

Satsang with Anil Kumar for a youth group from Kerala

22/10/2008 Morning

Part 2



My Pranams at the lotus feet of the most beloved Bhagawan. Dear Brothers and Sisters,

I am extremely happy to be amongst you once again this morning.



Usually the youth camp is held in the month of May at Bangalore by the Kerala Youth Sai Organization and usually I am away at that time on vacation or on tour spreading Baba's message in India and abroad so believe me or not I have missed you each time. Therefore as your trip is advanced to this month it appears as though the Divine will wishes that I should participate in this youth of Kerala Sathya Sai Organization. I am very happy and thankful for that.



A beautiful performance last night by the Kerala youth

First of all I will thank you for the excellent program you gave Baba last evening in the Sai Kulwant Hall, give everyone a big hand. I give my compliments to the dancers, the singers, teachers and also the costume designers in particular, my appreciation for the Kerala presentation which was done with a difference. We are passing through a period of Rudram which is chanted every day in Sai Kulwant Hall in praise of Lord Shiva and yesterday your dance based on Siva with perfect team work and seasonal timing. I have knowledge that Kerala is known for its music and now I know it is also for its dancing. The man in the front did a fantastic performance, the facial expression and the postures in perfect resonance with the entire audience. I have not seen Bhagawan repeatedly complimenting as He did yesterday. The dance was followed by classical music sung by the women and next by the men it was a heavenly experience. Kerala youth did a multi lingam presentation for the first time in Sai Kulwant Hall. I especially appreciated the children for their discipline; as Swami called them one after the other they observed discipline of the highest order.

The Avatar Sri Sathya Sai Baba

We think about Bhagawan as omnipresent, omniscient and omnipotent. Bhagawan appeared in His physical form in Los Angeles for four months, each day teaching Yoga to a devotee whose name is Charles Penn. He is not simply Sathya Sai Baba in a physical form as we see Him here in Prasanthi Nilayam; Baba crosses all the limitations of space and time. A great highly educated man traveled throughout the whole of India, he was told that India stands for rich cultural heritage; sages, saints and spiritual practitioners. He visited every Ashram and spent some time by the feet of every Guru he met, finally he reached Prasanthi Nilayam and he declared that God is here in this Ashram in the name of Bhagawan Sri Sathya Sai Baba. His name was Dr. Hislop.

We have another great man, Howard Murphet from Australia, very well known in the Theosophical society. He published a number of books on Theosophy and that gentleman came to Baba, he saw Baba materialize vibhuti, chains and rings for many people. He heard many people's experiences about Baba's visible and invisible interaction in their lives, helping and guiding them in all kinds of difficult situations. He concluded that Baba is the Wonder Man and published a book "**The man of miracles**". Then he wrote another book "**Sathya Sai Baba the Avatar**". In this book Howard Murphet declared fully and openly that Bhagawan is an Avatar. His third book he wrote "**The Journey to Puttaparthi**". He writes about Puttaparthi as a place of peace and spiritual excellence. The fourth book by him is the message of the Avatar "**Sai Views**" and contains Baba's wisdom and teaching.

As we grow in spiritual wisdom we will have better understanding of the Avatar Sri Sathya Sai Baba. As we improve our vision, observations, comprehension and awareness, we will be wonderstruck about Baba's knowing of everything and amazed how He is helping each and every one who prays to Him for help and understanding.

Bhagawan is the Master of the whole Universe, holding total control of the five elements. Japan is known for its earthquakes; the newspapers report heavy material and personal damages. We can also read that some are not affected at all, neither loss of property or lives; these people who are unaffected are the Sai Centers and Baba's devotees. Swami's love and their love for Swami saved them from a catastrophic experience. There have been incidents where airplanes have been in deep trouble due to turbulence in the air and other mechanical problems where the threat of crash landing was very imminent. The pilots got instructions, followed them and finally landed safely.

When one of these pilots came to Prasanthi Nilayam Baba told him "I saved you and your passengers from death, I directed you when you lost your way". This gentleman happens to be Mr. Sinclair from the US. I can also give you an example where Sai devotees had a Sadhana camp in a thick forest. Korea is one place and California

another, a fire accidentally and suddenly occurred. The only rescue they had was to close the doors and repeat Sai Baba's name and the place was safe and secured from the fire.

