

The Sunday Talk Given by Prof. Anil Kumar

*“The Divine Promises”
Part 1*

May 22, 2011

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Sai Ram

With Pranams at the Lotus Feet of Bhagavan,

Dear Brothers and Sisters,

DIVINE PROMISES

Welcome back to this session. We had two talks earlier on “What Next After Mahasamadhi?” and those who could not attend may visit the website www.saiwisdom.com. Videos of all the talks are available online at this website; so kindly visit the website for your reference.

This morning I would like to share with you the Divine promises He made. I will not say “Divine Vows”. I could have said that, but Divine promises are equal to a vow. Krishna made such vows.

I would like to draw your attention to those Divine promises, particularly at this juncture when some of us are still suffering from the physical absence of Bhagavan Baba. Many, many people are feeling the pangs of separation from the Divine proximity, and are so sad and sorry. It is understandable. But these *satsangs* will help us to rehabilitate, to go back to normalcy without crying anymore, because that will not get us anywhere.

At some stage or other, we should put a full-stop to the crying and go on to the next step. Therefore it is with that in view and to drive us away from our grief that I want to remind you and myself of the Divine promises. So the topic of this morning is “Divine Promises”.

PRACTICE, NOT PREACHING

What are they? Bhagavan said, “Most of you are very anxious to spread My message, and many would like to share My message with others. But I tell you, the best way to share My message is this: live up to it.”

Kindly note the best way to spread the Sai message was given by Sai Himself. What is that best way? It is first to live up to His message in thought, word and deed. It is better not to

spread the message if we cannot live up to it. Therefore, those of us who are very anxious to spread His message should know that we have to practice it in our lives. Bhagavan says that kind of practice by itself will transform the whole world, not merely preaching. That is the first thing.

THE STUDY OF VEDAS

The second point: Baba said that He has three tasks to fulfill, three important areas to attend to. What are they? One is to advance the *Vedas* (the oldest and most authoritative religious scriptures) because *Vedic* knowledge has been neglected over the years. It is praised, recognised and appreciated—but nobody is prepared to learn it! We are proud of the *Vedas* but no one knows anything about it. Therefore Bhagavan said His first task is to encourage the study of the *Vedas*.

Has He succeeded in that? Yes, He has succeeded. You have thousands of students together reciting the *Vedas* for hours and hours. Not only that! Sai centres in Japan, US or even China, have devotees who can recite the *Vedas*. So there are many devotees all over the world who can recite the *Vedas*. It is evident that Bhagavan has fulfilled His promise to spread *Vedic* literature and the study of *Vedas*. It is for us to continue bearing its torch, to continue to light the lamp of *Vedic* effulgence in the future.

TO HELP THE DEVOTEES

The second task He announced was “to help the devotees.” That is His second task. He said, “I have no other job other than to help My devotees, to come to their rescue”. This has been going on right from His childhood, and will continue so forever and ever and ever. There is no doubt about it. Bhagavan helping devotees will continue forever and ever, regardless of His physical absence.

I know of many devotees who tell me, “We don’t miss Him. We feel that He is still here.” They say that they see Swami sitting near the *Samadhi* (*the sacred tomb shrine*), in His physical form. So people are feeling the physical presence of Swami. In the past, we saw Him and today we feel Him. Bhagavan said clearly, “Whosoever feels Me, wherever he is, I will come to his rescue. I will come and save him.” That is His promise.

Ananya Chinta Yanto Maam Ye Janah ParyuPaasate.

When you think of Me, I am there to help you; I am there for your rescue.

That is the second promise and He has fulfilled that promise. How can I say that is so? On the other side of this building, you have book stores—thousands of books in all national, international, or regional languages. Most of these books describe spiritual experiences. Two or three percent may contain His message and interpretations. All the rest are about the personal experiences of devotees, or of others. What does this signify?

