

*The Sunday Talk Given by Prof. Anil Kumar*

*“Explore, Experience, Enjoy”*

*July 4, 2010*

*OM...OM...OM...*

*Sai Ram*

*With Pranams at the Lotus Feet of our most beloved Bhagavan,*

*Dear Brothers and Sisters,*

*EXPLORE, EXPERIENCE, ENJOY*

Welcome to all of you. With my humble *pranams* to the Lotus Feet of our most beloved Bhagavan Baba, this morning I would like to speak about three important words, which are crucial to our progress in spirituality. The three words are explore, experience, and enjoy. Explore, experience and enjoy are the three words chosen as the topic of the day.

*UNCOVERING HUMAN VALUES IS SPIRITUAL EXPLORATION*

Friends, we hear the word ‘explore’ quite often: explore the possibilities, explore the methods, explore the unknown. We also know exploration techniques in the mining process. When you extract metal from ores, or from the depth of the earth, you explore. When you climb mountains, or try to reach the top of Mount Everest, you want to explore! Mountaineering is exploration, mining is exploration.

What I want to impress upon you is this: what is it that you explore? Where does exploration lead you? One point is clear: you explore that which is already in existence. You do not explore anything which is non-existent. A simple example: if you suspect that coal may be available at one place, or that you may find gold there, you explore. In the mining process, you extract ores, which is the exploration process. You bring out gold which is already there. You bring out metal ores which are already there; that’s what mining is. That’s what exploration is all about. Exploration is the process of uncovering that which is already in existence, not anything that is non-existent. I think you follow me.

Similarly, what shall I explore spiritually? What should I explore while on the spiritual path? What is to be explored? Very simple! The most precious ‘metals’ are within each one of us, in the

most valuable 'mine' of the human heart. It is not a coal mine, it's a gold mine. It's a mine of diamonds. What are the precious metals in the mine of the human heart? In the heart are the precious human values of truth, right conduct, peace, non-violence, love, sacrifice, patience, forbearance, and sacrifice. There are so many diamonds in the mine of the human heart. By the process of exploration, we uncover all the human values which are already there. Therefore, my friends, we explore many things in this life, physically and materially. But spiritual exploration means bringing out the human values which are hidden in the mine of the human heart.

### *EDUCARE AND EDUCATION*

The collection of human values within me is 'educare'. To bring out those human values, share them with everyone, and put the values into practice is 'education'. Educare is the name of the mine of human values within, while education is uncovering them, caring and sharing with everyone, and translating them into action. Therefore, exploration has two aspects: educare and education, dealing with human values. These values seem to be forgotten today, as very few people practise them. Nowadays a human is anything but human. Inhuman actions like mass killing, genocide, exploitation, wars, constant controversies, and regular conflicts certainly indicate that there are no human values in modern society.

It is in this context that Baba has said that human values have to be propagated and shared. This is 'Education in Human Values' or EHV. Education in Human Values! Where are the values? Already within you—that's educare! Educare within manifests outside in the form of education, and relates to the spread and practice of human values.

### *EXPLORE AND EXPERIENCE HUMAN VALUES*

If you care for exploration today, my friends, explore and uncover the human values already latent and immanent in each person. Explore! When you explore human values, when you bring them out, you try to experience them. If you do not experience them, the human values remain as knowledge. If the knowledge is not useful to you and to the community, it is like dead wood. Therefore, explore and uncover human values; share and practise them in your daily life.

This is 'experience'. Experience the human values. Do not merely explore; experience them! So first explore, and then experience the human values. A simple example: when I experience human values, I cannot be inhuman. I cannot act like an animal. I cannot be like a beast. I cannot be like a wild animal. I cannot be cruel. I cannot kill anyone. So experience human values in order to be a human.

In life we have so many experiences; but the experience of human values is obtained only by the practise of human values. The *practice* of human values will help you *experience* human values. The study of human values is education and knowledge. We gain knowledge of human values from education, but only the *practice* of human values will give you the experience of human values.

What do you gain by experiencing human values? You will be peaceful, you will be calm; you will never be violent or restless, you will never be unrighteous. You will experience so many nice things if you practise human values. So all the advantages and benefits we experience are only because of human values.

Human values, treasured in the form of knowledge, are not going to be of any help to you. It will add to your knowledge only. It will add more stuff to your brain. It may even make you headstrong. The knowledge of human values is drawn into the head, but the practice of human values will make you experience them. Suppose I say that there is a temple here, or a cathedral or a Buddhist monastery there. Yes, you know that. But have you been there? Have you visited the church? Did you visit the monastery? Did you attend any functions elsewhere? If your answer is 'no', then you have not experienced those places.

One can experience by practising. One can experience by involving himself, or by identification. A simple example: you speak the truth. What do you experience? Peace. A fellow who likes untruth or lies will convince you. But behind your back, he is highly restless and has a guilty conscience. He feels diffident, and that makes him very weak.

