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*The Sunday Talk Given by Prof. Anil Kumar*

*Satsang with Brazil Group:  
“The Gifts of Prashanthi Nilayam”*

*October 22, 2011*

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

*Sai Ram*

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

*Dear Brothers and Sisters,*

***ON PEACE***

Baba once remarked that people from all over the world come here. Over there, they have their nice buildings to stay in, plus very good jobs and money. Then He asked, “Why do people come here? It is because of the peace here. Outside there are only ‘pieces’, while here there is peace.” So they come here to feel peaceful.

***WHAT IS RELIGIOUSNESS?***

*On religion and religiousness:* Religion and religiousness are different. We have religion, but we are not religious. We go to church on Sundays and so we think we have religion. We are religious on Sundays, telling God at church, “God, see You next weekend. I am so busy! So see You, my Lord, next Sunday.” So only then, on the Sabbath day, do you have your religious holiday.

But here, you feel religious all the time. Why? There are religious vibrations here. The whole place is charged with devotion. You feel like praying, meditating, and reading the scriptures. You feel like sharing your experiences. We don’t discuss our jobs. We don’t speak about money and properties, malls or 5-star hotels. Nothing like that!

The only talk here is about Baba. He is the centre of any discussion. He is the centre of attraction. Think of Him, pray to Him, talk about Him, read about Him and spend time in *satsang*

here. This is 'religiousness'. We may have religion, but we learn how to be 'religious' when we come here. Do you follow my point?

One may be a Hindu or a Christian by birth, but that is only one's 'religion'. But any practice of religion is 'religiousness'. By coming here, you practice your religion and become religious. So, being religious is more important than having a religion. This is one of the gifts of this place.

Now let us come to the third gift, about 'emotions'.

### *IN PRASHANTHI NILAYAM WE SHIFT FROM 'I' TO 'WE'*

*On emotions:* In the world, we have a life of our own. "What do I care for others? This is my life. This is my wife." "I and my wife"—that's all! But here, your heart starts experiencing sacrifice and kindness. So you come out of the circle of 'I' and 'mine' and go into the spirit of 'we-ness'. Here we make the shift from 'I' to 'we'.

Circles may be any number, big or small, but the centre is always the same. That centre is the Holy Spirit as mentioned in the *Bible*. The centre is your being or consciousness. Therefore, we start feeling that we are not simply the body, mind, and life with the wife. No! We are bigger, wider. Suddenly, you feel like helping. You feel like doing something for the poor. You care and share. This is the expanding experience of emotions, sentiments, and feelings.

### *MONEY COMES AND GOES, MORALITY COMES AND GROWS*

*On faith:* Let me speak a few words about faith. I have money and I have faith in my money. I can buy any house, I can buy the latest car, and I can fly anywhere. On the weekend, I can go to Amparo or Rio de Janeiro. I could even go to Avenida, Paulista in Sao Paulo and shop because I have money and I have faith in money. But today, even in America, there are financial problems and high unemployment. So can you always have faith in money?

America controlled the whole world because of its money. This morning the newspaper said that if you can invest \$ 40,000, they can give you American citizenship, or if you can create 10 new jobs, they will grant you a visa. What does this mean? There is a financial crisis and unemployment there. So how long can you have faith in money? Money comes and goes, but morality comes and grows. So you cannot have full faith in money. Keep your faith in morality instead.

### *GOD IS ETERNAL SO HAVE FAITH IN HIM*

You have faith in your personality, in your beauty, in your latest clothes, perfumes, lipsticks and what not! We constantly check our hairstyle. Yes, we have faith in our personality. But we cannot have that forever. Twenty years ago, I had curly hair; but today I am going bald! Twenty-five years ago, I was very lean and good-looking. Today, nobody will even look at me!

Why? Our physical personality and beauty will not last long. With age come backaches and joint aches. Age and aches go together. With age, a thin person becomes fat, and the body becomes heavy luggage.

This lady was telling me this morning, "You look sad, Anil Kumar. What is wrong with you?" In my 69 years, nobody has ever told me that I looked sad! The Brazil news agency says that I am

sad. It means that I should check how I feel! Therefore, you cannot have faith in your body, personality, or money.

