

**AMAZING GRACE**



**OVAL ENERGY**

## *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*

*Sathyam*  
Jan 2008

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## *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*  
7/19/2007



## *Untiy in all*

See God in everyone you meet; see God in everything you perceive. His Mystery is immanent in all that is material and non-material. The Universe is permeated by the Divine, it is an expression of His Mystery! Dip into the springs of joy within you and progress; do not stand still or recede. Every minute must mark a step forward. Rejoice that it is given to you

to recognize God in all, and welcome all chances to sing His Glory, to hear His miraculous stories, to share His presence with others.

*Bhagavan Sri Sathya Sai Baba*

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God is the basis of everything. He is Omnipotent, Omniscient and pervades all Creation. Who can say that only this is Brahman (God), and that is not. The only eternal, existent entity is Brahman. The rest is all evanescent. Just as without cotton, there can be no cloth, similarly, there can be no world without God. Do not mistake this Deha (physical body) as real. It is the Dehi (indwelling Divinity) that is the true reality. This Divinity is beyond birth and death, the one without any beginning or end is the eternal Witness. Recognize this truth.

*Bhagavan Sri Sathya Sai Baba*

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# OVAL ENERGY

In this DVD, Sathyam talks about an energy in creation in the shape of an oval. This energy flows in this shape in the sense that it has no beginning and no end. Sometimes She uses the Sanskrit word 'lingam' to refer to this oval shaped Divine energy.



Sathyam begins by thanking two people who are very dedicated to Her. She mentions that She cannot refuse the gifts they bring Her weekly because they have so much love for Her. She adds that one of the ladies who lives in Reno has such a beautiful love towards Her that she helps anyone out of town who asks her for a favor, in order to express their love towards Sathyam. She also mentions that one of these people has bought a comfortable chair for her to use in class.

**Sathyam:** This is really sweet, because it goes to show that love becomes very selfless; devoid of the small self and other people begin to look after you. This is because for you there is no small self to look after, and it doesn't matter to you where you sit or what you eat, etc. This is particularly true when you are in silence, and if you have a good husband, he takes good care of you as well.

Do you have any questions or sharing before we get started?

**A man asks:** Can I give you a hug? That is pretty much what I have been thinking about all day. (He gets up and hugs Sathyam)

**Sathyam:** For some reason tonight I grabbed the Single Eye stuffed toy.



Every one of us who has been listening to the Truth faithfully here, can testify that we are seeing with a single eye more and more; I am not saying that we do it all the time, just more so than before. Our vision is no longer a normal vision and there is always a deeper inquiry, and there is always a deeper translation. Everything goes back to this One.

Tonight, I hope that I don't shock anybody, and I really did not come here prepared for what is about to come out. I am supposed to talk about sex tonight. I have never done it before in my life, and I am not comfortable with it, I am, however, going to go for it.

Many, many years ago, I had a dream, in which I was sitting on a swing with my Teacher, Sai Baba. He was sitting to *my* left which is very unusual, because you are always to His left. We were swinging back and forth, and the next thing I know, there is this amazing feeling I am experiencing in my dream. This was an intense ecstatic feeling one experiences when one is with the Beloved; a physical feeling as we call it. I was, therefore, very ashamed. I could not believe I was sitting with my Teacher, as He was swinging on this swing and I am beginning to feel this way (the intense feeling of physical pleasure). I began to put my head down, as His arms were around me. Something in me then told me to look at Him, and I saw that He was going with His feeling ecstatically. He was feeling it, and then I saw this invisible oval energy, which was very visible to me. It was like an egg, or an oval energy going from me to Him, and from Him to me, to the point that it was no longer clear where it began, and

where it ended. When I saw Him this way, I immediately told myself in the dream that I am really going to get a lesson here, and I am not allowing my shame to take over.

In the dream, I realized that this tantric<sup>1</sup> feeling or this oval feeling, is Om, it is the Creation. It has no beginning and *absolutely* no end. As we became more and more physical beings, *we* decided to cut this oval in half, and look for a partner to fulfill this void. This is just fine and there is no problem with that. What we do have to watch out for though is the fact that not every half of an oval will match our oval. Once this other half oval is found, then the oval is in perfect shape (it is complete), but for those of us who have not found a partner in this lifetime, or we are not supposed to find one, we have to realize this oval does not need an actual partner. It is always there if we can only feel that this is not physical *at all*; this is the ecstasy of the Self.

