

Mrs Kamaraju's Talk in Seattle, Washington

May 2, 2009

With Pranams at the Lotus Feet of Bhagavan,

Sai Ram to all of you! To someone special who nourishes, nurtures, bends, mends, and moulds us to perfection, God of the universe, thank you, Lord. We enjoy the bounteous, gracious comforts that You bestow on us! How to be thankful, how to be grateful to You, my Lord of the universe? Thank you for this wonderful opportunity. Thank you, Swami. Thank you everybody. Thanks to the management of Seattle Sathya Sai Organisation. Thank you, one and all. (*Applause*)

BE WONDERFUL, BE SIMPLE, BE HUMBLE

When we entered Seattle, I got a message from Swami, "Be wonderful, be simple, be humble." This is the message I got. The wonderful row of silver mountains in perfect order, so majestic, the amazing Space Needle on one side, and the tall buildings on the other side create a feast for the eyes. The water moving up and down, jumping in joy to quench the thirst of the earth, everything is in perfect order! God created Seattle, and He wants the creation to rejoice.

We learnt from the morning session that we can do wonders when we encourage and inspire youth. Today, the high school student talked about the emotions of the heart. How should we control our emotions? There are some clues about this question that I would like to share with you.

The message I got when we entered Seattle, was not the first message I got from Swami. One day when I was going for *darshan*, Swami sent me a message through TV. That day He said, "If you are angry, you scold yourself." Thus, the first message I got was: "Not to scold anybody". That day, when I went for *darshan*, Swami told me, "*Neeku Buddhi Ledhu*", which means, "You don't have any sense." (*Laughter*)

I was shocked. Why did Swami say that? I came home and enquired within myself. That day, since morning, I had been scolding my son and the maid-servant; somehow my husband had escaped that day! (*Laughter*) So, Swami's message referred to that, and told me not to scold anybody. This is the first lesson ladies must learn.

At another time, I went to the Ganesha temple to offer my prayers before going to Kulwant Hall for *darshan*. I got a message from Ganesha that I must meditate for at least five minutes every day. Today, I got the third message, in Seattle. When Swami is pleased with our behaviour or when we are over-burdened with strain, He sometimes sends messages to help and guide us.

NEGATIVE QUALITIES MUST BE TRANSFORMED

Today, I want to share with you how to control our emotions. There are many qualities of the heart such as anger, hatred, and pride. All the negative qualities must first be developed, and then transformed, tuned or diverted. They must not be destroyed. We usually think that if we destroy one bad quality, we can get its opposite good quality. It is not like that. We should not destroy these qualities: all qualities must be developed properly. If there is no anger in one's life, one cannot develop compassion. If we don't have hatred, we cannot have love. If we don't have pride, we cannot have humility. All these qualities are aspects of the same energy. All these qualities must be tuned properly. We may be surprised to note how our anger transforms into compassion.

TRANSFORM ANGER INTO COMPASSION

For example, if we look into the lives of some great people, we can understand that at one time, they were also very angry. Lama, in his autobiography, wrote about this: at the age of five, he was sent to school. One evening his father came to him and said, "Tomorrow, you are going to school for the first time. When you go, your mother or your father will not be in the house. If I am here, you will cry, and won't go to school. If your mother is here, you will see tears in her eyes, and won't go to school. Therefore, neither mom nor dad will be in the house when you go to school; only servants will be there."

Early the next morning when this boy woke up, just as the father said, the servant was there to wish good-bye to Lama. Lama was then put on the horse, and another servant told him, "Be careful! Your father is watching from upstairs. Don't look back until you cross the road. Once you cross the road, you can look back."

This young boy did not know anything. He did not know where he was going. He did not know the school or the teachers. He did not know what to do once he got to school. He was silent and ignorant, and he was told he should not look back! If he looked back, there would be no place for him at school, and he would have to go back.

He was determined and went to school. The principal came, and asked him to wait at the entrance, and sit there. The principal told this boy to wait until he returned. One hour, two hours, three hours, four hours, and six hours passed! Finally, after six hours, the principal came back. Meanwhile, the boy had closed his eyes, but was being disturbed in many ways. He was tempted to open his eyes many times. Some flies disturbed him, and some school children pushed him. But the boy never opened his eyes with determination. There were many other such disturbances in those six hours--but he never opened his eyes! After six hours, the principal returned, hugged the boy, and said, "You are a great boy! You deserve education. If a person cannot wait for even two hours, he is unfit to learn anything."