People have bundles of experiences. Every day is an experience. When you feel like listening to His *bhajans* (devotional songs), He is prompting you to listen to Him. When you feel like reading His book, He is encouraging you to be near Him and hear Him. So you hear Him when you read His book, and you forget yourself when you listen to His *bhajans*.

SWAMI MOTIVATES ALL

The third task that Bhagavan has undertaken is this: to motivate people, to make every devotee feel Baba as the Motivator within. You have an inner prompting . . . go there, do this, hear that, take part in service activities, go to *bhajans*, read this literature, attend *Veda*

chanting, learn the Vedas, . . . all a calling from within, an invitation. This is the third task that Baba has undertaken—to make everybody feel that Baba is the inner Motivator within each one of us. And He has fulfilled that task also, or else we would not have been here.

BABA MOTIVATES PEOPLE TO COME TO PRASHANTHI NILAYAM

There are some hundreds of devotees from Jharkhand and Chattisgarh here although they know that Swami is not present in the physical form. But those hundreds have come all the way, three to four days of travel, from the other ends of this country. I don't believe that they just thought they would come. No, I feel He brought them here, He prompted them all. He motivated them to make this trip to Prashanthi Nilayam.

A couple of days ago we had some devotees from villages in Tamil Nadu. Most of them were here for the first time, except perhaps for one or two. They know that they won't see Swami physically. What made them come here? I never heard anyone saying that they were disappointed or that their time was wasted by this trip. Everyone felt very happy for having been here. Some even said that they regretted not having been here before; they felt so badly for not having seen Swami before. They now understand what they have missed in their life.

V. K. Gokak, a former Vice Chancellor of the Sri Sathya Sai University, was a great scholar in the Kannada language and a very powerful writer. He was also a man of English literature of international stature. He said this in one of his poems:

*Have you seen Baba?
Who sets cities aflame with longing,
And drenches them with the delight of existence?
You have lost the very meaning of life
If you have not seen Him and been spoken to by Him.*

When I was going through that poem, the hair just stood up like that, because I wholly accept what he said. Being a contemporary of this Avatar (incarnation of God), having been born in this age, if we still say that we have not seen Him, I think life is a waste, a life that has not been lived at all! It is the life of a vegetable.

Bhagavan motivated all of us to come here; He Himself brought us here. He has selected all of us to be His devotees. We are not that good as to be devotees; we are not that good that we could come here. No, He selected us. We are here out of His Love for us, out of His compassion for us, out of His concern for us.

So Baba has fulfilled these three tasks most successfully: the fostering of the study of the Vedas, the fostering of the devotees' welfare and taking care of them, and finally making all devotees experience Baba as the inner Motivator, the Indweller within everyone.

OUR QUALITIES WILL GLORIFY SWAMI

Then we often say, "Come on, see the university!" We often say, "Come on, see the hospital; see the Mandir; see the Chaitanya Jyothi!" We often say that. But to my knowledge, Baba never said, "See My buildings!" He never said it, whereas we do because we love buildings. We have buildings, and we build castles in the air also. But He does not speak of the buildings.

What a wonderful thing Baba said! "What will glorify Me?" People might say, "Baba is great; He is God because look at the hospital He built!" No, no, no! You don't need to speak of the

greatness of Baba in terms of the beautiful buildings of architectural beauty, or engineering ability and skills.

What He said in essence is this: “Your self-control, your detachment, friendliness and brotherhood, your sacrifice, spirit of service, determination, patience and steadfastness will glorify Me. Your qualities will glorify Me.”

He did not say that His buildings would glorify Him. We glorify in terms of the bakery, the canteen and its ice-creams. We love them. They glorify the devotees! We run there immediately after or before the *bhajans*. I always tell my friends, “If we see anyone walking slowly, be sure he is going to the Mandir (main temple); and if you find anyone walking swiftly, very fast, be sure he is going to the stores!” (*Laughter*)

So these buildings will glorify us, but our qualities will glorify Baba. Buildings are dead, inert, passive and lifeless. They don't glorify Baba who is life and active energy.