The farther we are from the Self, the more we want different partners. Why? Because it is the Self that has the oval in its hand...in its bosom. So for the satisfaction of the imaginary half, we go looking and if we are fortunate, we come together with a partner that is carrying the other physical half.

How can we tap into this unbelievable ecstatic feeling, which has absolutely nothing to do with the physical? We have connected so much with that physical notion of it that we have shortchanged ourselves. The easiest way is to know that *everything* we see, *everything* we do, *everything* we need, is for the Self. So, like one of you was saying one night, when you were quoting me, 'Cut out the middle man!' That does not mean we should not have a partner; I

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<sup>1</sup> Tantric sex is about connection and intimacy. Tantra emphasizes sexuality as a doorway to human ecstasy and enlightenment and views sexual love as a sacrament. It offers a path to understanding yourself and deepening the relationship with your beloved.

think on the spiritual path, when you find yourself a partner that is in the same frame of mind as you are, you have done an incredible job in this lifetime.

The thing to understand, however, is that there is nothing outside of us, but everything is outside of the body. We need to un-individualize ourselves to see that everything happens within us, and not to us within that. When we individualize ourselves, we are immediately on the picture as an individual. So, this feeling that I felt on that swing many years ago, never left me. Of course, I was very familiar with this feeling before that night, and before that dream as well.

We have all experienced this feeling of physical ecstasy, and it is this feeling of a divine dance, which has absolutely nothing to do with the Creation and the Creator. It just is the way it is, just like the sound of Om, or the lingam, or the egg shape.

As far as the world goes, if we are lucky enough to have that partner with us in this lifetime, in order to really become in tuned with it, we have to revere that person as God or Goddess, and to imagine that is the Self, the other half of the lingam and that will take you up on the ladder of spirituality.

Do you have any questions or comments so far?

**One of the women asks:** Do we want a partner, because as an individual we want to have that oval feeling?

**Sathyam:** Yes and the oval feeling is in the hand of the Self. When you are on the spiritual path, this is why you get attracted to somebody in whom you are able to see their purity.

Throughout the years, I think we have taken *everything* that the world had to offer us, and realized that it was not what we had thought at

all. I think that was another part of it that never thought to bring it into the meetings, and it just forced itself in.

The divine dance is not of this world, so we have to quit making it fit this world. This is why people get tired of their partners, because they have not allowed this dance to take place. The dance is always dependent on their specific needs; they say things like, 'Oh he did not call me, so I don't want him anymore,' or this or that. It is all about this oval shape taking place, and it has nothing to do with anything else.

**One of the men says:** Anything that is not of this divine romance then is like a dry bone.

**Sathyam:** It is like a dry bone...it is like a dry bone, when two people come together who are not aware of this, even if they are married, they stay together out of their promise or their commitment to one another, or simply out of desperation. It is not out of this divine togetherness. On the worldly level, just imagine that there are two pieces of this egg shape, like an oval and they come together and make it One. When you are aware of this, you have become aware of Creation; the thing is that this (oval) is just the manifestation of it. This is already complete within you, if you un-individualize yourself, it is already there.

**Another man asks:** I have a question. You are talking about the individual only having half of the oval. Is it then appropriate to assume that if you are a whole being then your oval is complete?

**Sathyam:** When you know yourself, you know that it has always been complete. To the extent that you know yourself, you see that your needs become less and less, because you are discovering this oval. In the bosom of this oval, there is *infinite* satisfaction, so if you



are infinitely satisfied, what can anybody give you that would add to this satisfaction? It is simply impossible to add to that satisfaction.

As a physical human being, we are very lucky if we find a partner that has the other half of the oval. You can tell because you are both aware that there is a divine dance going on more than a physical one; there is a divine attraction. Even if you are married or have a partner and you are going around hand in hand, eventually, you will have to find your oval; you need to complete the oval. And this is what happens by dissecting *everything* we have ever believed: fear, anxiety, doubt or joy is no longer what it appears to be. So, the Truth is the Self...the Truth is the Self without individuality.

**One of the men asks:** Does one who is in the bosom of that oval and has developed the satisfaction of that silence, spend less time being interested in the world?

**Sathyam:** Your question is confusing, because you say one that is aware of the lingam and is in the bosom of that oval.