After a long time, the boy became a great lama. In his autobiography, he described his childhood. In the beginning, he thought that all the people who embarrassed him had behaved in a nasty manner. But he thanked those people later for giving him the opportunity to be angry. It was the anger that was transformed into compassion! See how the negative quality of anger can be transformed into love or tuned when it is transformed.

Swami gives another example: when someone throws a rose at us or when we are friendly towards each other, we think that the actions are out of love. If the same action happens when

we are not friendly towards each other, we think that the rose is thrown at us purposefully, or angrily. Even though the same person is throwing the rose and it is the same rose, our attitude is different. The same action at one time is positive, and the same action at another time is negative. Therefore, we should change our attitude. If we look at an action with a positive attitude, everything will be good. This is another example of how the same action can be perceived as either positive or negative depending on our attitude.

MASTER THE ANGER

Be the master of your anger. If you want to control anger, be the master. Only a master can control his senses. If you are angry, Swami says, "Drink a tumbler of water, or look into the mirror to see how horrible your face is, and your anger will disappear automatically." You may also go for a walk—another method to cool down. Sometimes we can meditate. Sit alone, close your eyes, close the doors, and meditate on anger. Meditating on anger means that you enquire about the anger. What is this energy? Where does it arise from? How does it influence me? Slowly, the anger will disappear. When we observe anything, it disappears immediately. Slowly, by watching, observing, and enquiring, you will become the master, and you can control all these emotions. When you are a master, you can do everything.

Scientists usually say that we have a much hidden talent. We are using only half of our knowledge. Only half of our brain is being used; the other half is not used for all the powers. We should enquire what powers we have so that they can be useful for both the society and for our lives. We can use these powers in any way we like—for bad or good things. They can be transformed into good things. When we are angry, we must recognise the anger. To recognise, means to enquire and observe. If you observe the anger, it will disappear.

OBSERVE YOUR ANGER AND IT WILL DISAPPEAR

There was a short-tempered man who always tried to get rid of his anger. He made many attempts, but they were in vain. One day the short-tempered man met his friend, and asked him to help him. The friend gave him some advice. The friend wrote, "I am getting angry," on a small piece of paper, and asked him to put the paper in his pocket. The friend said, "Whenever you get angry, take this piece of paper out of your pocket and read it. Then, the anger will disappear automatically."

During the next two months, whenever the man got angry, he took the piece of paper out from his pocket. While he was taking the piece of paper out, his hands and legs became numb. He became aware of his anger and was very careful. Soon, there was no need for him to take the paper from his pocket, and his anger disappeared.

After two months, this friend came to him, and asked, "How is your anger?" The short-tempered man said, "Your *mantra* worked on me wonderfully. What is the secret of the *mantra*?" The friend said, "Nothing in particular. When you are angry but not aware of your anger, the weaknesses and imbalances take hold of you. This is why you get disturbed. When you become aware, your behaviour changes, and the anger goes away automatically."

Another man wanted to reach Delhi by running. While running he got exhausted and he asked another person, "Where is Delhi? How far should I run to reach Delhi?" That man said, "If you run like this, you will be running all over the world, and still not reach Delhi. You should change

the direction, and then you can reach Delhi.” This means whatever the goal may be, we have to focus our attention on that goal to reach the goal. To control our emotions, we have to follow these few principles.

ATTITUDE MATTERS

Once there were two monks who travelled a lot. After four months, they reached their village. It was the rainy season, and they wanted to take rest. By the time they returned home, it was about to rain. Due to the winds, half of the roof was blown away, and only the other half was left. They wanted to rest in that house. The young man said, “It is our misfortune that we are entering here, and we have to take rest in this. We are doing so many prayers and service. Why is God like this? Why are our prayers going in vain? God is not concerned with our prayers.” He was not in a good mood.

After listening to this young man, the old monk said, “Don’t talk like that. At least half of the roof is still here. You must thank God for that so that we can rest through the night, and sleep.” The old monk was very experienced, and went to sleep comfortably. The restless young man could not sleep, changed positions from one side to the other, and scolded both God and himself. He worried about the next day, while the old monk slept comfortably.

The old monk woke up early next morning dancing in joy, and said, “My way is clear. I am in bliss now. Even with half the roof not being there, I am extremely happy. I can listen to the music of the rain drops, and am thankful to God.” On the other hand, the young man was not at all satisfied and thought that the old monk was going crazy in spite of doing a lot of service and *sadhana!*

The old monk clearly explained the process to follow and the way to go to get bliss. When we are happy and blissful, it is the right path for us. “I am not worried about my *sadhana*, I don’t bother whether God listens to my prayers or not, for I am happy and blissful. This is the right way for me. I must follow this path only. You are following the wrong path because you are scolding and becoming restless. When you are not happy, it is the wrong path. When we are blissful and happy, it is the right path.” All of us should follow the blissful path, which is the right path. This is God’s path, the spiritual path.

