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## *Mrs. Kamaraju Talk at New Jersey*

*April 5, 2009*

*With Pranams at the Lotus Feet of Bhagavan,*

Sai Ram to all of you! Thanks to Philadelphia Sathya Sai Organisation for giving me this wonderful opportunity. I thank all of you present here today. Thank you, Swami.

*Sanna Jaaji Puvvu Kanna  
Sampangi Latha Kanna  
Venna Kanna Junnu Gadda Kanna  
Nemali Kanna Nindu Vennela Kanna  
Kanna Talli Manasu Sunithamu*

Thanks to my Divine Mother, Swami. (Applause)

### *NINE POINTS ON PERSONALITY*

Today I want to share with you a nine point formula which fosters the positive development of personality.

Who am I? Where am I? How am I? What is the purpose of my life? What is my role in this universe? What is the source behind my thoughts and actions? What is my relationship to, and my place in this universe? We never will know the answer to such questions unless we undertake an inquiry into the Self.

### *INTERNAL AND EXTERNAL SELF*

In most of His discourses, Swami speaks about the body, mind and intellect. When He refers to the body, Swami always gives the example of the handkerchief. He says, "This is my handkerchief. This is my hand. This is my body. I am in the body but I am not the body." We should understand that point.

There are two dimensions of the self: the external self and the internal self. The external self is concerned with being attractive and is worldly. The internal self is spiritual and leads us towards non-dualism. *Dehatma* (external self) and *Antaratma* (internal self).

The external one is visible, while the internal one is not visible. The external self is selfish, while the internal self is selfless. The external self seeks happiness, while the internal self creates awareness. These are the differences between the external and

internal self. Both are present when we go to sleep. The external and internal selves are in continual conflict. The internal self requires that the external self gives an account of the day's activities. It will point out any mistake that has occurred during the day.

A bank cashier, when handing over to another cashier at the end of his shift, must present a clear, up-to-date balance sheet to the one taking over. In the same way, the balance sheet of our day's activities must be clear and in order, when handing over to the internal self at the end of the daily shift. The war between the external and internal selves is continuous irrespective of caste, creed and religion.

This is the first point we must understand when considering the difference between the external and internal self. Understanding comes through inquiry into the Self. This is how one can improve one's personality.

### *DISCRIMINATIVE KNOWLEDGE*

The second point is the issue of discriminative knowledge. The teacher punishes the child for not doing the homework. Later the teacher repents, feeling bad for punishing the child. Discriminative knowledge will help us not to perform wrong actions, knowing that we have to face the results of the wrong actions we perform. When our discriminative power guides our actions, the results will be very good. Discriminative knowledge plays an important role in shaping the personality.

The third point to note is that imitation is human and creation is Divine. The fourth point is that it is important to know oneself. The fifth point is to be ever mindful of the Divine presence, of the omnipresence of God. We should aim to make others happy and to eliminate fear from our lives.

The last of the nine points stresses the importance of meditation.

### *FEELING THE PRESENCE OF GOD*

We should feel the presence of God always. Swami gives us many examples and He makes us aware of the presence of God everywhere. Whether we are in the house or in the auditorium, in fact, wherever we are, He makes us feel His presence. I am able to speak here today only because I know Swami is present.

Once there was a man who, although basically good, had the habit of drinking alcohol. He could not give it up. Many of his friends and family members told him to give up the drink, but he was unable to do so. He stood in front of Swami's picture daily saying, "Swami from tomorrow onwards I am going to stop drinking," but he never gave up the habit.

Years passed, but still he could not kick the habit. After some time, this man only drank after turning Swami's picture towards the wall. But this failed to give him any comfort. He told his friend what he had been doing with Swami's picture, complaining that even

this failed to provide the excitement he used to get from drinking. His friend told him that this was an improvement and that after some time he may stop drinking.

Years passed by. The two friends attended one of Swami's discourses. During the discourse Swami described His omnipresence, omnipotence and omniscience. The man with the drinking habit realised that Swami is everywhere; that Swami is watching over him even if the picture is turned away. From that moment onwards, he stopped drinking.

That is how we must understand and be aware of the presence of Swami everywhere. There are many instances like this.

### *THE DIVINE PRESENCE*

One day I attended a lecture my husband gave at Brindavan near Whitefield. There was a photograph of Swami in *Abhayahasta* pose. At the end of my husband's talk I observed both of Swami's hands moving in the photograph. I kept quiet. I did not tell anybody about what I had seen, fearing that they may think I am crazy. (*Laughter*) Some time later, a foreigner told me that she had observed the same thing. That lady was very daring and told others about this incident. That is another example of how Swami makes His presence felt everywhere.