When you realize you are no longer an individual, you are not in the bosom of anything. You see, as an individual you will feel as though you are only half of an oval; as we recognize more and more that this feeling of what we call sex is actually the beginning-less intoxication of the Self, we become more aware of that with our own partner. When we are with our own partner, there is an incredible (flow of oval) energy that takes place. Even though it is physical, it is eternally divine and that is true 'Tantric'. Tantric does not need a partner, because it is not physical. But on the physical level, you can bring it and help yourself spiritually with your spouse or your life long partner.

All of this chaos or havoc we see on TV, or hear about on the radio, or see in the movies or even on the street about sex and all of its entailing

scandals, are just bubbles on the surface of the water- which could burst at any moment and become nothingness. Just look at the divorce rates throughout the world, and I am not blaming anyone for what is going on in their marriages. I am just saying that this is because it is getting too far from even the meaning of sex and true partnership. Partnership is divine Shakti and Shiva coming together; this means divinity with this activity and this power coming together.

A man and a woman are the images of this Shakti and Shiva...images of this divine play. Woman is the play, and the man is the background; when they come together on the physical level, it has to create this atmosphere of the divine dance. Otherwise, whether it is in a marriage or other partnership, it becomes a burdensome, long and never ending situation that one has to endure.

I have not even talked to my own husband this way. This is absolutely nothing sexual; I call it sex only to bring your attention to this *divine*, self-contained Om, in the form of the lingam.

**Another man says:** It is more about union than sex.

**Sathyam:** It is more about the union, but even the physical union, if you don't know what you are doing, is no longer a union, but again as one of you said earlier, it becomes like a dry bone. Even the process (of sex) has to be vigilantly and consciously realized, in terms of what is happening during the interactions between two people, for us to see this oval energy going on. This energy is very visible, and you will see this energy picking itself up between two right people, if you are conscious of it.

**A man talks in depth about being 'whole' and therefore being able to be with someone else who is 'whole.'**

**Sathyam:** In order for you to love yourself, you have to know your Self, otherwise you would love your character. Would you love your

character though? I don't think so! I mean one day you will love your character, and then the next day you will say to yourself, 'My God why did I do such a thing?' I am saying 'you' but I mean 'you' as in all of us.

The more understanding you have of who you are and that Self, the more you realize that Self...the more you realize that there is nothing but that 'love'; that is what I am talking about here. It is a love without purpose; it is a purposeless love. However, if you tell someone 'until you can love yourself, you cannot be a good partner', there is no way they can love their character. They have to unfold to the point where they can actually love in this special way.

Then they realize that even holding hands is a lingam, even talking with an understanding is a lingam, and even gazing into each other's eyes can create another lingam. It doesn't have to be a completely physical experience for it to be a lingam, these are some things to be consciously aware of.

Again going back to your Self: for freedom here and thereafter RECOGNITION OF THE SELF is necessary, period! It depends on the selfless love of the Guru or God. The dormant half of the lingam is within us, it is like an eclipse. With utter devotion and love of God, the veil will be removed and the moon will be revealed. With this intense love, you will gradually experience the half that was revealed because of the love of the Guru or God, in the form of awareness and totality.

For example, another very beneficial discussion we had previously was about what happens after death. And we realized that whatever we learned of who we are carries on thereafter. So, to the degree that we recognize the Self, we don't have the mind to follow us after we leave this body. We can benefit from this arena by knowing this.

Tonight's discussion is the same. We benefit from the experience of partnership and oval energy if we know what we are doing.

People jump from one bed to the next, the next and then the next, and I don't judge them in any way, as long as they are having a good time. But how many beds can you jump into, which become dry of any type of meaningful sensations? It is therefore a very divine experience with or without form, as long as we are conscious of it. You see, when you become conscious of your beauty, you love to look at yourself; when you become conscious of this energy, then you can actually be in tuned with it, and not out of tune with it.

**One of the women asks:** As a single person on this path, taking into consideration everything you just said, as you encounter new people, do you just hang on tight to your own lingam, and to everything that you are teaching us here, so that you go into whatever interactions you have with others with that kind of awareness?

**Sathyam:** You work on the discovery of your own perfect lingam, which means un-personalizing yourself. And, remember when you come across a potential partner, *do not* touch them with a ten foot pole, unless they have proven to be the other half of the lingam. That doesn't mean you shouldn't, but just because you asked me, this is what I am saying to you. The reason I am saying this is that at that point every communication has to create this atmosphere of lingam. If you are conscious of it, you will see; honestly you will see this light happening in a lingam shape.