My friends, these points are collections from His talks which are really thought-provoking. We have to reflect upon these concepts given to us by Bhagavan Baba.

ONLY BABA CAN SAY THAT YOU ARE A DEVOTEE

There are many people who say, “I am a devotee of Baba.” When you say that you are a Bachelor of Arts degree holder, or have a Masters degree, you can show the degree as proof. If you say that you are a devotee, where is the proof, where is the degree or paper? Show me some evidence. As Baba has said, “What is the proof?”

In fact, no one has any authority or right to say “I am a devotee.” Only Baba can say that you are a devotee; not you. If you do, then it is more a claim than a reality. We don't go by claims, we go by facts. Therefore, no one has any right to say, “I am a devotee.” But you can claim to be a devotee. Here comes the point.

YOU CAN CLAIM TO BE A DEVOTEE ONLY IF YOU SUBMIT TO HIM

These remarks I make are all from His talks only. Anil Kumar is not capable of speaking on his own. He does not do that. There is no need also. I quote directly from Swami! Neither do I interpret. There is so much given in the Sai literature, why give your interpretation? Only to pollute it! I don't do that.

He clearly said that you can claim to be a devotee only if you submit to His hands, if you submit to Him in a complete spirit of surrender without any ego. So submit yourself to His hands without ego, and then you can claim to be a devotee. But where are His hands and how to submit to Him? That is our question. The answer is to act according to the Divine will and not to go against the Divine will.

SPIRITUALITY CALLS FOR PERSEVERENCE

Very unfortunately, I met a person this morning who had been here for a long time.

He said “Anil Kumar, I am going.”

I said, “You are welcome to go.”

Then he said, “When are you going?”

I replied, "First you go. Then let me know how happy you are, so that I can follow you! (*Laughter*) So this is not the way to follow the Divine will.

You have chosen one way of life. Holding on to that, come what may, is the quality of a devotee. If I am always looking for the advantage, if I am on the lookout for preferences, picking and choosing, then I am a businessman, not a devotee. You can call yourself a very good businessman, successful in business, but not in spirituality.

Spirituality calls for perseverance. Spirituality calls for determination and firm conviction. "Come what may, I shall not leave! I am ready." That is the submission of one's own self into the hands of God: "Oh God, I submit to You. Come on! I am Your instrument, so make use of me as You prefer and I deserve." This should be the claim of a devotee. One can claim to be a devotee only then, but not otherwise, according to Bhagavan's words.

SWAMI'S CLAIM THAT THIS AVATAR IS SPECIAL

Swami also has a sense of belonging just like us. But we have a sense of belonging to our own people, to our own state, to our own town and locality, to our own blood relations. This is our sense of belonging. But Swami's sense of belonging is universal. He feels that all belong to Him and He wants you to feel that He belongs to every one of us. This is His kind of sense of belonging, a two-way traffic. He belongs to us and we belong to Him.

It is a permanent, immortal, perpetual, spiritual contract. It is not any job as in the West, a contract job for a particular period of time. This is a lifetime contract, a contract which is permeating, which is ever increasing, which is permanent.

Therefore, my friends, as Baba said in this context, "No Avatar has ever done this before, what I am doing!"

"Swami, what are You doing? What makes you say that no Avatar ever did it?"

He tells us, "No Avatar ever moved among the masses in such large numbers, as I moved. No Avatar wanted people to consider Him as their friend, the nearest bosom friend, much closer than any blood relation. No Avatar gave counseling and guidance to such numbers of people as this Avatar has done." This is a declaration of Baba.

Therefore, my friends, Swami's claim, that this Avatar is special, has to be recognised, held and experienced by all of us. He is ready to guide us always, always!

