down. We are now able to see ourselves, just as we could see our reflection clearly in the water at a lucid lake. The same mind that can fool us can also liberate us. It depends on how actively we are conversing with it. It is amazing that once we start doing that, how much we come to realize the small tricks of the mind. There is no word for how unbelievably tricky the mind can be (She chuckles as She says this). Then because you did not go with it, you are now standing back far enough from it that you can see it beautifully.

For example, say you are standing outside a house and someone comes to you and says 'we are having a huge fight inside; you must come in and help us'. Because of where you are standing, you can clearly see what is going on and you can be a good judge of who is right and who is wrong. The people who are personally involved in the fight will all think it is someone else's fault. By standing outside, through the method of STOP, what happens is that after a while you begin to see yourself as who you really, really are.

The Cutoff has to be 100%

Why does a wise person sit in silence? What does it mean to be in silence or to be quiet? Does it mean to have a quiet mind with the lips shut? NO, it does not mean that at all. This is what it means, (Sathyam gets completely silent and looks at the distance); it is an absolute refusal to look at the thoughts.

The cutoff cannot be half-hearted; it has to be 100%. You can't do it just for a minute and then give in again! It is a discipline of cutting off the thoughts completely, because they will do anything to grab our attention.

If someone praises me, I have to Stop, because if I don't Stop and enjoy the praise, I will cry with the blame, whether it is inside or outside of me. Therefore, it becomes a roller-coaster: one minute I am o.k. and the next minute I am not. If we are serious about freedom more than anything else that we talk about here, Stop Meditation is the remedy for it.

We Take This Approach to Every Aspect of our Life

We take this approach to living when we are working, when we are on vacation, or involved in any other part of our life; otherwise, things begin to appear very calamitous. This is because we have not fed our State of Being, and we are putting all of our emphasis on the region of the mind only. That can make everything appear out of proportion, as if it is under a magnifying glass. You know how if you put a magnifying glass under the sun, it can burn whatever is under it? Just imagine if your concentration is on the mind what it can burn by applying that energy? When the concentration is on the heart, it can burn the thoughts.

The Truly Good News

When you learn the Stop Meditation, then you become the charioteer, the one who has the forces under control. Then it is not the horses that drag you everywhere, but rather it is *you* who takes the horses where they need to go.

First you hear it, then you hear it again and it opens up more and more, if you help it open. It opens more to the point that when I am looking at you or you are looking at me, there is a silent communication.

The Priceless Wisdom

This wisdom is truly priceless and we had a lot of merit to be sitting here to receive it! We are very lucky to have this practice, because it honestly works. This is a technique that when mastered can be passed on to others. And believe me, in this world of ups and downs, no matter how enlightened we are, we will need this practice. The reason is, this is the only remedy for dealing with a very mischievous mind, as well as a method for practicing prevention. It is not something that we use just as a form of meditation; rather we apply it for the Art of Living. We have to use it as we walk, as we talk.

The Courage to Fly

This practice is freedom and it is the biggest help we could give one another. We have the wings but we don't have the courage to fly, therefore

the wings are just sitting there unused. This meditation, when done regularly can help you, so when the mind comes back with a vengeance, you are prepared for it. You are not going to look at it as a scarecrow and think that it is a real ghost. It is simply a scarecrow, something that we gave attention to repeatedly, and now it is haunting us. Anyone who has believed his or her thoughts as good and bad is under the umbrella of this scarecrow that is not even real.

A Drip at a Time in the Bucket

DO NOT expect yourself to be an expert at this in a short period of time; for ions of lifetimes we did not practice this, nor did we live like this. Have patience and extraordinary vigilance to do it; it will drip, drip, drip in the bucket, but before you know it the bucket is full, even though it is one drip at a time.

Setting the World Free Through this Practice

When you help someone learn how to stop the nagging of the mind, you have freed the world. You may not have freed their physical existence, as far as being in the body, but each one of us has a different calling and different responsibilities. I, however, think that this is so important, because once you are able to be *here* and *now*, it becomes crucial to *not* be of the chaotic world of the mind. What this practice does is it gives us a method to use in the midst of chaos. Remember, as we look around at the world, we realize that it is very harsh and merciless and we really do have to wake up. I am speechless and really don't know what to say, I don't know what is better than every individual waking up. What can compare to that? And are we all ready? If it was not our turn and if we were not ready, there would be no use of us showing up.

Compilation adapted from the following DVDs:

Stop 2004;

Stop, Discrimination Sword, 10/4/2005;

Stop, Art of Living Tools, 10/11/2005;

Stop Mind Conversation, 01/17/2006



Step by Step to Meet the "Self"

*Self-Realization
Only and Only
Is the Silence of the
thoughts
What Is, Is
So what are we seeking?*

Sathyam 2007

This Sentence that Sathyam wrote for me silently on a piece of paper was like a hammer hitting my mind. It was the Truth that went through my heart and stayed there forever. Anytime I remember it, it is a Light that makes my path brighter.

At that time, when Sathyam expressed and revealed this sentence with such a Divine power, I may not have understood the depth of it, nor did I know what to do with it, but it sat in my heart nonetheless. I knew that it was my salvation, my ticket to Freedom from the prison of the mind and the excessive involvement with the imaginary world, even though I had no idea what to do with it. While this sentence was unclear and mysterious to me, at the same time it was very heartwarming.

I reviewed and repeated this sentence inside of me, over and over, for months and years. It is interesting that in the times that it was necessary, this sentence would automatically come to my mind. Not only would it

come to my mind, but it would sit there saying to the Self: Now you have the authority, *you* are now the master!

I contemplated on this sentence and dissected it word for word to be able to immerse in its endless depth.

Self-Realization: What is Self- Realization really? Who is the Self? How is it known? When, *Self-Realization, Only and Only, Is the Silence of the thoughts*, so the Self cannot be the images, beliefs and definitions that I have from the Self in my mind and my thoughts. Whatever that is not in the Silence of the thoughts, is not the Self.

What is in the Silence of the thoughts?

Sathyam says: *What Is, Is.*

What is, is the world, imaginations, images, creation and all of that. But what is in the Silence of the thoughts? In the Silence of the thought, *What Is, is.* So that which Is, is.

In the silence of the thoughts and the absence of the mind, that "Is", is nothing but the Self, nothing but God.

The only way that this Self can express itself in our consciousness, is in "This Moment".

Sathyam says: This moment is Being. Being is always immersed in Ananda or Eternal Joy and Bliss.