MAKING HIS CHILDREN HAPPY

One day Swami was distributing some saris. All the people were sitting there. Some VIPs were on the platform. A few *seva dals* and some college lecturers from Ananthapur were also there. Swami came to the old ladies, and distributed the saris one by one. The saris were held by *seva dals*, and Swami was distributing them. He told one lady, “You don’t wear white sari.” Swami changed the white sari and gave a coloured sari instead.

Then Swami came to another lady and said, “Your husband came in your dream.” Her husband passed away long ago, but Swami wanted to make her happy. So, He gave that sari and said, “You wear this sari. Your husband will like this.” This is what Swami told her. The main purpose is not simply distributing the saris. He wants to make all His children happy!

One day I was sitting in my usual place. The playback singer Susheela and Harish Naidu's mother, Soundaryagaru, was also sitting there. Swami called all these ladies one by one, and suddenly, as an inspiration, I wrote a poem. This was due to Swami's Grace:

*Karunantharangude Kadalivacchhi,
Sundaranganala Rammami Piluva.
Karunantharangude Kadalivacchhi
Komalanganala Rammami Piluva,
Sahaja Soundarya Sarasajakshilu Swami Darichera
Sahaja Soundarya Sarasajakshilu Parugunu Swami Darichera.
Idhigo Suseela Soundaryanchu Vanne Sarichusi Swami.
Varada Hastaala Vastraalanicche Muddala Mohana Mopparagamu.*

This is the poem I wrote. (Applause)

1. *The compassionate Lord, all love and affection,*
2. *He called the ladies who are simple, beautiful and humble.*
3. *They forgot their ages and were walking towards Swami,*
4. *So they don't miss padanamaskaram and the sari also.*
5. *They were walking towards Swami.*
6. *Swami called them one by one by name and gave the saris.*

GOING INWARD FOR PADANAMASKAR

At another time, I was sitting in line for *darshan*. Usually when we go on vacation, we give letters to Swami. I was also holding a letter. When Swami came to me, I gave the letter, and I asked Swami, "Can I take *padanamaskar*?"

Swami said, "You too want *padanamaskar*?" I wondered why Swami said this to me. I felt a little embarrassed, and enquired within myself. I thought that every day before coming for *darshan*, I touch Swami's Feet (*on a photo*). So, Swami must have meant that when you take *padanamaskar* inside the house, you don't need *padanamaskar* outside.

That evening, my husband clarified my doubt. I told him what Swami had said to me. Then my husband said that Swami had told him that very day, "From now onwards I am going to stop *padanamaskars*. Because all the people are going for My physical form; they are not turning within. This is why I want to stop giving *padanamaskar*." So I got the clarification to my doubt that same evening.

That time also, with Swami's grace, I wrote another poem:

*Palukarinchi Padadarshanamu Itthuvani Parthiki Vacchiti Swami
Turn inward, Turn inward Ani Tarachi Tarachi Cheppithivi
Paatha Vasanaluvu Tarimikotti Antaramu Autudaku Naaku
Sadhyamena Deva Deva Sai Deva Devadi Deva Sai Deva.*

- 7.
8. *Swami, I came to Parthi with the hope that You will give me padanamaskar, and bless me.*
9. *But instead of that, You tell me, "Turn inward, turn inward."*
10. *Is it possible for us, who take birth with all the vasanas?*
11. *Is it possible for us, the ordinary people, to forget those vasanas and turn inward?*
12. *To turn inward, to turn within is not an easy joke.*
13. *Seekers and great saints can do that,*
14. *But is it possible for us ordinary human beings?*

With Swami's grace, I started to meditate. Over time, I was able to listen to Swami's inner voice. But for a long time, I had great doubts whether the voice I heard was Swami's voice or my own imagination. After some time, I could clarify it. There is a difference between the inner voice and our imagination, and I could understand that slowly over time.

INSTRUMENTS FOR HIS WORK

At another time, Swami would come in my vision at 2 AM every night, and He would tell me many things. I thought that I could remember what He said. But many times, I could not do that. After I woke up, I would forget. But next day, I used to make a request to Swami: "Swami, please tell me again. You gave me many good times in the vision." Somehow Swami was very gracious, and would repeat all those topics to me the next day.