SAI—SEE ALWAYS INSIDE

At one time, He gave the meaning of 'S A I', Sai. "See Always Inside!" But we see always outside; that is the tragedy. What is there to see outside, nothing! While He is inside, what is the fun of seeing outside?

Baba clearly said to us, "Be benefited, be profited, be the recipient of My guidance and ever-willing, never-failing teachings. Be ready to receive them." That is what Baba has said.

THE DIVINE ASSURANCE

I have read this because I thought these things should be shared with everybody, particularly now when we are completely shattered, when some of us feel so utterly left without any support any more. We have to remind ourselves of these statements so that we will have that assurance and retrieve our good spirits.

With what courage He says, with what deep conviction He declares, “Nobody can stop Me. I will achieve what I want to. I will not change, even if all the seven seas together come in my way. I will achieve, I will attain. I will not stop from doing what I really want to do.”

So we have Swami’s promise that He will continue to do what He wanted to do! And what is it that He wanted to do? To save, help and guide the devotees. That is what He wanted to do and He continues to do. Nobody can stop Him. Is this not enough of a promise to have you back feeling happy and confident? What more do you want? “I will take care of you. I will guide you. Come what may, nobody can stop Me from doing this!” says Bhagavan.

SWAMI’S DETERMINATION

Bhagavan also clearly says, “I will hold to my determination. I shall not drop it.”

Here is a simple example. Some time ago, there was a proposal to increase the price for lunch in the South Indian canteen. It was a small increase because you don’t even have breakfast for 6 *rupees* (0.02 US dollar or 014 UK pound). How can you expect to have lunch for 6 *rupees*? Impossible!

Somebody went to Swami to for permission to raise the price for lunch by a small amount. He shouted at him, “Leave the *ashram* immediately!” (*Laughter*) He added, “This canteen is for everybody, all people—rich, middle class and poor. All should be able to afford the meals. You cannot increase the price. If you do, don’t show Me your face.”

At another time, somebody showed a balance sheet statement to Swami, and told Him, “In our wing, (I shall not give the name because they will feel so badly) we made a good profit from sales.”

He said, “Get out. Get out immediately!”

“Why, Swami, what is it?”

“This is not a business. This is not a business place. Everyone should be able to buy any article wholesale, as it comes from the manufacturing centre. Tear off those price tags, and retain the old prices if you want to continue; or else quit!” He is so strong in certain matters, very strong.

He wants community living, with all the students living together in good numbers. Somebody requested me to ask Swami to provide another building, so that more boys could be accommodated. Well, that was in the early days of my job.

So I went and asked, “Swami, we want the other building that is vacant for our boys.”

He said, “You get out of the *ashram* by 5 o’clock, you understand?” He gave me the time also. (*Laughter*) “I do not want to see your face by the time I come down for *darshan* (public appearance of Swami.) You should go immediately!”

Wow! I never expected that capital punishment! (*Laughter*) Fire actually, fire! I shook like anything.

On certain matters, there is no compromise at all. “I have determined to do this,” and He will do it. That is all. Nobody comes in His way. “I will stick to My determination.”

THE EXPERIENCE OF PEACE IN PRASHANTHI NILAYAM

I also want every one of us to do this. This is what He said. "When you go back home, tell everybody of your experience in Prashanthi Nilayam; how you experienced supreme peace, *prashanthi*. Tell everybody."

Why? Because what you tell everybody is out of your own experience. Information taken from books may be based on imagination, or be a hypothetical statement. But when you yourself say, "I went there and this is what it was like . . ." it has the ring of truth. Therefore my friends, let us stand as a witness to His Divinity, having experienced the supreme state of peace, *prashanthi*. That is what Bhagavan has said.

BABA SAYS "BE AS I AM"

Baba also says, "Be as I am." How do we do that? In order to be like You, let us know how You are.

Swami tells us this: "I am not exalted when you praise Me. I am not depressed when you criticise Me. Praise or blame don't touch Me. I am what I am! Whether you praise or criticise, I am not bothered. My way is very clear."