You cannot even have faith in your friends or relatives. If you have money, they will come to you. When you have no money, nobody says, "Good Morning" or "Bom Dia" (in Portuguese). Our relationships are also based on money. So you cannot have faith in money.

If at all you have any faith, have faith in God. Why? He is changeless. You may change, but God will never change. So, we who are always changing should have faith in the changeless God.

### *HUMAN LOVE IS CONDITIONAL WHILE GOD'S LOVE IS UNCONDITIONAL*

We are born and we die. But God is eternal, so we should have faith in Him. By coming here, we develop faith in God, because God loves everybody.

A young man may love a young girl today, but what happens eventually? Yesterday was love, but today enmity. The husband asks his wife, "Hello, how are you?" If the wife says, "I have no time," then a Korean war (meaning, a big fight) starts!

If the husband says 'yes', the wife likes him; if the wife says 'yes', the husband likes her. If either of them says 'no', then another India-Pakistan war starts!

But God loves you without any conditions. Human love is conditional, while Divine love is unconditional. You feel all these Divine emotions and feelings here. That is faith in God.

If you have faith in God, you will be fearless. In the absence of faith, you live in fear of everything: fear of the neighbours, fear for your children, and fear of the government. But if you have faith in God, you are fearless, because He is there to support you and accept you.

Where there is faith, there is no fear. A child has no fear when the mother is around. But the minute you take the child into another room, the child be afraid. Similarly, when you have faith in God, there is no fear. He will take care of you. You have your 'carry-on' of daily life; check all your baggage at the check-in, and He will take care of it! This is another gift of this place: your faith in God develops here.

### *LOVE IS EGOLESSNESS*

*On love:* How do you feel love? Love is not seen on the face. Love is expressed via sacrifice. Love is absence of restlessness, agitation, and disturbance. Love is egolessness. If you feel egoistical, then you have no love. When there is no ego, there is only love. If you have love, you love everybody.

Jesus loves all. Jesus is love, love is Jesus. He has no barriers or limits. Love is limitless. You feel that love here. If you are from Brazil, you say, "Bom dia." If you are from Mexico, you say, "Hola, como estas?" And if you are from Japan, you say, "Ohayou gozaimasu." Baba is the connecting link between people of all different nations. We all link immediately because of Baba. This is the language of the heart.

On my way here I saw a lady. She smiled and I smiled back. I started speaking, but she said, “No English, no English!” I told her that a smile is more than English. So Baba is the connecting force between people of different religions. This is love.

### *TRUE HAPPINESS IS UNION WITH GOD*

*On happiness:* I am so happy you are giving me the topics to speak on. We can call this talk, “Gifts of Prashanthi Nilayam.”

All these things you mentioned—peace, emotions and sentiments, faith, and love—are the most precious gifts of life, more than any rare jewels or cash.

What is happiness? Going to a movie or seeing a film star, or watching a tango dance in Argentina—these make us happy, but only for a short while. I visited a music group. Musicians have their own style. I saw some Brazilian musicians who had peculiar hairstyles, some ‘needle-like’, some thin like a line of ants. When I looked at them, I wondered how I would look with similar hair!

We are happy with many things, like our hairstyle, our clothes, or a cup of coffee. But all that happiness is just for a short time. On the other hand, the happiness you experience here is permanent happiness. When you look down from here (*from the room where the talk is given*), see the Mandir and all the devotees walking around there. It gives you a feeling of oneness with other devotees, a feeling of unity. Therefore this place is called ‘Ashram View’ because you can get a good view of the *ashram* from here. This makes you feel very happy. Why?

That *ashram* view unites you with God. Don’t you feel so? When you see so many devotees, you feel happy because their devotion is the same as yours. True happiness is union with God. This is a place of happiness because you are in God and you feel one with God. You feel linked with Him and you can easily communicate with Him.

### *PRASHANTHI NILAYAM IS A CENTRE FOR TRANSFORMATION*

These are all the gifts Prashanthi Nilayam gives to everybody. I am very happy that this *satsang* is different from other *satsangs* because the impact and influence of the *ashram* on you is more important. How you feel and what you experience is most important.