So what are we seeking?

Indeed, what are we looking for?

Nilufar

*Self-Realization
Only and Only
Is the Silence of the thoughts
What Is, Is
So what are we seeking?*

ADDICTION TO EMOTION



As Iranians, our tradition is to create sympathy and compassion, because we function from an emotional level much more than a mental level. At times this can be completely disastrous because an emotion doesn't even have any common sense to it, it just ruthlessly pours out all these things. The more we repeat the stories behind these emotions, the more sensitive we become to our environment. And the remedy for all of this is to first see the danger of it, the worthlessness of it, how harmful it really is, and saying to yourself 'you know what, I am not doing that anymore, it hurts. It hurts me and it hurts those who have to hear me talk about it.' We also have to desist from giving remedies to others for what they may be going through, because you have to go to your own story to find a remedy for them.

We just lived wrongly for so many years...

Q *Is that why our untwisting is so challenging on the way back Home?*

The problem is the addiction to the wrong way of living, even though it brings about pain, it is still an addiction, it has its own set of withdrawals. That is why we have to dwell in a high place by using our tools, particularly the Stop Meditation, because to correct the character many lifetimes are needed. Otherwise it is all about emotion, emotion, emotion. And emotion equals drama. This is why the Stop Meditation needs to be our best friend.

Sathyam, April 2010, Reno, Nevada

JUST STOP!

J U S T ... S T O P !



Sathyam: You have to allocate some time for yourself and tell yourself, “I am going to be stubborn; I am going to sit down and be quiet until I get it right,” and do not budge until you get it.

☺ : Yes; I was thinking about going into silence for a few days....

Sathyam: You don’t need a few days, forget that. I want you to do something; the first opportunity you get, read an inspirational sentence and go sit under a tree or by the pool and contemplate on it for a few hours. Then you will see the result of it.

☺ : I know that You know my tendencies better than I do, but since I am asking for a prescription from You, it helps me to explain to You what my problem is and open up my luggage a little bit!

Sathyam: (laughs) If I am Your doctor, then before you say anything, let me give you my diagnosis!

You read into things much more than they actually are. Also, you think you let go, but you don’t really do Stop Meditation; you just tell yourself, “ok, it’s

not important, let it go,” and that comes back at you. You need to do Stop Meditation, and in that, there is no sentence, no sentence whatsoever.

☺ : Every time I catch myself judging, I become very fearful of having to face that judgment in my own life. That causes me a lot of agitation and fear.

Sathyam: You analyze too much. You used to analyze the bazaar and now you analyze these things and put them under the microscope. Just cool it! Make mistakes. Your mind wants to judge, let it judge; but you Stop!

You see, you are not doing that, what you are doing is you are condemning yourself and you bring fear into it; that is not Stop Meditation!

What you have to do is watch yourself judge, be indifferent and don't judge your actions; and then it will go away. Watch yourself have a very ugly thought, this is not your thought, but the judgment that you have of your thought is yours.

Let's say that a very nasty thought came to your mind; OK; OK; be unmoved. Don't even say OK, just be unmoved. Do you understand the difference here?

☺ : I understand the difference, but doing it in practice is something else.

Sathyam: Remember that you are having a conversation by not having a conversation with your mind. You are putting effort in doing something that does not need effort. This is your struggle, you analyze too much. Just learn to not know anything and be OK with it. Just learn to misunderstand and be OK with it. Just learn not to stand in judgment of every thought; let it go! Let it go, because otherwise you get exhausted.

☺ : Oh yes and I feel it in my body.

Sathyam: Because you are tensing up. Stop Meditation should get rid of your pain, unless you are doing it wrong, which will cause you more pain, since you are not really doing it.

So here is what I want you to do: do not have any conversations with the mind, not even “you are good,” or “I am going to Stop” or “this morning Sathyam said not to look”, etc. Do not have any conversation. Nothing; nothing!

☺ : One thing that really makes me judge myself is my reaction to members of my family.

Sathyam: So what, they do something awful and you show reaction; Ok!

(This person tries to give an example about her fear of the karmic consequences of her actions, but Sathyam cuts her off quickly and continues.)

Please don't try to justify their action or your reaction. They do something wrong; it is wrong for them because it does not take them where they need to go. If you react, you react and if you don't, you don't! Just Stop. That is all I am asking you to do. It does not matter what you did or what they said, etc.

We are not as innocent as we think we are and we are not as sinful as we think we are; in other words, we are none of the above.

You might react to whatever they say or do, but don't let yourself have fear. You have left that life behind, Just Stop! No matter how much it penetrates you, Just Stop! Every time you successfully Stop, the next time it becomes easier and next thing you know, that judgment and fear of consequence is not in your consciousness anymore.

Also, ask yourself, "What kind of credential do they have that I should believe what they say?" Understand that it is your belief that is going to bring the consequence upon you, not their credential! Your belief brings the fear, not their credential.

☺ : Yes, yes! I have become the observer of my mind and thoughts and it bothers me that people get to me.

Sathyam: Listen! It is important that you deal with this, because it comes from a certain family member and it has been the root cause of your problems throughout your life. You read too much into things.



STOP! ... Stop, ... Stop. Not Stop out of fear, Stop against fear. Practice this; it is a hard, hard practice, but you have got to do it. If you practice this religiously, within a few months it will become much easier. When they say something, do not shrink. I mean don't let fear make you crawl under the

ground. Stand tall and STOP. No sentence, no reason for stop; Just Stop. Don't even say I am going to Stop; Just Stop.

Your mind has become too talkative, because you have listened to it too much. If you Stop, it won't talk as much. When it does not talk, the fears are gone.

☺ : Yes, I understand. There will be a special circumstance for the next few weeks that I feel will be a good opportunity...

Sathyam: You should do everything in moderation. Too much caring is too much, too much neglect is too much, too much reading is too much; do you see what I am saying? Bring yourself into a balance.

☺ : Yes. I will use this as a good opportunity to practice...

Sathyam: Sorry that I have to be harsh; but quit this garbage, I don't want you to have any reasoning, do you understand? I am giving your reasoning mind a vacation! Don't tell me that this is a good opportunity. You don't know what opportunities the next few weeks will have and for what reason. Don't tell me that! JUST STOP!

That is it. I don't want you to say, "Oh, this is good for me," or "Oh, this is bad for me." No! You are not listening to me!

What I am asking you (and I am being very stern with your "mind") is STOP. I don't want you to analyze your situation, Just Stop; that would be good enough!