One gentleman, Ananta Ramana, who was in the Indian Foreign Service had no faith in Baba, but forced by his aged mother to see Baba in Bangalore, Whitefield. While his mother went in for Darshan the son and his family went to a Hotel to enjoy a swim in the swimming pool. The mother came back from Darshan and could not find her grandchild at the hotel anywhere. When she looked in the swimming pool she could see the child on the bottom, the small body was blue and the child's lungs full of water. The grandmother went on repeating Sai's name while the son massaged the body. Surprisingly the son started to cough and throw up water from his lungs and came back to life.

Doubt your own mind, not the Divine Love and Power

The reason why I am telling you these experiences is to clarify to those devotees amongst us who may doubt Baba's Divinity. Question and doubting is common when miraculous incidences happen; but if we truly connect to the Divine with our heart and spirit we will be safe from major disasters in life. Bhagavad-Gita says that those who doubt will not last. If we take questioning in a positive frame of mind it will be enquiring. All Adi Shankara's interpretations will certainly stand the time of enquiry, reasoning, rationalizing and scientific investigation. That is why it is held at a high standard work until this day. So questioning, if we want to know and learn it is not always negative it is a quest and very positive. The doubt is usually negative but we can doubt ourselves and our own mind and ability to understand things in its true and spiritual context; that is a mature way to doubt. I should watch out and doubt my own procedure and my own mind when things are not going smoothly in life; that is what doubt should be used for, not to doubt the Divine and its capacity to perform miracles.

There is a reason why we cannot experience God. The sun is always shining and when we cannot see the sun it is because it is covered with clouds. If I happen to see you as two or three people there is nothing wrong with you, it is the fault of my sight or my mind. So better we doubt our own sight, procedure or technique and not The Divine. Even scientists doubt their own experiments and question their investigations in a positive way; that leads to further explorations in science and technology. Therefore boys and girls, nothing wrong in questioning, we will emerge successfully and with conviction if it is done in the right spirit and our clarity and understanding will be firm and outstanding. Nothing will be able to shake you from your belief and trust.

There is a reason why Baba says “come to me examine and experience” Swami doesn’t say “believe me”, he likes you to doubt before you have your own experience and draw your own conclusions. I was watching you smiling with beautiful faces full of yearning for God; looks so straight and deep with personalities so fresh and lovely; that makes me want to share more with you. If my attempt is pleasing you and inspires you to make another visit to Baba, and to go deeper into the spiritual wisdom and explore the mystical experiences we have around the Avatar, then my objective is fulfilled. Whenever you go to any Pilgrim center it is often said we wish and pray for your repeated visits. My present prayer is that God should bless you with repeated visits. I will give you two more experiences which just came to mind.

First experience is from a Doctor in Andhra Pradesh. He came to Baba for a brief stay, some of you must have noticed that Prasanthi Nilayam is a place where it is easy to forget the time and date. The mind which stands for memory is in the hands of Baba and He is holding the remote control and He knows when to make you think and when to make you forget. Therefore when Swami enters the Hall we forget our questions and handing over letters to Him, we just sit and watch while He is doing His silent work on us. This Doctor stayed for more days than he had planned for originally, finally he decided to go back. On his return home he saw his house had been visited by robbers and his watchman was badly beaten up. The watchman told him that a gang came last night and when they had collected all the valuable things in the house and were on their way out, they saw the photo of Bhagawan and started to shake and run away from the house without any of the valuables. The Doctor understood that Baba must have shown Himself in a form that was so frightening for the thieves’ that they just ran away.

The second experience is about a lady named Hamsavini a teacher in Baba’s school. She had to undergo an operation by the advice given from Baba. Baba said, “I will come to the operating theatre.” She did not think that could be possible, but on the day of the operation a red robed man with a big hair style appeared in the operating room. This red robed man stayed there until the operation was successfully finished and then vanished into the air. Dr. Laxmanrao of Thirupathi, who was in the operating room at the time, was a witness to the incidence. I am telling you all the names so you can check if necessary and also because I am a scientist, certain data has to be there for reasoning. I can go on speaking of Baba’s miracles and devotees for days and days. During my 30 years of association with the Sai movement I have experienced and heard an unbelievable amount of beautiful stories.