My main teaching, is to do everything 'consciously', if we are not conscious, our understanding will never expand. This is because this is the world of consciousness, so everything has to be done consciously. In this manner we keep ourselves firmly present in this moment.

And if you have it with someone, but you don't have much commitment, then follow your heart and say to yourself, 'For now this is where I see it.' There is always an exception to the rule, I am not saying it is a set rule, but whatever the situation is, be conscious of that lingam. If the lingam has a lot of static and is out of tune, why bother? Why waste your time?



**One of the men says:** Whatever you teach here stays with you and it develops your character and affects how you present yourself. When you do that, you start attracting people who are of similar mind.

**Sathyam:** Yes...yes...yes (Sathyam says enthusiastically) that is absolutely the truth. You are cooking tonight my dear boy. That is absolutely true, when you become conscious of it, there is definitely an effect on your life.

Have you seen people who go around saying, 'I don't know why I attract bad people? Why do I only attract suckers? Why do I attract the worst people?' Don't search any farther than inside your own self! Look inside and see, 'What is it in me that I have not been consciously aware of that is pulling this into my life?' Don't look for the answer in your thoughts though; look for it in your hiding place instead. Where have I hidden my Truth, that it is attracting clueless people to me? Where is that place that I hid it, I better discover it again for myself!

And then you see people who have discovered this Truth even 10%, they say they cannot believe how their life has changed, or the grace they continue to receive daily, even with things that appear insignificant. This could be small things happening like they were thinking of someone and that person suddenly showed up, or they were looking for something and they walk into the right store, etc. Why is this? Because there is only one Self, and the more you discover it, the more perfection it is, the more Truth it is.



**Another man says:** I just read this recently that a lot of times we focus more on what we don't want, so we are putting out that energy just like you used the term 'sucker, and why am I attracting suckers?' So, a lot of times your thoughts are on 'I don't want a sucker.' If you are not seeing that you want a loving and compassionate person, then you can't attract that.

**Sathyam:** Yes, but I want to free you even of that. If you think your thoughts are powerful, you will never get rid of them, whether they are negative or positive. When you do decide that the mind is not your business, and that your business is the Self, you have shifted your attention from the duality of the mind to 'I am the Creator.' As an individual, we are not the Creator, we simply cannot be. If we were, we would know how our hair grows at night or how we could make our fingernails grow more or to grow less.

We stay away, I stay away, the teaching stays away, from any type of giving the mind and its thought patterns the things that don't belong to it (such as power.) This is because if you give it validity, it becomes a greater obstacle of imagination, so what do we do? The mind is energy, which is neither good nor bad. By the habits and the beliefs, it has gotten shaped into something; the same way that we go into the jail is the same way we get out of the jail. (There is a snow globe on the table with a small replica of the Alcatraz inside; Sathyam picks it up to demonstrate)

We came in believing too many wrongs, and what do we do? We drop it and we come out of there; even the jail door opens up for us, when we are ready to walk out. Every one of us has experienced this; we thought we were somebody, and we had problems; and little by little, we realized that we are *nobody*, and therefore the problem *cannot* be too great.

I am so glad you brought this up because I cannot emphasize it enough, there are so many readings focusing on positive thinking, and then not having negative thinking, imagining yourself in a fancy car like Porsche, etc. And you may even get some results from it, but it is a disaster. Why? Because you are living in the mind and not in your divine state of Being. Not too many people and not too many places will stand their ground like this until you are free.

Even a good or an obedient mind is not our business. What is our business? To drop the duality and to drop what is temporary and to hold on to what we call God, Self, Teacher or whatever you want to call it. Hold on to that, until there is no residue left, and then because we left the mind alone, it begins to fade the memories of the past and the pain. When that happens, what actually happens? It then becomes the pure mind, where the sun shines on it, and you would

think that they are both one and the same. It becomes an *avenue* of the awareness, and an *avenue* of the Truth.

We are very lucky here, and there is not a time that I do not go down and kiss the ground daily, particularly in front of my Guru's feet. Why do I do this? Because so many of us outside, do not have a clue and here we are all shining in our own evil...oval...I meant to say 'oval' not 'evil'!!!! (Everyone laughs)

**One of the women says:** In the DVD titled, 'Seeds of Omniscience,' (from 4-18-2006) you speak about the story of the man who had two sons, one who was very obedient and loyal to his father, and the other who left home and spent all of the family's money. Upon the return of the mischievous son, the father throws a feast to welcome him back home. The other son however, was very distressed and confused about this and said to his father, 'I have been a good son, and I have obeyed you, and stayed loyal to you, yet you throw a party for the return of your other son, who was not good to the family at all.' The father says, 'I had to do that in order to welcome him home.'