The saint, Kabir, was stretching his hands and legs out whilst lying on his bed. His *guru's* photograph was at the end of the bed. One of his friends asked why he was pointing his feet at his *guru*. Kabir replied to him thus, "Show me a place where God does not exist."

Swami will help us feel His Divine presence everywhere, wherever we go. Whenever I talk, I get inspiration from Swami. Swami sometimes tells me, "You go and speak. Don't worry. I am there." Swami will always support and guide me, enabling me to speak. Everybody should feel the Divine presence of Swami. It is His grace.

We should have definite goals in our life. We require self-confidence to realise our goals. Only when we have confidence in the inner self will God help us. Those who aim to work for the good of others automatically get help from Swami. That is my experience. It is another consideration to be followed, in order to develop one's personality in a positive direction.

### *SELF-INQUIRY*

You must always undertake self-inquiry. As humans, we commit many mistakes. Self-inquiry is needed to rectify all these mistakes. If you want to know your physical personality or external personality, you should stand in front of a mirror. If you want to know the internal personality, you must stand in front of the mirror of the mind, which will provide you with an understanding of your good and bad habits. By observing the inner self, we can improve our personality.

### *DIFFERENCE BETWEEN EXTERNAL AND INTERNAL SELF*

There was a headmaster and a female teacher in a school. One day the female teacher came to the headmaster, seeking permission to go out of town. In order to get the permission, the female teacher started complimenting the headmaster on his clothes. The headmaster was wearing black trousers and a red shirt – a rather loud and tasteless combination. Nevertheless, this lady complimented his dress sense.

The compliment tickled the headmaster's ego, and as a result, he granted her permission to take leave. From that day on, this headmaster continued to wear the same loud colour combination. (*Laughter*) On arriving home his wife asked him why he was wearing such a combination and commented that it did not look good. The headmaster ignored her comments. He continued to wear the tasteless combination.

This illustrates a conflict between the external and internal self. The compliment made by the female teacher, which implied he was looking handsome in this dress, was of a superficial nature, designed to gain her ends in the external world. His wife's comment was that the loud outfit belied his original beauty. The statement made by his wife related to his conscience, while the statement made by the teacher related to his external self or the body.

We must always discriminate between the external and internal self. This improves ones personality. Knowing the inner meaning is always good for us.

### *MAKE OTHERS HAPPY*

Swami always tells us, "Help Ever Hurt Never."

*Phalamti Vrکشaha Duhanti Gaavaha Vahamti Nadyah.*

There are many examples of selfless service in nature. The rivers give us water. Cows give milk and trees give fruits. We use all these things that Nature provides absolutely selflessly. The rivers don't use the water. The trees don't eat the fruits. We should be aware that Nature gives us so many things unconditionally.

To improve our personality, we must learn to give unconditionally too. We should help the poor and the needy. We should give to all in need, regardless of gender, caste, religion or race. We should not give others the opportunity to flatter our ego.

We must accept whatever Swami needs to do to us in order to turn us into beautiful beings. Just as a Krishna idol undergoes processes such as chiseling and hammering to reach completion, we should allow our own personality to transform through the chiseling and hammering of *sadhana*. This way we may reach the goal of leading ideal lives. We must understand the difference between the inner and the outer self. We must aim to bring happiness to others.

Swami is the best example. He makes countless people happy through His many projects. Examples of such projects are the water and medical projects. Village service (*Grama seva*) is a very big project. Individually we are so small; but we can play a part in social projects. We can go to villages and serve the people in any way possible.

Through practising “ceiling on desires”, we are able to save a lot of money through cutting our expenditures. We will be able to do many things with money thus saved. We can be involved in as many projects as our purse and time permits. If we are involved in good projects, working cooperatively with family members and others, Swami will surely help us in many ways. Swami’s help and inspiration will be there. That is my personal experience. You all know that many projects are being carried out by ex-students and ladies who go to villages, building houses and providing other services.

I don’t need to say anything more about such service because here in the US also there are many projects being undertaken.

You travel to Puttaparthi in groups and learn many things while you are there. Swami will give interviews and other opportunities during which you can clarify your doubts. Swami is our Divine mother. He helps, guides, prompts and motivates us, also inspiring us. His help is always available.

### *MEDITATION*

We must meditate at least for ten minutes during the night. This will help to maintain our health. We must prostrate to our *gurus* and to the parents who have given us this birth. We should be grateful to them. We should serve them as much as is possible because serving one’s parents is equal to serving God. Swami always mentions this. Not only is meditation good for our health but it allows us to introspect on the self. By doing this daily, we can improve the personality.