Keep your heart open and shining with the love you experience with Baba

If anyone asks you, what is the most beautiful and unforgettable thing that happened to you in your life, take it from me the answer can only be one; the highest achievement in life is to come and see Bhagawan Sri Sathya Sai Baba. Our duty is to experience more and more and it is entirely depending on our Sadhana. The seed germinates into a sprout or a tender flower. This flower has to be watered, manured and protected so it can grow to its full potential. Similarly the seed of faith and experience is laid down in your beautiful tender hearts, which will develop into a vibrant and radiant lotus. You have to nourish it with love, manure it with Bhajans and protect it by prayer and service. Faith will be its fruit. If we do this it will grow into a gigantic tree of faith and conviction wearing fragrant flowers of virtues and character with a sweet fruit of joy and bliss.

My students, I address you as students to be more close to you. Now what shall you do to keep this first meeting with Baba alive and growing in your hearts? First love is the strongest and we remember it and can recall it always. This love will very seldom stay as it was initially, it will change into understanding, friendship and compassion for each other. If we think we can stay in a passionate love always we will fall; falling in love (laughter). Divine love has a quality to go on increasing day by day. We want love to shine with the same light all the time, as it does in the oil lamp when we continuously refill it. Similarly if we want the divine light of love to shine brilliantly in the lamp of our life we have to continuously add the oil of devotion.

Sing Bhajans

My first appeal to all the young men and women here is to keep the love and the inner connection with the Divine shining. To start thinking of Him, sing Bhajans to His Glory. Kerala being the State of music can go to great heights by singing Bhajan by your Sai Group standards.

When you reached out to your mother and father for something they would respond; likewise when we make an attempt to come closer to the Divine, the Divine will run towards you and you will get an immediate response. Telephones may not work and sometimes the post is delayed and the fax machine out of order, but prayer and Bhajan is a guaranteed immediate, spontaneous contact with Baba. Before the songs come to an end He comes to your aid.

There are different Bhajans for different occasions. If you are happy and ecstatic, devotional, prayerful or need to contemplate; certain Bhajans can match that blissful state. Other songs will pacify and make your mind peaceful. The response will be instant but you must sing from your heart not from your mind; that is the challenge. If we sing in a mechanical way and are bored and tired, it will naturally not give the required response. It is never a waste of time to sing Bhajans, something beautiful will always

come out of it however we sing, the full benefit will be experienced if we give it our full energy and attention.

“Bhajan must spread good will, love and ecstasy; it must invite all to share in the joy and peace”. Baba

Activate yourself in Service

Service activity is another thing which will keep the love connection and a love link open with Swami. Once we have tasted the joy while rendering seva, we will never leave a life of service. The “reward” is immediate and you get it in the form of Grace. Grace can come to you in many ways and forms, often at times when you need it most. Faith is your security and your insurance; never forget that. Be rich in devotion, be joyful and sing His Bhajans. Service and singing should go together, like bread and jam.

The second and third thing you can do to keep the love connection flowing is to read Swami’s books and the monthly magazine, Sanathana Sarathi, or the Kerala publications. You will have wonderful knowledge and information, such that you can talk to any group and draw near and dear to peace and truth; be the center of attraction both to intellectual as well as innocent people. Therefore read Sai literature; when you open the book you may find a message or advice that you need most at that time. You may get directions for life when you read the discourses; you may get consolation and sympathy.

I know the number of youth attaining a camp like this in the future will be double. You are the champions of this Sai mission and you might be the leaders of the future Sai Organization. I have full hope that the Sai Organization will be a success because we have got promising youth in large numbers in the state of Kerala as well as other states in India. Also many involved youth around the world. This Sai mission will continue to burn, spreading light and joy in Kerala as well as around the whole world.