**Sathyam:** This is the gateway of a Divine being, God, or the Self: when someone is too far away from the Home (pats Her heart) and is inflicted with a lot of pain and sorrow, when he comes back, as he approaches the Home, the Home opens up and says, 'Come, I celebrate your coming.' So many times has Baba said, 'I have been waiting for you,' and that exact thing has happened to me too with other people. 'I have been waiting for you,' what does that mean? It means that you just turned around to come Home again, and you got tired of wandering away...*in your mind*; there is no other place to wander around in- other than in the cosmic mind.

I tell you guys about my joy, and then you tell me about your joy, so we exchange joys tonight (laughs). My joy is that we are in a place



that I no longer have to worry about who understands and who doesn't. I can talk freely, and it is such a good place to be. For so many years, I had to take one step forward, and then go backwards, feeling that someone might have been lost or confused about what we were saying. Now it doesn't matter, and it is really good to be able to talk about any topic, even sex and be o.k. about it. I was a little shocked and panicked in my meditation (when I found out what the topic was tonight), but it had to be said.

**One of the men says:** You just told us what sex is.



**Sathyam:** Yes, just think of an oval and if you take it to self-inquiry, you will see more and more of that oval and see it in every part that takes place.

**One of the women says:** I was thinking that sometimes when you are distressed, or you don't feel good, you want to practice more of your teachings. But isn't it important to be just as vigilant and practice when things are going well?

**Sathyam:** I will tell you about my own experience in the past: I would do it much harder when things were going well. At first, when they were not going well, I would use *every* opportunity to go deeper and deeper, and then it became so that the good times were happening more often than the not so good times. So, I would take them (good times) for a ride, as you have more and more of your peace, use your

peace to go deeper and deeper. This is because the scale tips from the miserable side to the happy side, so then you use the happy side now to go even deeper.

**One of the men who is relatively new asks:** So, does it eventually happen where you don't have to practice and you could just be?

**Sathyam:** With the practice you would never have this question, because the practice leaves you. You want the practice, as I wanted it so badly; I would sit down and do all of my practices again, yet somehow, the Inner Teacher becomes so melted with you, that beyond the shadow of a doubt, things just automatically fall off of you, even though your body and mind want it more, it will happen. The whole ride, however, is very, very painless and very beautiful, and the only time it may appear to be difficult is when we are not willing to have a better life. Once you decide 'no more', then you just start going up.

**Another man says:** For me, it is like what you said; it is like the evil and the oval. Even the evil part is right, because you start with all of these meaningless things that appear to you as good, and that you are satisfied with.

**Sathyam:** Until you are not any longer; it will never give you lasting satisfaction, if you are lucky! I don't like to use the term 'evil', but it is simply a play of words. It is just personalized, and it means ignorance and not necessarily evil. The beauty of it, however, is that had it not been for that which we call evil, we would not enjoy the oval as much as we do. This is because we now know the contrast and can differentiate between the two experiences.

Someone came to our class sometime ago, and he was the epitome of the mind. After he left, a few people came up to me who were puzzled about my allowing him to stay in our class, which they found

bothersome. My reply was 'I wanted you to measure yourselves. This is who you were before; nothing but this bundle of energy, like a chicken running around with its head cut off, making no sense whatsoever out of our education and being very proud of our education; being proud of our job, being proud of our car, being proud of our home, etc.' The more we have, the humbler we should be, because we realize it is not ours; it isn't ours as a person, as a person it is a dream; when you think you are a person, you are dreaming.

**The same man states:** It is hard to accept that at times.

**Sathyam:** It is harder not to accept it, for what is our alternative? To go back into the prison again, that is our only other alternative! (Picks up the little Alcatraz toy) Who wants this? Yes, your mind might say it is harder, do not go with it!



I have done so many things that used to frighten me to no end, for example, taking my two babies to India 25 years ago, whom my parents said I will never come back with. They would say that I am going to kill my children, because of the poor hygiene there; that was my mind talking to me in the form of my mother, and I went anyway.

**Someone says:** That is a very interesting way of saying it, 'Your mind was talking to You in the form of Your mother.'