☺ : I got it! (laughs) I think, by the Grace of God, I got it!

Sathyam: If you really got it, even if you forget it, you will get it back; but if you ignore it, you have already lost it.

But you got it; I know you got it.

So, no reasoning, do you understand? Even good reasoning. You are finished; ENOUGH!

☺ : Thanks for helping me clean out all this garbage from my mind.

Sathyam: Yes. (laughs) I hope you do see it as that, because it is nothing but garbage. Why do you even mix yourself with bad company? That company is not good company.

☺ : The company of my mind?

Sathyam: That is right, your mind or anybody else's mind. Don't get involved with the company of your mind or someone else's mind; or you will open up a public restroom.

☺ : Thank You so much Sathyam.

Sathyam: You are welcome darling. I am sure you feel lighter.

If you go with the responsibility of practicing it, you are going with a reasoning mind! You should be very relaxed; because what I am asking you is to "do nothing". Be clear that I am not asking you to do something.

☺ : Yes, it is doing nothing from all aspects of it!

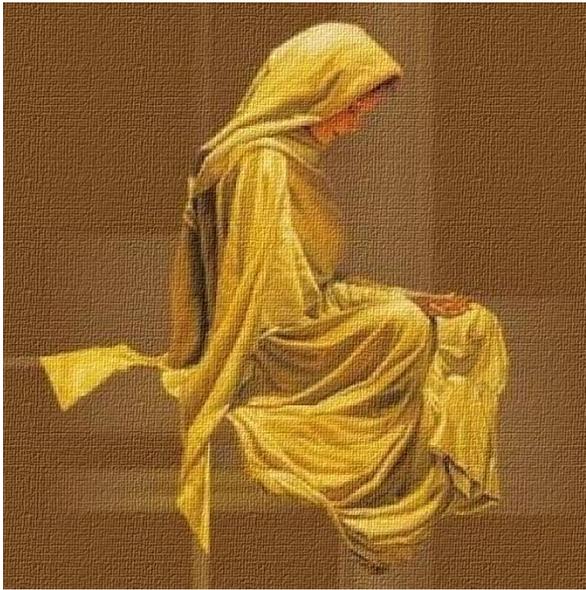
Sathyam: ALL aspects of it! You are being easily fooled (by your mind)!
Bye darling. I love you.

☺ : Thank You Sathyam. I love You too. Bye.

Private phone call, 8-2-2012

The Self: When you are standing on the edge of a cliff and you are about to fall off or when a car is about to hit you, I will throw you out of harm's way, but that does not mean your leg will not break.

Sathyam, March 2009



Divine Grace

When you feel as though you have cried an ocean, dove down to the deepest sea, searched and searched and have done all you can, you settle

down and ask 'now what?' that is when grace takes you to Oneness.

Baba says "someone walks into a room and sees someone else hilling the shell of a walnut with a hammer trying to break it open. Then someone else walks in at that last moment when the shell does finally crack open and he thinks it only took that one last stroke." Remember though that some of us have very thick skin, I know that I did! Who knows how many strokes it takes? Every effort though is an opening, one strike an opening, each a divine grace.

Sathyam, June 2009

Do Not Read the Mind

P: In Your opinion, what is the most important area in our lives where we can apply the Stop, in order to be freed from the bondage of the mind?

Sathyam: Listen very carefully. Right now where I am sitting, the sun is behind me and my shadow is on a rock right in front of me. Just as I move the hands on my body, the hands on my shadow move as well. We identify with the shadow that is on the rock in front of us and then we say that we are the Doer. In reality, if the Truth does not move within us, our hands would not move either. By identifying with our shadow, we completely forget who we are and we begin to imagine that we are the shadow on the rock, whereas the reality of who we are is sitting someplace very grand and magnificent. Our shadow has fallen on the dirt, all the while our Reality is seated comfortably in a very stable place. Now, when we are dreaming at night, we see the shadow of our shadow and even in that dream we still think that we are the Doer. It is truly unfortunate.

We are so lucky because with the highest, biggest and grandest Grace of God, which I call a miraculous Grace, we have had the following realization. We have realized that by practicing the tools and by using the wisdom that we have received, we must first do the Stop Meditation when we face our identification with our first shadow, which takes place in our day dream. Then with the Omnipresent Meditation, we must replace our imaginary shadow with Truth and Divinity. With these practices or any of the wisdom that has been given, we can wake up in our night dream, which indeed is the shadow of our shadow.

P: Is it possible for you to shed more light on the nature of the mind for me?

Sathyam: The mind is space, meaning it is subtle. Tell me, if you wanted to write the word 'space' in space what would happen?

P: Nothing would happen. It is not possible to write that in space.

Sathyam: Pay attention! Space is everywhere. If you don't write on it, you have taken the mental quality of the mind as space away from it, and that

same space is Omnipresent. The most subtle and the most delicate element is that same space, which is closer than anything else to the Truth. Because it is Omnipresent, it is invisible and yet at the same time it is visible as well.

P: But You said that the mind is like space.

Sathyam: Do you have any doubts about this? Pay attention! What is the mind? Answer me, what is the mind?

P: Silence!!!!

Sathyam: The mind is an avenue for the inner voice. The mind is the Truth when it is completely empty and pure, a mind without any beliefs, without any writing on it. I told you that if you took the darkest pen, using the darkest ink, it would be impossible to write on it. That ink does not have any color. Pay close attention. Now what is that we have accepted? We have accepted a writing that has never actually been written.

P: So a mind without any writing is in actuality the Truth?

Sathyam: It is the Truth. Anything without any writing on it is the Truth, because everything is the Truth. Here you can go back to the example with the blank screen in a movie theater and the curtain which covers it. Have the images been drawn on the curtains of the theater?

P: No.

Sathyam: Have they been written on there?

P: No.

Sathyam: Have they been designed on there?

P: No.

Sathyam: These images have been projected onto the movie screen. What have these images been projected on? In reality, nothing has been projected on anything.

P: So is the movie curtain exactly like that dark ink in space?

Sathyam: When people don't read that imaginary writing, written on space, they have a pure mind. But if they do read that imaginary writing, they no longer have a pure and clean mind. And that is the power of the Stop Meditation. Six years ago, when someone asked me in one of the phone conferences why do I always keep going back to the mind, I told them, 'up until now there hasn't been anything as problematic as the mind. So take this Stop Meditation, become an expert at it, so then later on we can discuss other things.'