One day at 2 AM, Swami came in my dream and talked about many topics on science, spirituality, and other religious matters. But, at that time, I was not involved in writing, listening, or *sadhana*. I was a simple housewife. I did not even know the names of those books. I was very simple or humble, whatever you may call it. That time Swami explained all these topics to me. My husband, as usual, was giving talks everywhere. (*Laughter*) That night, I thought I should have written down what Swami said, but I could not do that.

Next day I asked Swami, "Please tell me all about those topics again." He was gracious enough, and next day also He came in my vision so that I could write the titles of those topics. Early next morning, I got up and told my husband, "Swami gave me many topics. You should speak on these topics, and Swami wants me to compile a book on all these topics." Swami had told me that too. But my husband did not believe me, though I made many attempts to convince him that he should speak on those topics.

I approached many people without his knowledge, because Swami told me to. I thought it was a command from Swami, and I wanted to fulfil Swami's desire. I approached one man, who was a family friend, and told him, "This is the list of topics." He showed me his list too. Swami had given him a list of topics too. Then I thought that Swami gives many people topics like that. So we distributed the topics—one day his topic and one day my topic. He arranged his talks all over Bangalore, and later published a book. When Swami wants to do something He uses us as powerful instruments so that His work is done.

At another time I wrote this poem with Swami's grace--nothing is mine:

Muddu Muripala Bhakthula Cheradisi

*Sadduseyaka Hrudayala Samskarinchi
Buddhi Nerpi Suddhi Chesu Pudami
Podduvalakamunne Parama Bodhinchu Swami*

*Swami, with all love and affection, attracts the devotees.
He teaches them how to conduct themselves.
He cleanses their hearts, removing the weeds from their hearts,
And then directs them towards the spiritual path.*

DO YOUR DUTY AND PRAY

There was one Colonel Bose, who was in charge of the construction of the *Sarva Dharma* pillar in Puttaparthi at Swami's Birthday. A lot of work was going on, and it was difficult for him to get all the labour done, as enough workers were not available. But he was managing somehow. He used to supervise the construction daily. One day when the work was finished, he did not anticipate rain. He finished his work and came home. In the middle of the night, it started raining. He remembered that though the cement work was complete, it was not covered, and so he was very worried. Early next morning, Swami might ask him about the project. So, he started praying, "Sai Ram, Sai Ram," throughout the night.

Next morning, when he came for *darshan*, Swami asked him, "Why were you praying throughout the night? You did not allow Me to sleep." (*Laughter*) The colonel replied, "Swami, it rained heavily last night, and the cement work that was completed should not get spoiled. That was my worry. This is why I was praying."

He took extra care the following day, covered all the cement work with tarpaulin, came home, and slept comfortably. It did not rain that night. Next day, when he went for *darshan*, Swami came to him and asked, "Did it rain last night?" He said, "No." He was very happy. But then Swami said, "You should do your duty, and pray also. Along with any duty, you must pray."

Similarly, whatever we do, or whatever we want to do, or whatever duty is assigned to us, we must do the duty prayerfully and happily. This is the message from this story.

SMALL ACTS OF KINDNESS

Another time I was sitting in line for *darshan*, and a lady from Sri Lanka was sitting behind me, holding many letters. Sometimes, we can help people in small ways. If there is space in the first line we can move up and give space to the person behind, or to people who come from far-off places, hoping to have Swami's blessings or *darshan*. That day, I let the lady sit in my place. Swami came there and took the letters from that lady. Swami looked at her, looked at me, and made all the people there happy!

At another time, Swami was coming in the line during the auspicious month of *Sravana* (during August) when we do the *Mangala Gowri pooja*. Early morning, Swami appeared in my dream, and gave me *padanamaskar*. I can never forget that *padanamaskar* because I could not forget the actual touch, even for a long time afterwards. The same day, I saw Swami coming through the gate just as the Mother Goddess. I wrote another poem with Swami's inspiration:

*Sarasa Sangeetha Sahitya Sai Maathaku Sariganchu Cheeralichhi
Sahaja Soundarya Telugu Jilugula Muchyampu Sarulaperchi
Aasa Kavitala Melni Bangaru Vaddanamuga Jesi
Ratna Manickya Makutamu Etti
Ganamuga Keertintu Kulwanta Sabhasthalin.*

*I imagined Swami as Mother Goddess Varalakshmi.
I offered the silk sari decorated with all the jewels,
And said, "Swami, whatever language, whatever poems you give me,
I praise you, I adore you, I worship you.*

Thank you, Swami, for giving me this wonderful opportunity. Thank you everyone. Thank you, one and all. Sai Ram. (Applause)

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