**Sathyam:** Yes, yes, yes, because there is *only one* Universal mind. And the beauty of it is that when you don't read your thoughts, automatically you are not reading the thoughts of the world either; they are both erased together. It is like cutting two apples with one hit, and it frees you of both the Universal and the personal mind influence.

**Another man says:** I like the analogy of the evil and the oval.

**Sathyam:** Yes, evil to me means ignorance and ignorance is not an individual's fault, rather it is a Universal belief.

**He continues:** That is why when I see evil vs. oval I don't hold on to the evil.

**Sathyam:** Live consciously! Be consciously aware of the Self and then do; consciously be aware of the Self, and then dissect. We will then be just like this (pointing to the Single Eye toy), we see only One, and then we will be happy.



(Sathyam suddenly notices two pictures on the wall and says) Oh my goodness! Will one of you read the writings on the two wall hangings with pictures of an oval, please? I know I wrote them, but I don't remember!

**One of the men reads:** Devotion and One-pointedness to the Self.

**Sathyam:** You see how the devotion in that picture is built around the Self, and is it not in the shape of an oval? How about the other one?

**The man reads:** The other one says 'Seed of Consciousness.'

**Sathyam:** 'Seed of Consciousness,' the Om, that sound of **Om**, that created the Creation, and what happens is that as an open egg, we go back to a closed egg, a self-contained egg.

Right now people as an oval are shattered; one piece is at one person's house, and another piece is at another person's house, so on and so forth. This energy therefore becomes potent when it is appropriately used with a partner holding the other half. This is not necessarily a law etched in stone, it is just information that I gave out tonight, please follow your own heart, and do whatever you need to do, but also remember this Truth! Invariably, when you are aware of this Truth, your partner shows up- if you haven't had the oval with a partner yet.

**One of the men who is relatively new asks:** I want to ask you a question that has been bothering me, is there a God?

**Sathyam:** Is there a God? Yes there is. If you are on the first step of a ladder, beneath a roof, and you ask me if there is a bucket on the roof, and I am on the roof and see the bucket, so I will say, 'Yes there is.' Now, to me because of being on the roof, the bucket has a different meaning, you, however, are coming up because of the bucket. I cannot say that there is no bucket, because the idea of the bucket got me up on the roof.

So, there is a God and by wanting God and by loving God, you will get directed up the ladder. You can call it what you like, God or Truth, whatever you have some sort of intimacy with, or a liking towards. Just keep 'that' in mind, focus on it with a single eye, and

when you get to the roof, you will not have this question. So, yes there is a God, and we will talk when you get to the rooftop.

(Sathyam comments that the room is hot; She jokingly adds that that is o.k., since we can experience the oval energy because there is sweating involved in it too)

What is your next question? (Sathyam asks the man who asked the previous question.)

**He replies:** I was getting confused about consciousness.

**Sathyam:** Consciousness is God, look at it as God, until you don't anymore, pure consciousness is God. Do this until you get to the roof and you have un-individualized yourself, and you don't see any difference between you and the bucket up there.



Consciousness in its purest form, before we believed all of this duality was God, is God and will always be God. What happened is: this is the pure consciousness (holds up Her right hand to represent the plain canvas) and we call it God. On that, your body was born and before you, your parents' bodies were born, and both of your parents made sure that you know who you are as an individual. We have all made that same mistake.

They said 'Oh you are our boy, you are going to take care of us when we get old, etc.' You believe everything your parents start to tell you about who you are, as their son and as an individual. Next thing you know, you have forgotten that pure consciousness. Why? Because you fell under the umbrella of duality, and the pictures that accompanied it and you forgot Home. We all forgot Home.

Then you started saying to yourself, 'Wait a minute, this doesn't make sense at all, why am I so unhappy if I am Home? Why is there suffering? God should not hurt.' So, you begin to ask questions. What happens is that because of your own self-knowledge, and because of that Self, once you erase and you don't go with your mind, what happens is you see nothing but pure consciousness or God. We call it God; you can call it anything you want to...God is good.

My path was that I *loved* God with *all* of my heart, and then I loved my Teacher with *all* of my heart. Then on the roof I saw the bucket the way it needed to be seen. *Every* part of that was part of the process, and your process is just as good, just don't let the mystical path bring in too much doubt for you. Do not make too many distinctions and separations between the Guru and the Self. Focus your attention on their one-ness; it does not matter what name you use; use any name you want, just make sure that it suits you and sits in your heart; do not use it because everyone else is using it.