### *PATIENCE AND COMPASSION ARE THE ORNAMENTS YOU SHOULD WEAR*

I have two sisters who both live here in the US. The third daughter of one of my sisters had her marriage fixed suddenly. This sister asked me to buy many saris as the saris are less expensive in India. It took almost one month to prepare the list and to buy the saris, along with matching blouses. While fulfilling my sister’s request I was very worried because I felt that I was wasting time. Swami does not want us to waste time and money. During this time Swami recited one poem to me.

*Kottha Koka Etancchu Kulikadu Oka Kodalamma  
Kalikithurai Sahanamu Nee Sommu  
Katinasila Kariginchu Karuna Needhani Nammu  
Oh Kanaka Mahalakshmi Idi Mee Atha Svaanubhavamu*

In this poem, Swami reminded me not to waste time on shopping.

### *Kalikithurai Sahanamu Nee Sommu.*

*Kalikithurai* means a 'fresh jewel'. *Sahanamu* means 'patience'. Rather than saris and jewels, patience is the jewel ladies should wear.

### *Katinasila Kariginchu Karuna Needhani Nammu.*

Rather than necklaces and diamonds, compassion is the ornament you should wear.

That is how Swami corrected me. I understood the meaning of the poem after a long time. Swami wasn't talking just about saris and jewelry. We cannot understand the deep meaning of Swami's statements immediately. We might get an understanding on the spot. After two years, we might get another understanding and after four years, a very different understanding again.

Swami's statements don't change, but our state of mind does. I think as we grow, we will be able to understand the meaning of Swami's statements more and more. When Swami recited this poem to me I stopped buying saris, finished the packing, and sent the purchases to the USA. The matter ended there.

### *COMMUNICATION THROUGH SILENCE*

After two years, I went to a jewelry shop to buy something for my grand-daughters. As they are little children, I must buy something for them. I have three grand-daughters. Suddenly a thought flashed through my mind that the fourth grandchild is social service. Fourth grand-daughter is social service. I understood this to mean that I must put some money towards social service also.

I bought something for the village service project, as well as purchasing gifts for my grand daughters. Since then, I make it a point that whenever I buy three gifts for the granddaughters, I always buy a fourth one, some donation to a social project. I am very restless until I have done that. Sometimes I tell my husband and sometimes I don't. (*Laughter*) The expense will be covered by the general budget. Until this day, I do not always tell him. (*Laughter*) I keep it a secret. That is how it goes. It is Swami who inspires me.

Swami gave me one project related to village service which was successfully completed in one year. The satisfaction we get and the tears of joy in Swami's eyes when we do such work are beyond imagination. We can please Swami by doing very little things.

It is like going to school when we go for *darshan*. We can observe and learn many things just by sitting calmly and quietly. That is why it is good that you come in your groups to Prashanti Nilayam. There you observe and learn many things. Swami communicates through silence. As He passes along the *darshan* line, we receive messages.

One Thursday when Swami was passing me during *darshan*, I got this message. Swami turned and said, “*Buddhi Ledhu*” (meaning, you have no sense). I didn’t know why Swami was giving me this message so early in the morning. (*Laughter*) ‘You have no sense.’

Then I analysed what had happened that morning to see if I had committed some mistakes. After some time, I got the message. The maid had arrived late that morning. I had scolded her. Swami does not want to scold anybody and He wants us to refrain from scolding others also. We should simply swallow things that annoy or upset us. He does not want us to scold our children. He does not want to scold the maids we employ. We must swallow everything. That is how Swami teaches us patience. These are qualities ladies should develop.

In the past Swami has given me many ideas and thoughts on many subjects. I wondered why Swami was giving me all these thoughts and ideas, because I had not been asked to speak anywhere. I thought, ‘Let Him give such inspiration to my husband so that he can speak well where ever he goes.’ I did not understand at that time.

After ten years, Swami made me speak publicly. He gave me many opportunities in the US itself. When I came to the US for the first time, all the Sai center people in Dallas, where my eldest daughter lives, were very insistent that I should speak. Swami taught me how to speak and how to behave. Swami is there wherever I am asked to do something. He instructs me as to how to perform the particular task. It is a comfort to know that Swami is always with us; but the awareness of Swami’s omnipresence can make us feel bad also. Sometimes it is not so nice to know that someone is watching all the time. (*Laughter*)

### *SWAMI’S WAY OF TEACHING*

One day, a friend of my husband’s came to my house and my husband asked him to dine with us. No food was there at that time. Sometimes we are not prepared for lunch. This seems to be the case, particularly when someone drops in unexpectedly. We have nothing prepared to offer the guest. (*Laughter*) Sometimes we are lazy or just very tired and wish to avoid having to cook. Inevitably that is the day somebody appears! (*Laughter*) Then we must begin to cook a meal from scratch.