Sathyam continues: Know this, when you put your interest in the Self, everything becomes automatic. But if you put your interest in the mind, you have to put in the effort for every little thing. When we set our ego aside, what we have done in reality is that we have turned off the movie projector.

P: So therefore are ego and individuality what get projected on the white screen?

Sathyam: Yes, individuality is the reflection and projection on the white screen. And individuality is created when you begin to read your thoughts. When you wake up in the morning and your thoughts dictate to you 'I am somebody and such and such thing' and you don't read them, how do you think the rest of your day is going to be? Of course this does not happen by force either, in order to reach this state, the Stop Meditation must be practiced, practiced, and practiced some more...

Sathyam continues: Believe me! Receive its truth! Anytime in life you put in the effort yourself, you shall receive its reward, period. That is why Baba says, 'take one step, so I can take one hundred steps.'

Lake Tahoe, Summer 2012

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P: *When I was all alone, being completely honest with the Self and there was no need to prove myself in the bazaar, I asked myself 'How many steps have I honestly taken for not reading my mind?' And you too my dear readers, 'how many steps have you taken for not reading your mind?'*

Life

Is a

Game



Always remember to drop your thoughts as soon as they arise. Do NOT dwell on them. The future is not real. The past is not real. Now is STILL. Life is a game, play it with confidence, with bravery. What is yours will never be taken away and what is not will never be yours. So relax in this Truth.

With much Love,

Sathyam

February 2011

The Mind That Has Descended to the Heart

(The following conversation started with distinguishing between the state of samadhi, where you are totally unaware of your surroundings and the state where your mind has descended to your heart and is silent, but aware of everything.)

Q: In the state of Samadhi, where you are aware of the world (as opposed to the state where you are totally unaware) does the mind not exist or does it exist somewhat differently?

Sathyam: It exists differently and at times it is non-existent. It exists here (pointing to the heart) not up here (pointing to the head) because you have pulled it down so many times that it does not have a place up there where the imagination is, this is speaking symbolically of course.

Q: So, by pulling your mind to the depth consistently by using the Stop & Trust Meditations, the form of the mind eventually changes.

Sathyam: That is it; that is it; absolutely! This is why I am emphasizing this (Stop and Trust) so much.

Q: Can you recognize this change in the form of your mind or does it come over you naturally?

Sathyam: You recognize this change by seeing that there is more quietness, and there are fewer thoughts.

Q: Fewer thoughts make the mind disappear?

Sathyam: I wouldn't say disappear. It would be as if the imagination is not in front of your eyes, but rather behind you. It is behind you; you can turn around and see it. It is always there; but who wants to do that? Although, sometimes you will do that!

Q: For me, when I do have relative silence, I feel that the pulses (the vibrations) of my mind have slowed down. The timing of my mind slows down.

Sathyam: Of Course! Because you took the attention away from it. Remember that the mind is energy; your attention gives it more excitement. When you take the attention away, half of the excitement is gone. So, since it has no partner, it will begin to slow down.

Same Person: I think I have experienced that a few times, when my mind slowed down so much that I had difficulty putting words together and talking.

Sathyam: When you go in the state of "sinking" (I call that sinking not transcendental,) you will have a hard time talking, because your entire body has "let go" so much that to bring it together to talk is impossible. But this is still not what that I am talking about (referring to the

state where the mind has descended to the heart.) What I am talking about would be what Jesus said: Be in the world but not of it.

That (sinking) happens to me a lot; it is in between Samadhi and being totally in the world, which is better than complete Samadhi. The other one (the mind that has descended to the heart) is more of a permanent state, but this (sinking) is more fluctuated. You get it and then you let it go; you get it and then you let it go. It is more like a taste. In the one that I am talking about (the mind that has descended to the heart) you function better; you have no problem functioning.

Q: Are you talking about the form of the mind that is in a real state of Samadhi?

Sathyam: Yes; the mind that has transcended up there (pointing to the head) and has descended down here (to the heart).

Q: Could you talk easily from that state?

Sathyam: Yes; it is not preferable, but you can talk without forcing yourself.

Q: Could we symbolically say that in the regular state, you are relying on the energy and pulses of the mind to function and to talk, but when you transcend the mind and descend to the heart, you rely on a different source to function? You are not relying on the energy of the mind to function, you...

Sathyam: Not at all; not at all! That is right.

That is why I say that the mind becomes the avenue of awareness. What does that mean? Symbolically, that means it has descended to the heart, which is doing the talking, the doing, the singing, the acting and the saying. That is why the people who have realized themselves have no clue how things around them function. They don't know what they give and what they receive. They don't know what happens, you ask them to do miracles and they don't know what you are talking about. But their silence and their state of Being completely changes the picture for people.

Q: Would You say that because of their presence, wherever they are miracles happen?

Sathyam: Whatever needs to happen would happen; one of which could be like that.

Istanbul, Sept 2011



Lose Yourself

In each one of our hearts, the longing, thirst and enthusiasm for freedom is much greater than remaining imprisoned; so we are the winner here. Let



me tell you clearly, better news than what you just heard, is that every single one of us is able to see our own freedom by doing the Stop Meditation. But some people like to hear this truth, yet it goes in one ear and out the other. Please don't allow the Truth that I am telling you slip out of your hands, because doing so will cause you great misery.

You must however put in the effort. To the extent of our interest in our practice, to that extent we see the end result of it. If we hear this and not put it into practice, we have not only betrayed ourselves greatly, but we have committed a great sin. What is a sin? It is putting ourselves in quite a bad predicament. Killing someone is a lesser sin than that.

STOP, STOP, STOP, STOP, STOP, STOP, STOP, STOP, STOP!

If you want to ask me a question, STOP! If you don't want to ask me a question, STOP!

♥: What if we want to give love?

Sathyam: You want to give love, give love. But lose yourself and give love. Losing yourself means that you have stopped the mind so much that you are nothing but love. When I see all of you, I lose myself. Don't lose this opportunity of losing yourself.

Bodrum, September 2012



Everything Goes Back to STOP

Silence Is the Answer

Sathyam: Everything in the Bazaar is trying to entice you, grab your attention, and pull you out of your silence.

The mind comes at you to intoxicate you by saying: "Come to me! Come to me!"

There are many positive traits of the mind which also put you to sleep, because they get your attention.

Silence is the answer however.

Silence of the mind is truly the only answer.

Someone asks: Is that the same as "Just Be"?

Sathyam: Who wants to know?