Many years ago, a newcomer came to our house, where we have Sai Baba gatherings. He came into the meditation room and asked me, 'What is Baba to you?' I have always been honest with myself and I know all of you are too, so I said, 'Today, just now, He is just a teacher, but if you come over tomorrow, I might call him God.' What difference does it make? Go with how you feel at that moment.

Did that help you? (Asks the man who had asked if there is a God)

**He replies:** Yes that is why I gave you a hug earlier.

**Sathyam:** Any other questions before we say 'Namaste'?

I realize through watching the DVDs, that we are having more questions than we used to. This is because at first, you are like a dry sponge and then the water drips and drips on you. When you get full, then you are dripping yourself and that is why these meetings

have become more of an oval, than just energy going out from me; it is just as well coming back around through your understanding.

Someone once asked me 'How can you say the same Truth for seven years, and still be interesting?' I responded, 'How can you go out of your home every day and see that many different faces throughout the world?' There is only one nose, one mouth and two eyes, how many forms could it be? There seem to be so many different forms, because the energy behind the eyes gives the form to the face, or the different mystical form to the face. We think it is physical and it is not physical; it is that eternal Self or God or Guru. These are all synonyms for the Self.

**After a minute of silence Sathyam begins to sing:**

Bolo Bolo Submila Bolo  
Om Namah Shivaaya  
Om Namah Shivaaya  
Bolo Bolo Submila Bolo  
Om Namah Shivaya  
Jhoota ja taamey Gangaa Dhaari  
Trishoola Dhari Damaru Bhajavey  
Dama Dama Dama Dama Damaru Baja  
Goonj Uthavo Nama Shivaya  
Goonj Uthavo Nama Shivaya  
Om Namah Shivaya  
Om Namah Shivaya  
Hari Om Namah Shivaya  
Sai Om Namah Shivaya  
Bolo Bolo Sabmila Bolo  
Om Namah Shivaya

Don't forget please, if you forget your name don't worry, if you forget your keys, don't worry, if you lose your credit card, don't worry, if you lose your job, which you won't, don't worry, worry when you



listen to your mind, and you don't know who you are. We are all Prema Swarupa, the embodiment of Love; we are all Atma Swarupa, the embodiment of God; we are all children dancing in this play. Enjoy it, enjoy it and don't be fooled!



**NAMASTE**

*Sathyam*

*Oval Energy DVD, 3/13/07*



Last year, in one of my son Ahmad Reza's classes, a teacher gave students a project.

This project was to make a "Mandala", and write an article called "The Circles of Power" about it, referring to the inner power of beings.

In Tibetan Buddhism, a Mandala is an imaginary palace that is contemplated during meditation. Each object in the palace has significance, representing some aspect of wisdom or reminding the meditator of some guiding principle. Tradition dictates the shapes, sizes and colors of these objects. There are many different Mandalas, each with different lessons to teach. Most Mandalas contain a host of deities as well as inanimate objects.

Ahmad Reza wrote the article on his Mandala, but it is interesting that he made his Mandala in the shape of an oval instead of a circle, despite the fact that the teacher had asked everyone to make the form of the Mandala as a circle, because after all it was called the "Circles of Power". When I asked Ahmad Reza the reason for making his Mandala in the shape of an oval, he replied: "Although my teacher

asked me to make it in a circle form, but I see my inner power in an oval form and that's the way it is."

**These are a few lines from his article that I'm sharing with you:** "The first thing people may or may not notice about my Mandala is that it is not shaped like a circle, but rather an oval. This is because my inner light, or soul, has outgrown the shape of a circle, because of the amount of love and joy I receive from my family and my life every day. Since everything on my Mandala is centered around the inner light, everything else had to be an oval in order to emphasize my inner light.

My inner light is me, it is my conscience, my instinct, my truth. I need its energy, or I would not be a kind and gentle person. Its light flows through me and connects my heart to my mind to my soul, and when this happens, I know that I can do anything. Sometimes its light goes through me and attaches itself to others, this happens when I have an excess amount of energy which is very frequent. Most of the people who know me have become better people and have become nicer and much more polite. I do not know if it is coincidence but I do not think so. The truth to me is God, and to me it feels like a part of God, or the force is inside of me, and is guiding me to become the best I can be."