Therefore, exploration is meant to bring out the human values in the form of educare. Uncovering values is the process of education. So education and educare go together. Educare is the source, while education is its expression. Therefore, explore and then experience.

### *ENJOY BLISS THROUGH PRACTISING THE HUMAN VALUES*

Now comes the third word: 'enjoy'. The practice of human values will make your life enjoyable and joyful; you will feel enthusiastic and you will enjoy fearlessness. Before that, you are timid and cowardly; you cannot meet any person face-to-face. Therefore, my friends, 'enjoy' is the third word. When do you enjoy? When human values are put into practice! So explore the human values, experience the human values, and enjoy the fruits of human values—that is, a blissful state!

You enjoy bliss if you speak the truth. You enjoy bliss if you have righteous conduct, and you enjoy bliss if you have love. Love brings every other virtue. Therefore, exploration leads to experience, and (the third word) to enjoy. What is it that you enjoy? You do not enjoy happiness. You do not enjoy joy. You do not enjoy a pleasure. Instead you enjoy bliss. Bliss is the supreme joy, to the power of a million. Bliss is more than pleasure. Petty things give you pleasure, but bliss is to be enjoyed.

Enjoy bliss by practising human values. The kind of enjoyment gained by practising human values actually is the same as 'identification with God' because educare speaks of the truth inside. Truth and its manifestation are explained in education, but when that truth is practised, you enjoy bliss. That's what you get by exploring and experiencing the human values.

### *SATH—CHITH—ANANDA*

Secondly, we all know that we are a combination of three: *sath*, *chith*, and *ananda*. *Sath* means 'existence'. I don't think anyone doubts that we exist, that we are living, but this should be explored. But we are not here simply to explore our existence; we also have *chith* or awareness. Existence or *sath* is known in exploration and *sath* manifests so that you can experience *sath* as the one of awareness, which is called *chith*. You will come to know *sath* from exploration, which will manifest by way of *chith*, or awareness, all that you experience. Once you experience awareness or *chith*, you will enjoy *ananda* or bliss.

Therefore exploration, experience, and enjoyment are equal to *sath-chith-ananda*. They are equal to educare, education, and happiness. *Sath-chith-ananda* can be equated to explore—*sath*, experience—*chith*, and *ananda*, bliss or enjoyment.

### *ASTI—BHAATI—PRIYAM*

I can also tell you the other three equal words in Sanskrit. One is exploration. What is to be explored? *Asti* means 'existence'. Once you know of your existence, once you are aware of existential reality, you will experience *bhaati*. *Bhaati* means 'effulgence', 'radiance', or 'light'. *Asti* is expressed or manifested by way of *bhaati*. Experience takes you to the third stage of enjoyment (*priyam*). *Priyam* means so dear, so beautiful, so wonderful, so close, so intimate, or so endearing.

So *sath-chith-ananda* now means *asti-bhaati-priyam*. *Sath-chith-ananda* was earlier equalled to exploration, experience, and enjoyment: *sath*—explore, *chith*—experience, and *ananda*—enjoyment. So explore, experience, and enjoy. One way of looking at it is *sath-chith-ananda*. The other way of looking at it is *asti-bhaati-priyam*.

### *IMPLEMENTS REQUIRED FOR SPIRITUAL EXPLORATION*

Exploration needs both the knowledge of the process, and the implements required in the process. In other words, I should know what to explore, why to explore, and how to explore. This constitutes the knowledge or pertinent information relating to exploration. I need the implements and the equipment to explore. So the purpose is realised with the help of the instruments. Therefore, exploration is awareness, exploration is knowledge, exploration is a technique, and exploration is a method.

What spiritual knowledge do you need to explore? Spiritual exploration requires the knowledge of the Self, Self-knowledge, *Brahma vidya*. *Brahma vidya*, or knowledge of the Self, is necessary in spiritual exploration. What are the implements or tools that you need in spiritual exploration? In mining explorations, we need a crow bar, a sickle, and a hammer. But what do you need in spiritual exploration?

You need the five D's: duty, discipline, devotion, dedication and determination. These are the five implements necessary in spiritual exploration. The knowledge that we need in spiritual exploration is *Brahma vidya*, or knowledge of the Self.

With this equipment, with these implements, and with the skill of the knowledge of the Self, I explore spiritually. The explorer, the one who explores, is the *sadhaka* or aspirant. An aspirant, a seeker, is the explorer who uses the knowledge of the Self and the implements of the 5 D's—duty, devotion, discipline, dedication and determination. This is spiritual exploration. Where will it take you? To the experience of the Self!