Istanbul, Sept 13, 2012

What Is "Waking Up"?

Q: Is "waking up" being with the Self?

Sathyam: What is "being with the Self"? How can you be with the Self?

Answer: Stop Meditation; not going with the mind.

Sathyam: The result of STOP Meditation is self-realization.

Self-realization is the silence of the thoughts; that is all!

So every day, as we practice our tools, we realize our Self many times (we wake up) and then we fall asleep again.

We have to practice so vigilantly that we stay awake and do not fall back to sleep.

Bodrum, Sept 2012

Judgment Is an Active Mind

Judgment is when you actively go back and forth in the mind. It is not only towards someone else; it could be towards yourself by paying attention to every thought that comes and then reacting to it.

The nature of the mind is judgment; so, when we look at the mind very closely, we might sometimes get involved with the judgment. But at that moment, we can pull ourselves back and try not to judge (Stop).

Some judgments are important in the life of the bazaar. Because when you judge something, you can discriminate it better. For example, I judge that this recorder is recording my voice. Then I can discriminate what I want to put on there.

Like everything else, making a judgment could be good or bad, but too much is too much. Too much of anything is too much!

Greece, Sept 2012

What Is Wisdom?

Q: You said that Stop Meditation quiets the mind and then fills it up with wisdom. What is “wisdom”?

Sathyam: Wisdom is the expansion in the awareness that “I am not the body.” Every time that you do the Omnipresence Meditation, you get one step closer to destroying the belief that “I am only the mind and the body”. Why? Because the concreteness of this belief is replaced by “I am Divine”.

Q: Then to the degree that we experience this, our mind fills up with Wisdom?

Sathyam: Yes!

Bodrum, Sept 2012

Control

When your concentration goes in controlling a situation or something, you are not living by Grace; you are living by the sweat of your brow. And how long you can do that before you fall on your knees, I am not sure!

Greece, Sept 2012



Contemplation Is Silence

Q: For many of the contemplative meditations that You give, such as “Be still and know,” there is no answer. We contemplate on it and look at it from different angles, but there is no certain answer, like there is no answer for “Am I a man or a woman?”

Sathyam: No, no; it is SILENCE!

There are times that there is only silence, and there are times that, in a flash, something incredibly clearing comes with that silence. But if you don't go there and do not experience the silence, none of this would happen.

Self-realization is the result of years of stillness, quietness, and inquiry; that's it!

Reno, May 2, 2012



Love is Grace and in order to receive Grace, one cannot go with the mind. Recognizing Grace is Silence. But Grace is in the region of Silence and can be attained with the Stop Meditation.

Sathyam

As I was reviewing my journal to find an article related to this newsletter with my Most Precious Guide, who has been teaching me during these past years, with all of Her infinite love and patience, suddenly this page opened up.

Sathyam said: Love is the easiest path for merging into the Beloved. A love that is burning with sincerity is a shortcut for emptying the mind, attaining Silence and receiving the divine grace. Love that is directed to the Truth, the Self, God or to the Teacher who lives in Truth and speaks the Truth, such a love is True Love. It is a love that doesn't see any shape or form and this love brings happiness.

About a month ago, the newsletter team had a phone conference and Sathyam joined us unexpectedly. We were all discussing the materials we would be gathering for our newsletter, when She came on the phone. She guided us by saying the following:

“When you gather materials from your journal for this newsletter, it causes you to practice that which you are gathering. So when you give these materials to others on our path, it adds to their power and it becomes effective for them as well”.

The very same thing happened to me, when I was reading my own journals. What I had written was an intense fire that was ablaze with divine teachings. I was even able to see the tear stains left behind on the pages from those days. The power of the words written in my journal was touching my heart and my mind just by reading them again.

When I was reading my journal from the summer of 2007, when Sathyam had gone abroad for three weeks, I was so deeply touched by those words that I began to cry again. I was so moved by their delicateness, their purity, and the burning love and Truth that my sweet Guide has revealed to me. I had written that I’m burning in this fire of love and ache of separation from my Most Precious, I’m melting, I feel nothing has been left of my body.

At first, as I was reading what I had written, I really felt that same burning love, that same emptiness in my mind and then an Oval Energy whirling in my heart. I was intoxicated, lying down on the floor of my cave for a long time, as if I was truly in a tavern. I had written, “My Most precious Sathyam, My love, My Beautiful, my sacred one, my breath, my life, my everything, separation from You is no longer bearable for me. I’m burning like a butterfly twirling around Your Truth and I’m gradually melting”.

But then I remembered that one day You said to me:

It is this burning love that empties the mind and makes the lover merge in the Beloved. Pure love is a shortcut and the simplest, straightest path for attaining the silence and ultimately merging in God. Love alone brings Stop and Silence. This love and having the desire to merge with the Beloved burn

you in the fire of nothingness and then our hearts become one. Love is the only tool and the only thread connecting My heart to yours.

Love and focus on Oneness

In another journal entry during that time I had written, "I'm burning from being separated from You, my Beloved, but the fragrance of the Truth that You have revealed to me hits my heart and brings me comfort. With their special power, the divine energy behind Your words is tenderly dancing and touching my heart. Your words bring me hope, they open up my heart and take me to Silence. They make me numb, so I don't feel the pain of this physical separation from You, so that I can contemplate on Your divine words."

In another writing my Guide Sathyam had said:

Having a love that is pure and burning saturates our thoughts, words and deeds with that of the Beloved, the Self. When you put your focus intensely on the Divinity and not on the body and the mind, then whatever you look at, even a tree, you see that tree as Divinity, you become one with that, because you become that which you put your concentration on. It is that simple!

These divine promising words of Sathyam's wisdom were written at the beginning of each day of my journal entries during that time:

Unconditional love for the Beloved will take you to a deep silence; it will open up your treasure house for you. Allow that treasure house to touch you and to teach you. When you think of Me with love, I also think of you with love. Know that I'm always with you, never feel any separation between you & I, know that every time we think of each other, we are together right then and there. Know that I am in your poems, in your dreams; I'm everywhere. "I" is everywhere. That "I"...

Ah... How these precious words are so healing and soothing! How these words would always calm my mind and invite me to silence!

Whatever my eyes would lay on, on every being, every rock, flower or tree, the wind or the rain... I would whisper, "Oh dear..., I don't have a way of getting to my Beloved physically, so if any of you travel there through love and peace, please express my love to Her." I remember how these conversations with God would heal my burning heart and mind.