My friends, this is the chance to learn from Baba, just as we can from the popular book, *Imitation of Christ*. One should certainly read it. My mother used to read it every day, and she would even say that whenever she opened the book, she would get a message for the day. Likewise, let us follow or imitate Baba. What is the imitation of Baba? Is it to imitate His hair style and dress? Any drama company can do that. It is not that! It is the life of love, the life of sacrifice!

PREPARE TO SACRIFICE

What an incredible kind of sacrifice was His life! We cannot imagine it. He totally neglected His body and His health. He totally neglected the damage to parts of His body and was unmindful of His setbacks. He did not tell anybody what was occurring internally. He knew but He did not tell anybody. As camphor burns away leaving no trace behind, likewise Baba allowed His life to be wholly exhausted, irrespective of the hurt to vital parts of His body. He did this because He loves us more than His body. He loves us above His health. He has nothing else other than you and me. That is what Baba is.

Therefore imitation of Baba is not about the physical, or the physical frame. We should be prepared to sacrifice in our own humble way. We should not to get ruffled or disturbed by simple things. Simple things!

SPIRITUAL PRACTICE IS NOT A MATTER OF DECLARATION

I have a friend who always speaks of his *sadhana*, (spiritual practice) and *ananda* (bliss) that he enjoys. I get tired of listening to that every day. Yesterday evening I gave him a mouthful. "If you are happy with your *sadhana*, please continue; you don't need my approval. If you are in joy, please be joyful and don't make me miserable. (*Laughter*) If you think that your path is correct, continue! You don't need anybody's approval or acknowledgement. It is like asking somebody, "Do you know when my hunger is satisfied? Do you know when my thirst is quenched?" Who am I to say how thirsty you are! Who am I to say how hungry you are! It is for you to say; it is for you to eat! Why do you need to tell me these things?" Then I gave a wide, false smile and left. (*Laughter*)

This is not devotion. I went back to tell him so and that his *sadhana* is not a matter of declaration. I told him, "When a newcomer comes with a fracture or with a paralytic stroke,

dragging his feet, and he sits at the place where you usually sit, you fight with him, and you shout at him. Yet you speak of *Advaita* (absolute oneness of God), *Paramananda* (God-realised state of ecstasy), and *Brahmananda* (Divine bliss) to me. Are you a fool or am I a fool? To speak like that, you are a fool; for me to believe you makes me a double fool. I am not prepared to take that.” He is just eighty-five years young! (*Laughter*)

THE WAY TO IMITATE BABA

When you can control your anger, when you feel like shouting at somebody—your wife or children or friend or anybody—and when you can control that anger, that is true *sadhana*. Tick! When you don't feel jealous of anybody, that is true *sadhana*. Tick! These are the things that can be on your checklist for you to tick off, not the number of times you go around the statue of Ganesha, or the number of flowers you offer. That is all show! Not that I don't want you to continue with these rituals, but they can be compared to a glass of water. We drink the water, not the glass. Similarly, whatever rituals we do, they are only the expression, the container of a deeper spiritual significance. The important thing is that we take praise and blame with equanimity and not get upset, come what may. That is the way to imitate Baba.

SWAMI WANTS US TO FOLLOW HIM, NOT PRAISE HIM

Three speakers once addressed the assembly in Sai Kulwant Hall. It appeared as if these three speakers were competing with each other in praising Swami. The first praised Him, the second went to a higher level of praises, the third even higher. The praise given on the platform increases in strength, 25 mg, 50 mg, and then 100 mg!

I was translating the talks, so I can tell you what Baba said in His following discourse. “I don't want your praises; I don't want you to praise Me to the skies. I want you to live according to what I say. I want you to follow what I say, not praise Me. If you praise Me without following Me, it is the worst of the sins. I don't want it.” Therefore, as Sai devotees, it is more important to follow Him than to praise Him.