Remember when you do Swami’s work He will do your work much better than you could do it yourself. You are going to be excellent in your studies, best in your performance at work and your face will shine and be more vibrant than a sunrise. A cheerful, joyful man will continue to be cheerful in spite of setbacks.

The reputation of a Sai student around India and the world

Sai devotees have the reputation around India of being reliable, truthful and doing their work in a graceful and precise way. There are some companies who go headhunting

Sai students from this university before graduating time is near and will give them an interview straight away. A student from the Sai University may come from a simple, humble background but they reach high standards in their professions by promotions, and go anywhere in the world as a Sai devotee or a Sai student. You will not need a visiting card or any relatives to help you because Sai Devotees are present all over India and the world. Be sure of your professions, finances, prospects by singing His glory, reading and following His teaching, literature and by doing His service.

I want you to be participators in this rich legacy of the Sathya Sai Organization. I want you to be the powerful dynamic messengers of Sathya Sai. We are participants in the silent, active spiritual evolution of Sri Sathya Sai Baba. He is going to set new trends in the psychology of modern man; He will change the attitude of the society. We will question the existing rules in society and will we clearly work for the objective of life, not merely for prosperity. We need spirituality in our political positions and we need to serve. Let us not promote enemies and hatred, let us instead promote love by living the spiritual truth and serving society and the needy.

As true Sai Devotees we have a Divine insurance which will cover us in grief and difficulties throughout life. The ultimate result will be success, and the tension in between is a challenge and a test that is all. If the result is known in the beginning there will be no taste in the drama of life. To maintain the tension there will be anxiety in the process but the ultimate result is a perfect success. It is also necessary to enjoy winning and the victory.

The individual and the collective goal

My friends; change your attitude, change your thinking, and work towards transformation. Set new goals for life. What is our individual and collective goal now? At the individual level the goal is to experience God within. In the collective goal we see the entire community as the body of God.

One day when I was talking with Bhagawan I said, "In our state things are different" Baba said "why do you say 'our' state, you can say Andhra Pradesh is your state but all states are Mine, all countries are Mine, all people are Mine." That is the universality, unity and Divinity of Bhagawan Baba. Therefore we should experience that totality and take an integrated comprehensive approach because at the source we are one; superficially we may be different.

The highest of all human values: peace, love, righteousness, truth, non violence are all one in its essence; they are only separate when they are polluted by ego; the moment they become pure they become one.

Better to Be then Become

Think of a circle, the circle will have a centre, you can put any number of circles around but the centre is the same. That center is our very being. The center is our life and in that perspective, we are one. We are different in the periphery, one is tall another short, one is black one is white but the center or inner core of one and all are the same. It is the being that is important not the becoming. If anyone asks you “what do you want to become, what do you do to become?” Tell them that you are working on being and not becoming. In spirituality you are not going to become, because you already are That. Our inner source is there to be discovered, to be explored and uncovered not to become. The sun is covered by clouds, the mirror is covered with dust; your work is to remove the cloud, the dust and then the light will shine brightly. The sight and your reflection will be clear. The dust and the cloud are our ignorance, the sun and the clean mirror is our reality.

As you work for purifying your inner being you will become enlightened, you will be bright and light. If you stay too much in the periphery you will be burdened and overloaded by emotions and affected by all things around you. How to experience the center, the inner being of your life? That is possible by developing the quality of acceptance. People may praise you, insult you, humiliate you, put you to shame but by developing the spirit of equanimity, your life center will slowly and gradually come into your experience.

Life is continuously changing, evolving, dying and being reborn. Unless we become mindful it will go on repeating itself like a wheel. If we hang on to the edge we will get dizzy, we have to move to the centre where we can relax. The more distant we are from our center the more we are disturbed; even in a cyclone there is a center which is undisturbed.

Develop Character

I want you to develop another important quality and that is character. Fashion, behavior, habits go on changing from time to time; character is deeper, something more than individuality, it is not merely the personality. Character and individuality do not simply go on changing like the wind and they are not bothered by the superficial changes in the fashion.