With love,

Nilufar

I never knew there were perfect people in the world, before I met Her. I never knew anything, but I walked around acting like I knew everything, before I met Her. I never knew it was possible to have enough love in your heart to carry you through life and beyond, until I met Her. I never knew how to love myself, much less anyone else, before I knew Her. I never even knew how to properly breath, before I met her. I never knew how to see others as myself, before I met Her. I never knew how to trust the world completely, before I met Her. I never knew how beautiful this life really is, until I met Her. I never knew how perfect my life has been all along, before I met Her. I never knew I was playing in such an enormous movie production, before I met Her. I never knew how euphoric it feels to love, adore and be with God twenty four hours of the day, before I met He. I never knew how puzzle-like this life really is, if you just look at it from your heart, before I met my Guru. Oh dear God if I could count the ways I love Her, for all that She has done for me, I would be a gray old women still speaking of all She is capable of, all because She loves me! This is the kind of love that is only known in heavens!

How can I not be with my Guru twenty four hours of the day, praising Her every breath, when She has transformed what I never knew was imaginable? I adore You and I thank You from the bottom of my aching heart.

Love always,

*Sathyam's Labkhandeh Ziba*

*When the mind is destroyed, the world too is destroyed and one is free, one is liberated, one attains Moksha (liberation).*

*From the Book Jnana Vahini*

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*Unless you know who you are, everything that you think has no power, and is not true. And, the more responsibility you take as the doer, the more you are going to be crushed under it. Remove the idea that you know; you don't know anything!*

*Sathyam*

*Asatoma 3/1/05*

By truly accepting, believing and practicing “We are nobody and that we don’t know anything” I can unload the responsibility of centuries of doer-ship. I feel weightless. It feels like the rusty lock of hundreds of prison doors open up and I fly out like a free bird. I feel like I am breathing pure oxygen. My body feels lighter.

It is like there is no prison, no warden, and no hangman. The fear and the anticipation are gone. The road is paved and clear, the weather is heavenly and my weightless body is a passenger sitting on a bus, just watching the scenery from the window. I know that the driver knows the road and I don’t have to pay attention to the road and driving. I just enjoy the view and cherish the thought of reaching the destination.

The rapidly passing scenery is my life which is going by so fast that it has lost all meaning and reason. I only ask of God that this bus will not stop at any intermediate stations of mind and thoughts, since it won’t be but a huge waste of time and hindrance of progress.

I do not want to take my eyes off this divine road, even for a second, since I know this road is the way to the Truth.

*With much gratitude and Love,*

*Giti*

*My Beloved, my Dearest, my Most Precious  
Sathyam,*

*August 18th is an auspicious day for the whole  
world. It is the beginning of freedom for all Lovers  
of the Truth. It is the light of Your being and your  
Divine Silence that brightens up the creation, leads  
us from darkness to light and fades away ignorance.*

*I congratulate You, Baba and the whole world for  
Your auspicious Birth Day.*

*Forever at Your Feet*

*With all my heart, Your Gopi*



TRUST

## We are not the doer

Unless, you know who you are, everything that you think has no power, and is not true. And, the more responsibility you take as the doer, the more you are going to be crushed under it. Remove the idea that you know; you don't know anything. The mind is trying to convince you to be somebody, refuse it. You just showed up, and the children showed up, and the best you can do is to love yourself, and to love them, and leave the doer-ship to somebody else. Yes, your mind has no power. This is what I am trying to say, that for some reason, throughout many lifetimes, we became very arrogant. The arrogance that we now have is that we think we are the doer, and we picked up a whole bunch of garbage along with that. And, the most unbelievable part to it is that, the less you do, the more the doing does itself. This is why all a self-realized person would have to do, is ask for what they want within a whisper of a very subtle thought, and what they need is there, and provided for them. This is because they don't take thought. Why do we take thought? We do it because we think we are the doer. We think that these are our August 2009 kids, and we have to raise them responsibly, and we make millions of mistakes in the process, and put ourselves in many horrible



situations. It is best therefore, to nourish with the Truth, not only ourselves, but our children as well. I learned it myself, the hard way.

In a situation where you think you have messed up, if you say 'oh my God, I should have known better,' you are picking up the baggage of doer-ship, yet one more time. And, that is absolutely untrue, and it is the absolute most untruthful thing anyone could pick up. Now that we know, we work on ourselves.

*Sathyam*

*Asatoma DVD, 3/1/05*

**Sathyam's DVDs, Audios, DVD Transcripts, Books, and also Her  
Interviews, Conferences and Newsletters are available via our  
website**

**<https://www.trustandletgo.com>**



**AUGUST NEWSLETTER 2009**