PEOPLE ARE TRANSFORMED

How does transformation happen? I know of many drunkards who have become teetotalers, non-vegetarians who are now completely vegetarians, smokers who have become non-smokers. I know of very selfish people who, after having come to Bhagavan, start spending their time and resources in community service. How has it happened? How have these people been transformed? Why? How?

And it not just people who are staying here. Some are in far-off places like Mexico or Argentina. They find themselves transformed, which is a matter of surprise to them.

They say to me, “Anil Kumar, you don't know how I was!”

I say, “I don't need to know about it. Only you can know how you were, but I can see how you are now! You were not happy before, so now speak only of how the change has made you happy.

So there is a paradigm shift, a U-turn in our life pattern. How is it possible? Who does it?

SWAMI IS IN CONTROL OF THE INTELLECT, THE BUDDHI

Swami gives an example of how the transformation is made. A car turns that way, this way, left and right, because the driver inside the car turns the steering wheel to the right or to the left. The wheels outside then move in that particular direction. So the direction in which the wheels turn and the car goes depend on the steering, which is in the hands of the driver.

Now Baba tells us this, “I am the driver, understand that! Useless fellow, understand I am the driver; you are not the driver!”

“What! You drive the car, Swami?”

“Yes, the steering is in My hands. And that steering is your intellect, *buddhi*! Your intellect is My steering. I control that and make the car move.”

In the same context, Baba declared this: “I don’t damage the car or allow passengers to die in an accident. No! I drive the car. I take the steering, your intellect, and direct the wheels to go on the straight path to reach the destination. I don’t kill you as Rama did and Krishna did.”

BABA’S GUARANTEE

Avatars like Rama and Krishna had to kill individuals who were enemies of the godly way of life, but the righteous were protected. Baba, our Avatar, cannot kill anyone as the forces of good and evil are now present in every human being—every one of us is imperfect. So there would be nobody left. Impossible! He loses His job. Baba only is all perfection. We are all imperfect in our own humble way. He only is perfect.

In order to put people back on the right path to Divinity, He said, “I correct your intellect. I direct you along the straight path and take you to the destination.”

Our continuous prayer should be as in the last stanza of the *canto* of the *Gayatri mantra* (the universal prayer for enlightenment):

Dhiyo Yonah Pracodayat.

Oh God, as Sanathana Sarathi, the Eternal Charioteer of my life, take my buddhi and direct it.

We will be so safe! But we want to drive all by ourselves and land elsewhere other than the destination. Then we get lost and feel so badly. But Baba has given us the guarantee that He will drive our lives safely to the destination.

BABA NEITHER COMES NOR GOES—HE IS GOD

We need to be reminded of His Divine promises, to think of them again and again, so that we can come out of this bad, sad mood caused by His physical absence.

Somebody was crying, “Why should Baba leave me?”

I said, “You want to be taken along with Him?”

He has not left, but we are soon to leave! He has not gone anywhere. He cannot go and come. The One who neither comes nor goes is God. Man is the one who comes and goes, depending on his *karma* or destiny. It is only God who is eternal existence. He can appear in body form and disappear, something like the sunrise and sunset. That is all. It is at His will that things happen.

BABA GIVES A CLEAR EXPLANATION OF THE SACRED TEXTS

My friends, Baba gave another point. (I love to recall these points again and again.) What does Baba say now? “I will explain the meaning of the sacred texts, the *Shastras* and the *Vedas* in a simple way. I have come to reveal their meaning.”

Great *Vedic* intellectuals or scholars like Kamavadhani or Ghandikota Subramanya Shastri, said that Baba's interpretation is original and they have not read that kind of interpretation anywhere else. These people are like walking encyclopedias. I can give more names that would be unknown to you, but if I did that it would be more out of vanity.