Love IS, I IS and Grace IS

Sathyam says: *When you fall in love with Truth, your eyes shall not be dry for years to come and one day these tears become pearls. The path of love is the only path that contains the reward within itself. Whatever grace and bliss it contains is within itself. Love is bliss, when you have love, you have the bliss and the bliss is within itself, like an Oval energy. The more love, the more bliss and grace, but it is not something outside of you. Pure love will automatically shower your life with grace. Living in love is so much easier because Love Is, I IS and Grace is. You are now rejoicing with the grace of your love; you are rejoicing with the grace of your wisdom, you are rejoicing with the grace of touching your "Home". This divine and One and only Love is very beautiful.*

In another segment from the phone conference with the newsletter team, Sathyam reiterates the importance of love, Stop and silence and how they bring about divine grace:

You may say 'I don't practice the Stop meditation, but I do have a lot of love'. That love brings silence, because it doesn't allow your mind to go in any other direction, but towards your Beloved and this becomes an automatic case of the Stop Meditation. Love however is not fiery in each moment, so we must control slipping and falling off the cliff by using the cane of Stop, which comes from the heart of silence.

Attachment-Love-Freedom

Love and attachment to the Beloved is a shortcut for freedom and getting to Silence or HOME

Sathyam says: *There is a part in my being that would like all to be happy in their existence and not seek happiness from others. You may ask about my Love for Baba and the attachment that I had to Him. That love liberated me and now I am free of it. Why? What is the difference between this attachment and love and the love and attachment to the world? The difference is in the love and the focus on the Oneness. My focus was on my Guru and He freed me. I'm free now and that is why I never condemn anybody for expressing their love to me. I don't need their love and they don't need my love, but it is the love affair that frees them. This was the love affair that Baba allowed me to have with Him, so I would find Him within myself. This is the only love that liberates. This is how we always grow on this path: Love, Complete Devotion and then freedom.*

My dearest Sathyam,

With an immense love and humbleness, I'm deeply grateful to You. My Nazzanine Guide, the Embodiment of Love, the Single eye, the Ocean of love, the Ocean of Light, whose very Silence is grace.

Forever at Your Lotus feet

Your eternally devoted Gopi

"Yearn and work sincerely to win the grace of the Lord and all your accumulated burdens will be burnt into ashes in just a moment."

Baba

The Newsletter that Took Form through SILENCE...



Before we start working on a newsletter, the newsletter team usually has a conference call, where we discuss the subject we will be working on and all the various stages it requires.

Originally this newsletter was supposed to have a different topic, even a different title had been chosen for it. Sathyam was not expected to join the conference call for this project. But really who knows how and why Divinity does something? Sathyam did join the conference call and without even knowing that Sathyam was about to change the title and the subject of this newsletter to Stop, Silence & Grace, everyone remained completely silent for a few minutes.

The following is the written transcript for this Divine conference call.

Conference coordinator: Sathyam Jaan said that She will not join the conference call today, but with Divinity you really never know.

Sathyam: Yes, you really never know!

Everyone says hello to Sathyam so happily and surprisingly.

Then everyone automatically goes into silence, which lasts for a few minutes.

Sathyam asks the coordinator to start the meeting. The coordinator starts to explain the different sections of the upcoming Newsletter.

Sathyam: Sorry to cut into your conversation. It is very hard because I can't talk, yet at the same time, I have a lot to say. First I would like to thank everyone, because the end result of the past retreat became very obvious and clear just a few moments ago (referring to everyone remaining silent). You all realized that we can have a much better communication in silence than when we are actually speaking.

Sathyam asks a few specific questions about the Newsletter, particularly its content.

Sathyam: I will tell you my opinion and all of you can see if you like it or not. I want each one of you who works on this Newsletter, to come forward with so much enthusiasm and inner joy that it makes the Newsletter completely blossom and flourish. If any one of you does not have this feeling in your heart, you can pull back from working on this particular Newsletter. Because doing this work requires enthusiasm. The enthusiasm that brings the right opinion and ideas with it, the enthusiasm that flourishes and comes from the heart.

I was thinking that the cause of Grace is not going with the mind. Silence is the way to identify and recognize the Grace. Therefore, there should be a great emphasis on these two topics for this Newsletter.

The material and the articles you gather about this topic of Stop and Silence should be new and fresh, and not something that we have recently discussed. Why do I even say new materials when nothing is truly new? Because when the mind receives new material, it immediately gravitates towards that which it is hearing and it becomes instantly interested. But when the mind hears something that it has heard before, it begins to lose interest.

When you gather material from your own journals, it causes you to put them into practice. And when you give these materials to others who are also interested in that same subject matter, it gives the material more power and makes it possible for their potency to be put into action.

So the name of the next Newsletter will be STOP. If I can, I will draw the cover page myself. I want it to be a picture of a very high cliff, with a

person that is standing on the edge of that cliff and is about to slip and fall, but they STOP. Truthfully, this is how life is, because at any moment it is possible to slip and fall from the cliff and therefore you must STOP.

♥: I find what You are saying very interesting, because yesterday I was looking for quotes from Baba, and I noticed that Baba has brought up the subject of Grace in combination with Silence many times in His writings.

Sathyam: This is very clear and obvious to me. When we say Grace, everyone starts dancing with joy, thinking 'we have Grace and therefore our job is done'. But Grace comes in the realms of Silence by using the tool of STOP. Love brings about silence. For example, you may say that I don't practice the Stop Meditation, but I do have a lot of love. That love brings silence, because it doesn't allow your mind to go in any other direction but towards your Beloved and this becomes an automatic case of the Stop Meditation. Love however is not fiery in each moment, so we must control slipping and falling off the cliff by using the cane of Stop, which comes from the heart of silence.

I want all of you to become explorers. What does that mean? It means that it is through exploring that recognition comes. Discover what material should go into the newsletter and put all of your attention and concentration on the improvement and the blossoming of this newsletter. This is the most important newsletter that we have worked on so far.

After the retreat, we have all had the preparation to not only work on this newsletter, but to also be able to put into practice the tools that we already had, with a new understanding and a new love. Because we are now full of Grace, Silence, Wisdom, Awareness, and we have been given every other ingredient that is necessary to prepare the most delicious meal. This is why I joined the conference call today, so I wouldn't let it slip from our hands, so we would be able to not only capture it for the newsletter, but so we could also continue to nurture it and take care of it for the future.

