

OM SAI RAM!

Welcome to this Question and Answer Session,

Q. 311, “SWAMI, ON SOCIAL CONDUCT?”

March 16, 2024

This text excerpt is taken from Prof. Anil Kumar’s book “Sathyopanishad, Vol. 1”, pages 54-59.

Swami! How should we conduct ourselves socially? What are social norms?

Bhagawan: You should forget two things: the help you have given to others and the harm others have done to you. Moreover, you should remember two things: the help that others have given to you and the harm you have done to others. Then, there will be no ego, pride, jealousy, envy, hatred and other evil tendencies in you.

You should also note another important thing. However small a fault or mistake there is in you, take it as a very big one. At the same time, when you notice a big mistake in others, you should consider it a very small one. Take your own goodness as tiny and that of others as mighty. This attitude helps you to correct yourself, improve yourself, and enables you to forgive and forget the lapses of others.

But, today quite the opposite is happening. Everyone magnifies his own goodness and minimises that of others, considering his own Himalayan blunders small as an anthill, while he gives Himalayan magnitude even to the smallest mistakes of others. This is the cause of all conflicts and infighting.

There are still two more extreme categories of people. Some of them portray their lapses as merits, project their mistakes as right things, and try to focus on their virtues, which are actually missing in them.

Then, there is the last category of people, who are even worse than demons. These are the people who attribute faults, mistakes, and defects to others, which are all false, and totally ignore their merits. Correct your own mistakes first. Judge others by their merits and not by their faults. **Seek out your own faults and others’ merits.**

Swami! Many people feel that they are too busy to have rest. How, then, is one to take rest?

Bhagawan: Change of work is rest. You should never be idle. You should not be lazy. Laziness is rust and dust and ultimately bursts. But work is rest and best. If you are tired of a particular piece of work, change to another. Change of work is rest.

Swami! We worry a lot. Sometimes we fall sick also, due to worry. What is worry? Please tell us how not to worry?

Bhagawan: In my opinion, there is nothing like worry. If you enquire in depth, you will know that there is no worry at all in this world. It is merely psychological. Worry is fear mentally created. That is all! Nothing more! It is all your imagination.

At times you feel guilty. So, you worry, remembering your past, which is beyond recovery. By no effort can you recover it. Past is past. Then, why worry about the past? Is there any sense in it? You may worry about the future. This is also useless in my opinion. Why? Because the future is uncertain, anything may happen. Who knows? The future is unknown. Why then, should you worry about the future? What do you gain by that?

Understand clearly that everything is in the present. It is not the simple present; it is omnipresent. How? In the present lie the results of the past. The present is the foundation of the future. The seed of today is out of the tree you grew yesterday, and it will germinate and grow into a tree tomorrow. So, worry is useless. Hence, never worry about anything.

Swami! Nowadays many educated people waste their time, money and energy in towns and cities. Bhagawan, we are eager to know your views on this subject.

Bhagawan: "Time is God." In your prayers you say, *kalaya namah kalakalaya namah, kalatitaya namah*, and so on. Time is Divine. You should not waste time. It is a sin to waste or misuse time. Everybody must follow time. God is the Master of time. Time waste is life waste. Haste makes waste, waste makes worry, so do not be in a hurry. We should perform good actions and thus spend our time in a sacred way. Youth and a river will never flow backwards. When you pass the stage of youth, it will not come back. The river water flowing forward will never retreat. Therefore, you should consider time a very precious commodity.

You have also pointed out that money is wasted by many educated people. This is very bad. Waste of money is evil. You should not misuse money. Remember always, much money makes many more wrong things. Much money leads you into bad habits. You should spend money on welfare programmes. You should express gratitude to society, which has been responsible for your present status, by spending money on service activities. You should sacrifice for the poor and needy. *Na karmana na prajaya dhanena, tyagenaike amrtatva manasuh*. You attain *moksha* or liberation only by sacrifice. No action, no offspring, no possession or property ever equals sacrifice.

In the human body, blood should always circulate. Similarly, money should circulate in society. It should not stagnate in the hands of a few persons. If blood does not circulate, there develops on the body a boil or a tumour.

If you run short of money, it is difficult to manage things. At the same time, too much money spoils you. It should be like your shoes that fit your feet exactly. If the shoes are loose, you cannot walk; if they are tight, then also you find it tough to walk freely. Your shoes always should be of the exact size of your feet. So also, money should neither be too little nor too much for you. Bear in mind what I tell repeatedly to caution you. Money comes and goes, but morality comes and grows.

Morality consists of proper utilisation of energy and other resources. You should not waste energy in any form. You should not waste water. Do not waste food; *annam brahma*, Food is God. You can eat till your hunger is appeased. There is nothing wrong in it. There are many who are starving. There are many who do not have enough food to eat. What is the prayer you say before you take your food?

***Brahmarpanam brahma havih
Brahmagnau brahman a hutam,
Brahmaiva tena gantavyam,
Brahmakarma samadhina.
Aham vaisvanaro bhutva
Praninam dehamas'ritah
Pran apana samayuktah
Pacamyannam caturvidham.***

“Oh God! You are in the form of *Vaisvanara*. You verily digest and assimilate the food that I eat. I offer the food that I eat. I offer the food to You. You alone supply its essence to all parts of my body.” This is the meaning of the prayer that you say before you take your food. Therefore, you should not waste food. It is a sin to waste it.

I want you to place a ceiling on your desires. This is possible only if you decide and pledge not to waste time, money, food and energy. All the five elements of nature – earth, water, air, fire and space are Divine. You should be highly reverential and grateful to these five elements. Always consider them Divine.

More Divine instructions coming up in the next Question and Answer Session!

Om Sai Ram!