If you read Sai literature, it is equal to going through the *Upanishads*, the *Bhagavad Gita* (Indian scriptures), the *Quran* (the Islamic holy book), the *Holy Bible* (the Christian holy book), or the *Dhammapada* (Buddhist scripture), because Sai literature is a multi-vitamin tablet. All things are there. There is no topic under the sun that remains untouched!

So our *Vedas*, *Shastras* and sacred texts are wonderfully explained by Baba. Please be very sure of it. Those of us who are seniors, or who might have been acquainted with scholars in the field of religion, or had the opportunity to read a numbers of books, will agree with me on one thing. No book can explain better than Baba; no scholar can explain better than Baba Himself. No interpretation is clearer than Baba's interpretation.

We find it so easy and comfortable to read His interpretations. But when we hear some talks and read some other books, we decide not to do that again because they confuse us. Confusion is guaranteed! However, Baba is straightforward.

Therefore my friends, go through the Sai literature, read Sai books more and more. They will become imprinted in your heart indelibly, as permanent as letters inscribed on the surface of a stone. Wonderful explanations! Nobody else can do that. Let us benefit from them.

SWAMI'S MESSAGE IS ALSO ACCESSIBLE IN ELECTRONIC MEDIA

We are really fortunate to have been born in this electronic age. People of previous ages did not have as many advantages as we have. We have CDs, DVDs, and the e-library today; we have Google (the well-known internet search facility) to access information or find entertainment from anywhere in the world. We have so many facilities to give us access to all kinds of literature.

You can also receive Swami's message from these sources and thereby draw comfort and inspiration. Let us listen to His voice by playing DVDs or CDs. But I don't do that. I listen to pop music and then what happens? I become easily excited and I waste energy. But when I listen to *bhajans*, calmness descends! Anybody who is in a temper will calm down.

Listening to *bhajans* balances your mind. "*Premamuditamanasekaho*", "Fill your heart with love and chant the Divine Name." "*Satyam JnanamAnantam Brahma*", "Brahman is truth, knowledge, and infinity."

BABA'S STRESS AND TENSION MANAGEMENT COURSES ARE TOTALLY FREE

All over the world today the problem is stress and tension. There are some people who offer one week training in stress management—\$150, or a 10-day courses to manage tension—\$500. You may attend the course by paying \$200. Just making the payment will give you tension! (*Laughter*) 'Did I get benefit equal to \$200?' 'Is this training worth \$500?' So fresh tension, added tension!

Sathya Sai Baba's stress and tension management courses are totally free! Listen to the *bhajans* on a CD, completely free. (*Applause*) Success guaranteed! Just relax in an easy chair at home and enjoy your morning cup of coffee. Come on! Play a DVD. Heaven is there

when you enjoy your morning cup of coffee with the background music of Sai *bhajans*. There cannot be a better thing in the world than that.

SAI BHAJANS—A MUSIC THERAPY

While going to bed, listen to those *bhajans* and go to sleep. You will not have awful, bad dreams. Somebody told me, “Sir, last night I had a dream where I was fighting with you.” (*Laughter*)

I said, “You are fighting here! You want to fight with me in the dream also, poor fellow.”

We fight in the dreams; we are disturbed and agitated in our dreams. Whether awake or asleep, we are in turmoil. When are we calm and peaceful? When are we happy? This disturbance and turbulence will show up in the body as high blood pressure and high blood sugar, and ultimately as a heart problem. People think that we get these health problems due to our eating habits, but this is not the main cause. If it was, then when we correct our eating habits, everything would be fine. But that does not happen because I am anxious and troubled in daily life, and also in my dreams.

My friends, if you want your sugar levels to be normal, if you don't want hypertension, if you want to lead a happy peaceful life, listen to Sai *bhajans*. That is the antibiotic prescription of Dr. Bhagavan Sri Sathya Sai Baba, the Doctor of doctors! (*Applause*)

Bhajans are Sai music therapy. When you listen to music, there are certain biological changes in the body. Somebody told me, “Anil Kumar, so-and-so can cure by music therapy.” I said, “You don't have to go there. We already have the best music therapy known to us—Sai *bhajans*.”