The best thing to do at the present time is to work on these two subjects (Stop and Grace), not only for every single one of us but for the entire Creation. Of course Stop and Grace are both the same.

Sathyam starts to ask each person how they are doing.

Sathyam: How are you?

♥: I am very good, although I don't know if I am good or what I am! Before, I would answer this question by saying I am good, but now I can only say, I am.

Sathyam: Yes, I am. Whoever asks you, 'how are you?' say 'I am' in response to them.

♥: Before, I used to be in a deep sleep, but now I see and notice the difference between the times that I am sleeping and the times that 'I Am', I mean I can recognize the difference between these two states.

Sathyam: This is a huge transformation that has taken place for you.

Sathyam continues: It is obvious that I love all of you so much and how beautiful it is that there is only love in our gatherings. And why is there love? It is because we have dropped all of our masks. It is not necessary for me to be somebody and to try to impress you. And then you too be somebody who wants to be impressed. Our hearts don't need to put masks on and pretend that each one of us is somebody and knows something. In this simplicity and in this letting go, there is happiness and I am very happy too. More than being happy myself, I am happy when I hear that you are happy. Everything that I do is for the happiness of each one of you. My whole life is about making you happy; I have been born for this very purpose. The result of me wanting you to be happy has now become my own happiness. Isn't this Self to Self! It really is from Self to Self. It is God dancing with the Self. This is why they say that you give with one hand and receive with another. What does that mean? It means that when you help someone and you make that person happy, it makes you happy too. Thank God.

♥: Sathyam jaan, I received a quote from Baba today in my email and He speaks exactly about the same thing that you were talking about (Self to Self). Can I read it?

Sathyam: For sure.

She starts reading the quote:

When the road ends, and the Goal is gained, the pilgrim finds that he has traveled only from himself to himself, that the way was long and lonesome, but the God that led him unto it was all the while in him, around him, with him, and beside him! He himself was always Divine. His yearning to merge in God was but the sea calling to the Ocean! Man loves, because he is Love! He craves for melody and harmony, because he is Melody and Harmony. He seeks joy, for he is Joy. He thirsts for God, for he is composed of God, and he cannot exist without Him!

Sathya Sai Baba

SSS . Vol. 8, p. 38

Sathyam: It is exactly that. Our second retreat was exactly that and now our newsletter is about this as well. It is very necessary and essential for us to go through this long and arduous path back Home. I don't know why it is necessary, but it is necessary nonetheless. It is because the game that it is looks like this, but we shall see that it has always been from Self to Self. All of it has been from Self to Self. Not only does everything happen automatically, but it is all from Self to Self. Do you know what happens when you enter the gate? You lose yourself, (Sathyam laughs).

Goodbye.

After Sathyam hangs up the phone, the participants of this conference call remain silent for a while.

Newsletter Conference Call, October 2nd, 2012



THE WORLD PUSHES YOU TO THE EDGE



During our lives, we have been pushed to the edge by the world many times and we will continue to be pushed time after time. When we become interested in this path, and commit to it even a little bit, our work has just begun. The only difference is that now, we want to know, why it is that we are pushed to the edge. Whereas before, we thought that was the norm, that life naturally has ups and downs and it is normal to be pushed around. Now we know that in order to not be pushed to the edge, we must Stop, be Still and be Silent.

In fact, we must lose our patience with repeated thoughts and the repeated calamities in our life, and look for a remedy, which again is STOP Meditation. We must tell ourselves, "That is enough; I do not want to be pushed to the edge anymore. Falling down is not a natural part of this life." Once this happens, and you make the commitment to the path, in the short run, your job is harder, but what will come out of it is freedom, the Freedom from thoughts being repeated in your mind.

Sathyam, April 2010, Reno

Just

Be

Compilation by Foundation of Divine Era



“Be”

A FDE member: In stop meditation, sometimes, it gets difficult for me to concentrate. Something that helps me to concentrate is to watch my body from outside during the meditation. I mean that I imagine an eye watching my body in meditation, and the eye is also meditating.

Sathyam: The right way for each person depends on his/her nature. If doing this is effective for you, then continue. But I think you are making the meditation harder for yourself. We will do stop meditation together right now, so you can immediately get to “that” place and do your practice.

Look at the carpet and just “Be” ... Just “be” ...do not be this or that... do not be the witness or the object being seen... Occasionally be aware of the silence in your heart... Take your awareness there and be... Very simply and calmly, Be... Without any reasoning, Be... Without a delay, Be... Right here, Be...Now you can close your eyes and be in the region of your heart. Release yourself and just Be... Just be as you are walking... Just be as you are sitting in the taxi... Even when you are at work, just Be... Feel your being... This is the secret of living; just Be... Don’t do anything and just Be... Very simply, Be.

(Meditation continues for a few minutes). Now slowly open your eyes.

The same FDE member: What is the difference between “just Be” and “Be in the region of the heart”?

Sathyam: There is no difference between them. The reason I say “the region of the heart” is so you know where your being resides. I say “the region of the heart” because your being is there. When I say “Be” you are automatically there, whether or not you know it, whether you feel it or not. Also, during the meditation, there is forgetfulness, and the concentration gets weak. When I say “be in the heart region”, this sentence will make you aware again, and you will understand where you should be. “Being” must be conscious. If it is unconscious, you are, in fact, in a dream. When I say, “Be in the region of the heart”, I mean to redirect your attention to the region of the heart when you feel yourself slipping into an unconscious state. By doing that, your being will be reconfirmed. “Being” is the simplest state. Why? Because, not only is it our natural state, but also in that state you are released from the mind and the body, and everything else. You do not need to use any capacities other than the awareness of being. This awareness is divine. You are using your divinity to be in the divinity as divinity.

A FDE member: Do you come out of that state after the meditation?

Sathyam: I prefer that you practice stop meditation with open eyes initially, because this practice is the art of living. Finding the region of the heart with your eyes closed is easier, but if you become proficient at doing this with your eyes open, you can feel your being even at work or throughout daily life. For example, while sitting at your desk at work, you can see other people around you, but at the same time you can stay connected to your being. In the book “Most precious” it has been written that, “If we don’t learn to “Be” how we can be this or that?” So first we have to learn how to “Be”, then we can become a man, woman, teacher, student, etc.

A FDE member: Sometimes, while I am at work, I think my concentration is on my heart, but suddenly I realize that, though my concentration may be there, I was also with my thoughts.