We remember Ghandiji was not thinking of fashion, he wore only one piece of cloth, but his character and inner strength was something everybody noticed. India and the whole

world experienced his charisma and revered him as a Mahatma. Why are people with charisma and inner strength held in high esteem? It is because of their integrity and inner wisdom. It is often declared that knowledge is power. No, no; Baba says character is power.

Personality and individuality is based on materialism, and character is based on value. Baba says "Thoughts automatically give rise to actions. Action in turn produces habits and habits then form man's character. It is the character which decides our destiny, good or bad. Without good qualities all other ornaments are worthless." We should be prepared to meet the challenges of life half way; we should not be shocked or taken by surprise because the unexpected evinces in our life. We have to expect all possibilities with awareness.

Baba says: "Purify your feelings and impulses; do not worry if others are not doing it. Each man carries his destiny in his hands. You are not bound because others are not free. You should strive for your own salvation."

The structure of the mind

What is awareness and how can we develop awareness? What are the obstacles in our way that keeps us unaware? Mind is the biggest obstacle; the mind doesn't allow us to develop awareness in its true sense. That is why Baba says that the mind is a mad monkey. The mind is ego centered and wants to struggle and excel. It wants to be extraordinary and superior to others. Mind also reacts to pain and pleasure. If I get one thing, the mind will say why not one more. If I have one dress the mind would like to have another. The mind puts us through misery in life, it entertains hallucinations and imaginations. Pride, hatred, anger, competition, jealousy, judging, attachment and greed are all products of the mind. Anger is the most common ego. If we are successful in going beyond the mind, we will experience awareness and a no mind state.

First know the mind; when you know the mind you will understand it is the center of duality, then you will be able to use the mind and you will not allow the mind to use you. The mind is a good servant but a bad master. Masters and wise men that have experienced the 'no-mind state', hold their own magic, with their words. When they use their mind there is charisma, a magnetic force, and a tremendous spontaneity. When Baba speaks, His words have a certainty in them. If we are ready to receive and listen, then we will feel His words in our hearts; the self evident truth.

Consciousness is awareness; we have to pay attention to what we do and why we are doing it. If we desire something, pay attention to why we have that desire; when we ask a question, be alert and we will be able to understand, experience grace and connect

with our inner being. It is possible to become aware. In life we go on missing many things because of mistakes made in the beginning, our minds are impatient, we want to do everything quickly which then ends in failure. With just a little patience, awareness can open all the doors and bring us to the temple of God

If we become miserable, angry, egoistic and greedy we are heading in the wrong direction. In the right direction we will experience blissfulness which will grow more with each passing day. When the mind is directed to the praise of God it becomes non dual, it enjoys beauty, contentment and joy. Once you go beyond the mind what will happen?

Do not fear that we will not be able to function if we don't have any mind; this fear is not justified, and the only thing that will happen is the experience of awareness that you are truth, beauty, goodness and the infinite soul.

At the no-mind level you never judge anybody. It is the mind alone that is judgmental; the mind that is transcended is non judgmental and in that total state of no mind, we rise out of our unawareness, old habits and misery; that state can be called bliss.

Witnessing is the beginning, and no-mind is the fulfillment, to witness is the method to reach the no-mind state. How does witnessing lead to no-mind? Thoughts do not have their own life; they live on our identification with and attachment to them. To watch our thoughts, means not to give them any attention, any life or energy, we have to decide that we will not feed our thoughts, then slowly and gradually we let go of our thought habit.

Therefore, do not fall into the trap of impatience; the ultimate mysteries are open only to those who have immense patience; it is an essential quality for reaching the Divine.



Life is a pilgrimage

My friends; please do not waste time, trust life, love life, love and enjoy the journey. Life is a pilgrimage, life itself is the journey, be happy and do your best in the present moment. To know that every moment is a gift of God that it is an ever flowing river; that is what I mean when I say trust life, trust that Baba will show you the way. Baba will take you to all the places you need to be and He will make sure you are on time. Some people say that they do not want to live anymore. Never fight with life, if you do you will never win; if you want to be defeated, try to win, if you want to win, don't try to win.