COME, EXAMINE, EXPERIENCE

Here is another interesting point. Swami Himself put this question: “How can you utilise Me?” And He gave us this answer. He said, “Come, examine, experience.” Three words!

One: “Come” has the meaning of ‘turn Godward’. If the Mandir is in this direction and if you go in another direction, then you go to the airport, not the Mandir. Come towards the Mandir if you want to come to the Mandir; come towards the hospital if you want to come to the hospital. So ‘come’ meaning ‘towards God’.

Two: “examine”. You now examine whether you are on the right path or not. For instance, you may not have any real interest in the Mandir as a place of worship. It may be just a place to you. So you are not tuned into it and you cannot have any sort of spiritual enjoyment from going there.

There are some unfortunate fellows who say, “I went to Prashanthi Nilayam and nothing happened to me.” I say this means something did happen.

For example, an electrical current will not pass through you if you sit on a wooden chair—you won't feel a thing. But, if you sit on an iron chair, you will be no more. Some materials are good conductors of heat or electricity, some are not. So if someone says, “Nothing happened to me,” this person is a wooden chair. The electricity of Sai grace has not touched him. What has happened is that this person has not tuned himself.

So ‘examine’ means to understand whether you have tuned yourself or not. If you sit in the *bhajan* session and look at everybody, you have not tuned yourself. But when you join in with

the rhythm and become the song yourself, that is correct tuning. If you look at the *Samadhi* (Swami's holy tomb) or at Swami's chair, and nothing else is seen, that is correct tuning. This correct tuning is meditation, *dhyana*.

Three: "experience". What is there to experience? You experience That which you cannot express later.

A simple example! You go to a movie, and at the end you say, "Excellent movie!" Or you eat a rice pudding and you can tell me about that, too. You can describe what you saw or ate. But, how about the experience of God? Can you say anything about that? Impossible!

Let us understand that Divine experience cannot be expressed. It is beyond the mind and therefore it is beyond words. If anybody says, "You know what happened...?" know that if he can describe it, he cannot know it. So when you don't know, how can you make me know? The spiritual experience is inexpressible and incomprehensible.

A SINCERE PRAYER

My friends, we have many more things to think of along this line in coming weeks. We will try to hear and read His words. This is only a comforting process. This is only a process of wiping out the endless stream of tears flowing down our cheeks at this moment of life.

Having been here for a long time, having cut off our links with all the dear and near, our friendships and relationships, having broken the chains of contacts, having settled here, sometimes you feel isolated. Sometimes you feel that you are alone. Sometimes you feel that you are neglected. No, my brother! Certainly not, my sister! Never feel like that!

Baba wants you and wants you only. Please understand that. He can never be away from you. He can never cut off His links with you. He loves you and you love Him. In this eternal Divine romance, together we live, **together** we live.

*Oh God, I may not see You, but You are within.
Oh God, help me to see that so I don't miss You.
Oh Baba, continue to inspire me to speak about You.
Make me learn how to be grateful.
Tune my mind to Your wavelength, my Dear Lord.
My Dear Lord, strengthen my faith and devotion.
Let it not shake.
Help me to feel Your company always.
Let me be sure of your Divine Presence in my heart.
Oh Bhagavan, I don't have anything to ask for in this life.*

Sai Ram! Thank you very much.

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

*Om Lokā Samastha Sukhino Bhavantu
Lokā Samastha Sukhino Bhavantu
Lokā Samastha Sukhino Bhavantu*

Om Shanti Shanti Shanti

*Jai Bolo Bhagavan Sri SathyaSaiBabajiki Jai!
Jai Bolo Bhagavan Sri SathyaSaiBabajiki Jai!
Jai Bolo Bhagavan Sri SathyaSaiBabajiki Jai!*

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