### *SPIRITUAL EXPERIENCE IS BEYOND POSITIVE AND NEGATIVE*

The next step is experience. What do you experience out of exploration? What do you expect to experience in spiritual exploration? In spiritual exploration, you experience bliss. Bliss is non-dual. Bliss is the only single entity without a second, unparalleled, unbeaten, and irresistible. You will experience that blissful state in spiritual exploration. Do you really need it? Why? Why need bliss at all? You may ask why you should experience bliss. The answer is simple. No one in this world can have constant happiness. No one can be happy throughout his life.

Life is full of shock and, bumps, ups and downs, lashes and slashes and jolts. Life is full of challenges, and one may get upset with these challenges. One may lose one's mental peace and one's balance. So there is lots of frustration and depression among many people today. However, a blissful man will never be frustrated even in the worst of situations.

A blissful person will never be depressed in any negative situation because positive and negative are the same to a blissful person. Positive and negative are two situations in the worldly sense, but bliss is a spiritual experience which is beyond positive and negative. It is neutral. It is just a witness. It is supreme joy, abiding and infinite; nothing can disturb the blissful person.

My friends, let us explore spiritually and experience the state of bliss. The state of bliss should be experienced; that alone gives you eternal happiness, and that alone helps you have a balanced life. So experience it!

### *END JOY IS ENJOY*

The third word is 'enjoy'. Explore, experience, and enjoy. What do I mean by 'enjoy'? The joy that you get in the end is 'enjoy', as Baba has said. Further He said, "Put an end to these joys." You get joy from the world. Put an end to that. You get joy out of sensual pleasure; put an end to that. 'End (worldly) joy' is 'enjoy'. The joy that you get at the end of life is enjoy, so enjoy that.

What do you enjoy? You enjoy the experience of understanding that you are the true Self. When you experience you are the Self, when you experience you are the witness, when you experience you are immortal, Divine, and nectarine, when you experience you are everlasting and unblemished, then you will enjoy. So enjoyment lies in the experience of the Self. The true enjoyment is the realisation of the Self. You can enjoy the Self, which is your true nature.

We are not enjoying the nature of the Self. We are enjoying that which is not the Self, non-self. Non-self is projection; it is a reflection. Self is the main objective. When you catch hold of the main subject, you need not be affected by your reflection. Therefore, enjoy the true Self, and from that Self, understand the whole subject is its manifestation. Then everything is its own reflection. The reflections and manifestations may go on changing because they are transitory, but the main subject, the Self, remains. Enjoy the Self, untossed, undisturbed, and unblemished. Experience that joy, experience that balanced state of mind, experience that steadiness, and experience that equanimity.

### *JNATUM—DRASTUM—PRAVESTUM*

Therefore, in spiritual exploration there are three steps. Explore is the first step. Have the knowledge or *jnatum*. The second step is experience, *drastum*. The third step is enjoy, *pravestum*. *Jnatum-drastum-pravestum*. Explore, experience, enjoy. *Jnatum*: yes, I have known the matter, I have known the material, and I have knowledge. That's not enough. You should experience it: *drastum*. But even that is not enough. You should also enjoy it: *pravestum*.

A simple example: I may say that Buenos Aires looks like this, or Mexico looks like that. Yes, I may say that Rio de Janeiro looks like this, or Sao Paulo in Brazil looks like that. I can tell you all these things with maps and illustrations. You know those facts, but you have not experienced those places. You may say, "Sir, I know all that, but I have not gone there, and I have not seen

those places.” Unless you go and see those places, unless you experience them, all the discussion of exploration is useless. So experience that! *Drastum* or experience.

However, just an experience is also not enough. You enjoy that, because in experience lies joy. Without experience, there is no joy. “Wow, what a scene it is! Wow, how splendid it is! Wow, how wonderful it is!” This comes out of experience only. Therefore, explore, experience, enjoy are equal to *jnatum-drastum-pravestum*, as mentioned in the *Bhagavad Gita*.

### *TRUTH IS ETERNAL AND WITHOUT A SECOND*

Then we come to the other aspect of ‘explore, experience, enjoy’. What is it? Bhagavan said at one time:

*Satyamunandundi Sarvambu Srushtinche...*  
*Satyamu Nandanage Sarva Srushti... (2)*  
*Satya Mahimaleni...*  
*Satya Mahimaleni Sthalamedhi Kanugonna... (2)*  
*Shuddha Satvamidhiye Choodarayya... (2)*  
*Satyamunandanage Sarva Srushti...*

Therefore, understand this: Truth is the bedrock, the sub-stratum, the foundation, the persistent stalk. Truth is the origin.

*Satyamunandundi Sarvambu Srushtinche...*

Out of truth, the whole creation has come, the whole manifestation has come. The whole universe is the manifestation of the principle of truth. And the whole thing merges into the truth ultimately. That’s what we call *pralaya*, annihilation, withdrawal, or extinction. Out of truth the whole thing comes, and everything gets back into the truth, like waves that come out of the ocean, and waves that go back into the ocean. Ocean is the truth, while waves are the creation.