Sathyam: Ah ah ah... this is the mistake that all Iranians make. You pay too much attention to yourself. You are doing the practices. Release yourself. What I want from you is to Just Be, every day, whether it is thirty minutes, 15 minutes, 10 minutes, or even 5 minutes. Just Be. It doesn't matter if you can't "just BE" when you are working. But if you remember while at work, and you feel your Being during your work, "Just Be", and don't analyze it. Why are you analyzing it? Why? Do you know who is analyzing?

The truth is that the one analyzing is the same entity that you are trying to eliminate. Stop analyzing, because analyzing is one of your habits that claim it is helping you, but it is destroying what you are trying to achieve. Just Be. In response to the thought that says, "I was in the heart region but I am not", just Be. In response to being in the region of the heart, just Be. In response to not being in the region of the heart, just Be.

Against the judgment, "Be". Against not judging, "Be". Otherwise you will bring "Being" in to the bazaar and it doesn't fit. In response to the thought of, "Am I doing my practices right or not?" "Be". Being will correct this for you. Just now, one of you asked me about the way in which he meditates. I didn't correct him. I just taught him how to "Be". He doesn't need to do the other things, because "Being" is the easiest way.

You are doing a great job in taking the first steps, but you still don't understand that when I say, "Be", it means that there is no space for not Being. There is no room for the mind to say, "Am I right or wrong?" In "Being" there is no thought. Listen to me, I'm telling you the truth. When you learn how to "Be", your life will become miraculous. When you learn how to "Be" whether you are in school, at work... you will become the source of divinity, which is always showering down.

The truth that I am trying to say is that there is only one 'Isness'. There is only one! Because there is only one "Isness", it has no beginning and no end. Beginning and ending are not being: they are becoming. "Isness" is simple! The first thing to do is simplicity. Simple! Simple! Simple! What does being simple mean? It means that if you are analyzing, you are not being simple. If you analyze your analysis, you are not being simple. You

are divine. "Be"! Be what you really are and don't be what you are not. God has blessed you. You are still young. Be. That's it.

I am Sathyam.

(Sathyam asked everyone to introduce him or herself.)

I am Matthew.

I am Reza.

I am Bahar.

I am Samane.

Sathyam continues: Only the names were different. Everybody said "I Am", because there is only one being. There is only one "I am", with different names. Throw the names in the garbage and close the lid. The Only real thing that remains, is "I am". That is it. Hold onto this truth tightly. Hold onto "I am". This is all you need. Yesterday, and the day before, I was. Today I am. Tomorrow I will be. In truth, it is these tenses that have names. But my being always was. The names are different, but my being is forever. I am here. I am there. I am in America. I am in India. I am in Iran. The names are different, but my being is everywhere. So in this way, place and time came after my being, and they can't be the truth. Only my being is real. There is no higher truth than this, and if the truth is told anywhere, it's the same. That's it.

(The first FDE meeting at Bodrum 2012)

*When I say, "Be", it means that there is no space for
not Being.*

There is only one 'Isness'

(The first FDE meeting at Bodrum 2012)



One of the FDE members writes his understanding about Stop and Grace:

Grace Is. You feel it when you are in the silence and in the region of your heart. Grace Is. You understand it when you Stop and just Be.

So often in daily life, during interactions with others, when you are identifying with the four brothers or when you are so absorbed in all of your various thoughts, a finger caresses your shoulder and reminds you: "See", "Ask" and "Be". This brief encounter is "the moment of grace", which I so value and appreciate.

In Truth, Grace just IS, and being in the moment causes you to feel and breathe That. Such a breath refreshes the soul.



If you don't believe the world, you will be that grace and when you don't go with the world, which is the thoughts, grace will always be with you.

(Sathyam, FDE meeting, June 12, 2012)

Just one energy and Onion layers

Question: I have heard these two sentences from You several times, that thoughts are energy and that when you are in the silence, you receive divine energy. Are these two energies different?

Sathyam: No, there is just one energy. Imagine we have some clear water and name that “energy”. We can pour this clear water into different containers. For example, we can pour it into a container which has honey in it, or we can pour it into another container which is dirty or has salt in it. Water is water, so it is the impurity of a personal mind that would translate it into different things, such as silence, or good or bad thoughts. When a human being trusts God, he automatically becomes silent. In silence, the mind doesn’t struggle and doesn’t have any movement, and this is Being. Being is wisdom, or it is better to say that the nature of Being is wisdom, namely Omniscience. It is so simple, but because of the different things that have been poured into the containers, it seems difficult. Of course, sometimes it is really difficult, but that gets taken care of with effort and patience. *(personal interview, march, 27, 2012)*



Question: Stop Meditation is much easier for me when the mind has a form, like husband, mother, father or my friends, than when it has no form, such as when is just in my personal mind as thoughts and feelings.

Sathyam: Each person is born with his/her own brothers. This is an important fact, accept it and just stand on that truth. Each one of us has feelings that we have touched or not touched, and some of them are so deep that we are completely unaware of their existence, and we think that they don’t even exist. But if you continuously practice, they too will be eliminated. Going through this process is like peeling the layers of an onion, which means that as you go deeper, the stronger ones begin to surface more. After the elimination of the outer layers is when your true work begins, but you will finally finish it.

(Foundation of Divine Era -Conference- November, 13, 2011)



Each of the FDE members was asked which of Sathyam's sentences invites you to the Stop Meditation, Silence and Be:

- When you think that you are separated, don't believe it. It is not true. You are not separate from "that".

(Heart of the Mother Retreat, October 2010)

- Fast when facing your thoughts. When a thought has become repeated in your mind, you must fast. This practice brings about silence and this silence solves the problems on its own, and from then on this silence will be your problem solver. First, fast against your own thoughts, then your reaction towards others will become easier too.

(Personal interview, March, 6, 2010)

- I call the mind a coward thief, because it is scared and robs you at the same time.

(Bodrum retreat, 2012)

- If you look carefully, you will see that all people have two eyes, two eyebrows, one nose and one mouth. But how have these same peices made up thousands of different faces? In fact it is the energy beyond the eyes that makes up the faces. That is the eternal Self.

(Found of Divine Era Conference, June, 10, 2012)

- In order to practice each of the tools that have been given, first you need to find the silence, because silence is the foundation and the base, and without this base, it would be like building a house using paper. A house that is built with paper will fall apart with one puff.

(Meditation Tools 19/5/2009)

- Attention is energy and energy keeps the thoughts alive.

(Sathyam, Personal Interview, November, 5, 2012)

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