Meditation will help us to transcend suppressed emotions and desires

Desires are many whilst needs are few. Needs can be fulfilled, whereas desires can never be satisfied. We have certain desires which cannot be expressed, because of fear of the people around us who may not agree or have the same view of life as we have. Desires which are not expressed may be suppressed or repressed. If we are not aware, this can lead to depression. A simple example; those who carry a lot of anger inside without being aware of it, and without the ability to express it are more likely to be attacked, verbally or even physically by other angry people; and often, for no apparent reason, hidden anger will trigger others with hidden or latent anger. The unfulfilled and suppressed desires are in the subconscious level and the solution is meditation. Meditation helps you get rid of boundaries; awareness helps you to transcend the limitation of the body and mind, making you aware that you are pure consciousness and nothing else.

Chose your friends with care

As a youngster you have many friends and Bhagawan says, "Tell me your friends and I will tell you who you are". We should be very careful which friends we choose. In the company of noble friends with beautiful characters our own character will be strengthened, likewise if we are with careless friends, these qualities will be encouraged in us. Observe your own limitations and do not be too intimate with everyone you meet, keep secrets to yourself, and use your discrimination about what you like to expose to others.

Relationships can be bondage and lead to pleasure as well as pain. So long as I say 'yes' to you we are good friends, when I say 'no', we may not be friends anymore. Baba says; "no one has the justification to hate another, you have only the right to love someone or to serve someone, or to keep ourselves free, that is all". If you are a sociable person, you can be friendly to many but you cannot be a friend to everybody. Therefore my friends, I advise you not merely to be a friend but to transform yourself into friendliness.

Friendliness is love and eternal. It has a higher quality that is truly unconditional, without expectations or demands. A relationship if it is not in a spiritual frame of mind can be temporal, and born out of neediness. We can be friendly with strangers, plants, animals, in fact we can be friendly with everything and everyone. Now my friends I am sure you will develop this noble quality of friendliness. Simple example, we are examples of perfect friendliness, why? We are related because of the value of Bhagawan Sri Sathya Sai Baba. We are all related because of these values of Sathya Sai Baba and that is a true friendliness. In society we have relationships which can be gone by tomorrow.

Anil Kumar sings a Telegu poem from Sai Baba:” without truth, without non-violence, without righteousness, without love and without peace, all our education and what we do is useless. Without human values even the exalted possessions you occupy are useless. Acts of sacrifice and charity will be nothing without these human values. All good actions and their fruits will as well be useless without these values”.

Your inner silence will enable you to hear God’s voice

We should also spend some time with ourselves. Baba sang some time ago:” Constant thought of the Lord; that is meditation that is penance; because that constant thought and glorification of God’s name, will bring out the Divinity within us”.

True silence is the state which is beyond thought and with that silence we hear the footsteps of our God. God is walking with us, but we are not hearing His footsteps, why? Because we are busy in the outer noise. When the outer noise stops the inner voice begins to talk to us; the voice of God becomes clear and will comfort and soften the heart. The period of silence will enable us to hear His Divine melody, the melody of the flute of Lord Krishna is heard when the outer noise stops and the inner voice is clear. We are in direct and private romance with God in silence. This intimacy with God has to be treasured because it is only in the depth of silence that voice of God can be heard. Go deeper and deeper in that depth of silence; we will have inner sight, not only outer sight.

If we want inner sight we need the Divine Doctor Sathya Sai Baba. He is the Divine Surgeon and He will remove the cataract within. The inner ‘cataract’ is ignorance and absence of awareness. With an eye cataract, we cannot see people and with the inner ‘cataract’ we cannot see our Divine Being. Silence is the process to develop insight and when this insight manifests itself in the outer life we will be the most successful Buddha. Buddha is not only a historical person; Buddha is a presence, and symbolizes the enlightened stage. With this understanding, life will be different; you do not have to wait for an occasion or a festival; every day is a festival and joyful. One day I said to Baba “Swami today is the Onam festival” “No, no every day is a festival” He said. With insight life is a festival, a celebration, life is joy, dance, laughter then we are open to the treasure of life which is eternal.