In Puttaparthi there is always someone who visits us. The day I referred to when my husband invited his friend to join us I had not prepared much. I prepared only one item. Something was in the refrigerator as usual. I served that food to the guest. Next day Swami pointed at me and said I should not be doing that. He said that I should serve guests nicely and should make them happy. I felt very guilty, even though on that particular occasion I could not help it as I was not well.

Sometimes it happens like that. Once in a while, we slip up and, of course, Swami will point it out. (*Laughter*) We don’t slip up purposely. Whenever I lapse like that, I expect a reprimand from Swami.

There is a continual flow of people coming to our house to see my husband, in order to seek some guidance or to clarify questions they may have. One lady came daily for three days. Each day she cried. I did not like that lady sitting in my house crying. I ignored her the first day, as I was in the kitchen cooking.

That day when I went to *darshan*, Swami didn't look at me. I felt very bad because Swami usually looks at me daily. I thought, 'What happened to Swami today?' as if it is my birthright to have Swami's attention each *darshan*. Swami did not look at me.

I asked myself, 'What mistake did I commit today?' I failed to talk to that lady. I didn't enquire as to why she was crying. I never even offered her a glass of water that day. Sometimes it happens. (*Laughter*) I was so busy with my household duties. Next day I approached her and gave her coffee. She was satisfied. (*Laughter*)

I have to do many things I am not prepared for. That is how Swami teaches us. Her son was studying here in the US, doing his MBA. They spent a lot of money to send him here. That boy wanted to come back to India without even finishing his degree. This was the cause of her upset and worry. This is why she sought some guidance from my husband. That is why she came to our house. After my husband gave her some advice and told to her to do Shirdi *Parayana*, she left.

The lady of the house should be so careful to serve all the people who come to the house. She should serve her husband. She should serve the children. She should serve the guests. She should take full responsibility for this. Swami teaches us through small incidents. Swami does not want us to escape our responsibilities.

### ***PRAY TO GANESH OR TO GAYATRI***

Sometime I go to do *pradakshana* near the Gayatri temple. It is my experience that Swami responds to anyone praying near Ganesha or Gayatri. I tell whoever comes to our house with problems to go to Ganesh to pray and break a coconut. I also tell them that it will be okay to go to Gayatri. She will also respond to prayers.

This is not a joke. I am telling you the truth. It is my personal experience whenever I pray to Swami near Ganesha that He hears me. If I want to give letter to Swami, first I pray near Ganesha. "Ganesha please tell Swami to take my letter." (*Laughter*) Even before coming to the US, I prayed to Swami. First, I prayed to Ganesha, asking him to tell Swami to give us permission to attend the marriage of my niece. So first I pray to Ganesha and then to Sai Ganesha. (*Laughter*) That's how I do it.

### ***OUR GOOD FORTUNE***

These are all small incidents and small examples. Swami teaches us many things. I believe there is group from Chicago leaving for Parthi in June/July. Our Swami is there to help us, to motivate us and to inspire us, so we need not worry about anything. Swami is there.

When we go to Parthi, we learn so many things. We are very fortunate to be with Swami during this time during which He has taken birth. This is our good fortune. We should make use of Swami's books. We should read more and more Sai literature in order to learn many things.

Sometimes Swami tests us. When we are in depression or *maya*, Swami will come to our rescue. So many things will happen. It is all His will. Whenever I feel depressed, I pray to Swami, "Swami please don't test me."

Swami says, "If you want to go to the next class, you must be tested." Whenever Swami says "Bangaru", I am very much afraid because *bangaru* is not the gold jewel. It is *hot* gold. Whenever I tell my husband that Swami said "Bangaru", he will say, "Oh no, no!! We don't want any *bangaru*."

### *THE POWER OF SWAMI'S WORDS*

Whatever Swami says is bound to happen. That is my experience. It may not happen immediately, but it will happen -- maybe after two, three or even ten years. It may take some time, but is sure to happen. That is the power of Swami's words.

We receive a lot of energy by listening to Swami's voice. The people at *darshan* are very eager to listen to Swami's voice. They are also very eager to know what Swami has said whenever He speaks to other people. They enquire from everybody in the lines as to what Swami has said. Through Swami's looks, Swami's words, and Swami's gestures we can learn many things.

Thank you everybody. Thank you one and all. Thank you, Swami, for giving me this wonderful opportunity. Thank you! Sai Ram!