So you experience that truth, the primordial principle, the fundamental truth, *satyam*. Experience truth, experience fundamental truth, experience eternal truth, that nectarine truth, that immortal truth. Experience that! To experience truth, first you should know what truth is. Explore! Explore truth. Investigate. Explore, and experience.

First, explore what truth is. Anything that changes is not truth. Anything that changes is untruth. That which is changeless is truth. So explore into the depth and the spirit of truth, truth which is eternal, which does not change in all the three periods of time – then, now and forever. That changelessness is the quality of truth.

Second, truth is one, that’s all. There cannot be two truths and three truths. Truth is one. This truth is *rutam* in Sanskrit, and the truth, *rutam*, is only one: *ekam sath*. That truth is one. Explore truth, understand truth, know the implications and ramifications of truth, which is changeless, which remains the same in all three periods of time.

*SATYAM—SIVAM—SUNDARAM*

*Satyam* is exploration. *Satyam*, the truth, will take you to the state of experience. That experience is awareness; that experience is thrill, excitement. What kind of feeling would you have if you receive an electric shock? What kind of a feeling would you have if you put your hand into a fire? It is like that. Experience the truth.

The truth is experienced by way of awareness. Experience that awareness. Experience that kind of awareness of the Self. The awareness born out of experience of *satyam* is *sivam*. *Sivam* is experience. Life is experience. Bliss of the moment is experience. This moment is experience, *sivam*, not then and thereafter. Now! Here! This is what is *sivam*. Experience that *sivam* now, out of exploration. Exploration is *satyam*, while experience is *sivam*. Then what happens? Life will be a paradise. Life is heavenly and worth living; it is wonderful, beautiful, joyful, which is *sundaram* or beauty. Exploration is *satyam*; experience is *sivam*; and enjoyment is *sundaram*.

Therefore, my friends, the words 'explore, experience, and enjoy' have different connotations, different shades, different interpretations, and different dimensions, provided we have the heart to react, to reflect and to respond.

Exploration is not a thought; exploration is an action. Exploration is action, and you experience only out of an action. If you want to experience the joy of a ride in a motorcycle, you should ride your motorcycle. Explore that, and then you will experience a jolly, a happy ride. Explore that, and then you can experience later.

### *KARMA—BHAKTI—JNANA*

Exploration is an action by itself, or *karma yoga*. *Karma yoga*, action or service, will take you to experience. What do you experience? You experience love; you experience the fruit of devotion which is love or *bhakti yoga*. *Bhakti yoga* is the path of love, the path of devotion. The path of action is *karma yoga*, so exploration is *karma yoga*. Experience is *bhakti yoga*. You experience *bhakti*; you experience that sweetness lying in the depth of love of God. That is experience; that is *bhakti*.

*Karma* is exploration, action. *Bhakti* is experience, or devotion. Then comes the third word, enjoy. Enjoy is wisdom or *jnana*. How do you enjoy *jnana*? By being equanimous, by being balanced, by being unselfish, non-egoistic, you enjoy. *Karma*, *bhakti* and *jnana* are the three levels: exploration, experience, enjoy. Enjoy is *jnana* or wisdom because that is the only way to realise God, to reach God, which is the climax, the finale, of the earlier two. *Karma* takes you to *bhakti*; *bhakti* takes you to *jnana*.

There is no return now; there is no going back. Once the river merges into the ocean, you cannot return. Once the river flows forward, you cannot return. Once youth is gone, you cannot get it back. You can get a position, or you can get money, but you cannot get your youth back, once it is over. That which has no retreat has no withdrawal. That which is permanent, and that which transforms, is *jnana*. That is what you mean by enjoy. Therefore, exploration is *karma*, experience is *bhakti*, and enjoy (ment) is *jnana*.

Like this, these three words can be explained in multi-dimensional ways. For our advantage, and for our understanding in a comprehensive way, we have tried to bring them to your attention from a multi-dimensional perspective.

Thank you very much for your patient listening!

*OM...OM...OM...*

*Asato Maa Sad Gamaya  
Tamaso Maa Jyotir Gamaya  
Mrtymoraa Amrtam Gamaya*

*Om Samastha Loka Sukhino Bhavantu  
Samastha Loka Sukhino Bhavantu  
Samastha Loka Sukhino Bhavantu*

*Om Shanti Shanti Shanti*

*Jai Bolo Bhagavan Sri Sathya Sai Babaji ki Jai!  
Jai Bolo Bhagavan Sri Sathya Sai Babaji ki Jai!  
Jai Bolo Bhagavan Sri Sathya Sai Babaji ki Jai!*

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