So keep coming. Spend some time in the Mandir and bow down at the Samadhi. You will experience the same feeling as you do when you kneel down in front of the Cross or Christ’s statue at Rio. You will feel the same strong vibrations emanating from the Samadhi. He blesses everybody from here and He sends vibrations to everybody.

Take it from me, when you go back, all your problems will be solved. All problems! You will feel very peaceful. You will feel very blissful, contented, religious, and satisfied. The feelings you expressed now will remain with you in Brazil.

What does this mean? Prashanthi Nilayam is a centre for transformation. It is not an information centre. Airports and railway stations have an inquiry counter and an information centre. But this is not an information centre. To repeat, this is a centre for transformation. Transformation takes place silently here. Information can be seen, while transformation is experienced within. When

you go back, your friends and relatives will notice this transformation and your peaceful state. Others will notice that you are not complaining anymore, and that you have a great sense of satisfaction.

Similarly, my friends, you will feel a change in your life. With all problems solved, you will find life interesting. Life becomes purposeful because we have a goal. Without an aim, life is just useless junk or garbage.

I am so happy with the points discussed, as these should be known to everybody. This talk will be available on the website and in 13 international languages. They will all watch this. They will hear the Brazilian experiences and see how sensitive, receptive, and devoted Brazilians are.

I met some friends here: Ambrosio, Victor, and some excellent translators. A girl who was to be married fell at my feet and said, "You are my father."

After completing my tour of Mexico, I was leaving for Brazil. As I stood there singing, unknowingly I danced a little. People in Mexico said, "Please don't dance in Brazil; it is dangerous."

"Why?" I asked.

"Here we are watching you dance; but in Brazil all of them will join and dance with you. You cannot stop them! Brazilians are very good at dance and music, so you cannot control them." These thoughts will make everyone happy.

### ***PRASHANTHI LIFESTYLE LEADS TO A BLESSED LIFE***

*On bhajans:* That is Sathya Sai Baba. That is the mystery of His *bhajans*. I am happy that you are getting the most precious things out of this place. I also want you to meditate for sometime near the Samadhi. You will experience God's touch. If you like Jesus, you will feel His blessings when you meditate at the Samadhi. As long as you are here, get all the benefits of this place and make use of every second. All these things will remain in your mind when you go back. You will feel the Prashanthi style of life. What is the Prashanthi lifestyle?

The Prashanthi style is waking up early in the morning. Unfortunately, some people sleep late in the night and so they get up late in the morning. That is not the Prashanthi style. Get up as early as possible and meditate for some time. You will feel God's touch.

Here you don't eat continuously. Lunch is at the correct time and eaten within limits. After work in the evening, you don't want to go to a club to dance. Instead you sing some Sai *bhajans*, watch some Sai videos, and read Sai Baba books.

After dinner, you will sleep excellently. No blood pressure problem, no sugar problem, and you will have perfect and undisturbed sleep. This is the Prashanthi style of living. Brothers and sisters, I am sure you will have a new lifestyle after this. You will have a blessed life. You will wear a smile on your face forever and ever.

### ***A SMILE IS THE GREATEST GIFT OF GOD***

A smile is the greatest gift of God. Be playful and cheerful; don't be serious. Playfulness and blissfulness is God. Seriousness indicates tension, stress and strain. So smile! Sing His *bhajans* so that you will smile and be happy. Happiness spreads because smiles and happiness are infectious and contagious, whereas seriousness is sickness. I am sure Baba will make your lives supremely blissful.

When He is not in the body, I always experience Him inside. Meeting you now is His grace. My meeting you now is Baba's wish. I am happy in your company, and this is Sai's love. Our relationships have no conditions, and are beyond language and selfishness. Only pure love! That is Sai Baba!

*Om . . . Om . . . Om*  
*Asato Maa Sadgamaya*  
*Tamaso Maa Jyotirgamaya*  
*Mrityormaa Amritgamaya*

*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!*  
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