My friends it is also necessary to have balance and harmony in every part and step of the spiritual life as well as the outer life. Learn to be alone, but never get attached to the aloneness; always remain capable of being in the company of others. Be silent, peaceful and still, but don’t get obsessed by the stillness, or you will never be able to face the marketplace. Once you are able to be silent with people, nothing can destroy you, says Baba.

Live in the moment

What we have to do is to find the inner treasure God has given us. How to experience that? There is only one way, and it is to live in the present moment, right now. The future is uncertain, the past is beyond recovery. If I ask you what life is, will you say: life was or life will be? Life is here and now. Where is God? We do not say God was or God will be, no, God is here and now at this very moment in the form of Sri Sathya Sai Baba. A true life is living in the moment. The present existence holds the key to God and the secret is to have a no-mind state, an inner awareness.

We can like someone and feel they are lovely and beautiful today, but tomorrow we may change our thoughts about them. How can we say someone is good and later bad, when they are the same as they are now? Understand this fundamental point. It is only our projection of the mind as in a cinema hall. The film is not really on the screen, it is a projection from the projector, shadows of light. Similarly our mind is like the projector at the back of our whole life, but we always look at others, because the other is the screen.

When we are in love, the person seems beautiful. When we hate, the same person seems ugly; whatsoever we see is just our projection. Now we can imagine that there are so many minds and every mind lives in its own world! Therefore my friends, I can give you a suggestion. When we find a judgment arising in our mind, turn it around and ask yourself; is what we see in the other, really what is hidden in our selves; are our mind-projections clear, or is it covered with what we want to see?

Guilt

We might have committed something that is creating guilt in us; but know one thing; guilt is part of the egoistic mind. To go on and on feeling guilty for something is much worse than guilt itself. Simple example, if someone smokes a cigarette, they know it is not good. Then they go on feeling guilty for days and days for that cigarette, and the negative thought will go on and penetrate all that they do. So whatever you are ashamed of, you will hide inside in the unconscious. It goes on manipulating you from the backstage. Don't feel guilty, accept and learn from the situation and move on.

Fulfill your own potential

Another suggestion I can give you is to never develop any kind of complex in yourself. Some people think they are great and superior to others; they come from a good family

and have a good personality and stands first in the class. We have to know there will always be many people who are better than us, more talented, more intelligent, happier and on the contrary, there will always be those who are less than us in all these ways as well. The way to find out who we are is not by comparing ourselves with others. It is for us to look to ourselves, to see if we are fulfilling our own potentials, the potentials Baba has given to us in this lifetime. To live is a gift, a beautiful gift which contains everything we ever wish for. Baba guides us, Baba gives us much more than we understand and can dream of. We do not have any claim on existence, so whatever is given is a gift.



Entering the Golden Gate

The path for those without awareness is, they think they are coming from the unknown, living in the known, and go back to the unknown. Devotees with awareness will have a different path. The unknown will be known. The mind will be transcended into the unknown where God, love and life can be experienced. We are entering into the golden gate of heaven, the golden gate of wisdom and understanding, the golden gate of Prasanthi Nilayam the golden gate of Bhagawan Sri Sathya Sai Baba. Remember this golden gate is not a futuristic promising hope; this golden gate is wide open to all of us here and now. Be happy and enter into that golden gate; see and experience the Divine love of the Avatar Sri Sathya Sai Baba.

Be thankful, be happy, have faith, enjoy your time. And if you are open and receptive, suddenly a great stillness might arise within you, an unbelievable sense of peace. Within that peace there is joy, and within that joy there is love and in the inner most core there is a sacred, immeasurable experience which cannot be named. Praise God and you will be praised. Thank you.

Om

SAIRAM



Please Anil Kumar, they have been such extraordinary talks, and on the behalf of the whole Kerala youth group, we would like to ask you to kindly give us an evening session with question and answers. It would make these days with Baba totally complete for the Kerala youth group.

I have very much enjoyed speaking with you these two days and I will happily and by the Grace of Baba see you this evening 18.30 for a short question and answers session.

SAI RAM



“If you wish to safeguard your future you have to be grateful to those who have helped you in your difficult time” Baba