

Talk Given by Prof. Anil Kumar

***“THE SUBTLE BODY OR SUKSHMA SARIRA
DIES WITH THE DEATH OF THE BODY”***

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SAI RAM

Welcome to all our viewers!

We wish to share with you certain points that are of concern to all of us today. After Swami left, we are confronting many problems leading to confusion, and people do not know what to do. People have no idea of what Baba said on these matters, and no one knows where the literature is available. We don't have anybody to consult and talk to.

Therefore we are in a confused condition, my friends. Let us accept it. We do not know the right direction. There's nobody to tell us what the right direction is, according to Swami. Nobody to tell you that you're on the wrong path! Nobody! So we are here just by accident. It should not be like that! We should be here by choice, not by accident.

THE CHALLENGES WE CONFRONT TODAY

What are the problems that we are confronting today? What are the challenges that we face ever since Swami left His physical body?

Some say, “I see Swami in His subtle body. I see the subtle body of Swami, and only I can see this subtle body. No one else can see it. Subtle body speaks to me, and no one else can hear. Only I can hear.”

It means the subtle body of Baba talks to some person, is visible to some person and audible to that person only! It appears to be patent rights! Very silly, very silly! Do we know what the subtle body is?

Then some people say, “Swami is there as a light body.” What does ‘light body’ mean? Does it carry any light or what? In fact, all of us should have a light body, meaning we

should not be heavy! Obesity makes the body heavy. We should be thin and slim. That's why we should do some exercise or some yoga *asanas* to have this 'light body'!

So what do you mean by the 'light body'? Others say, "So, as Swami talks to me in His subtle body, I see Swami as a light body." What is all this claim? What is a subtle body? What ideas do we have? Let us understand.

Somebody will say, "Swami speaks **through** me, meaning I am a medium for Bhagavan Baba." Ah-huh, where is your certificate? Do you have Adhar card or Pan card, or any certificate, any acknowledgement? Any authorization? Are they raising you to be a medium? Did Baba say that? Did He give in writing that so-and-so will be My medium? Did Baba say that? And some would say that medium is preferable to us because Swami speaks through the medium.

Next stage: Some say, "I'm a communicator. Swami communicates through me." Nonsense! You may communicate what you want, you may communicate what you know, or what you believe in. How can you say that Swami communicates through you?

Do you mean to say Swami is not speaking to all these people who have their conscience telling them what is to be done? Do you mean to say you are the ONLY communicator? Am I a fool to believe you? Don't such people have that much common sense to know that they cannot be a communicator to Swami? Impossible!

Swami communicates to one who has a pure heart. He communicates to one who has pure love, selfless love and faith in Him. Anybody can be a communicator if they have faith in Him, love Him and follow His teachings scrupulously. **He's the communicator.** You cannot say, "I'm the communicator." No, no, no, no! Claiming you are a medium or a communicator is wrong. It is false. 'Subtle body' is totally bunk and a cooked-up thing! Light body cannot exist! Everybody should have a light body, not a heavy body.

Then some say, "In dreams, Swami tells me these things." Oh! So why does He not tell me? Why should He tell you? Some fellow comes and tells me, "Swami told me in my dream that you should give your car to me." What was my answer? "I don't give my car like that! Let Swami appear in *my* dream and tell me to give my car to you! He won't tell you! He will tell me!"

There's someone else who says, "Swami told me in my dream to mortgage your house, to sell out your house, and give it to me." Ah-huh. You should say, "Swami will **never** say anything like that! Swami will never say, 'Sell your house and give it to Me!' He will never say that! "Give your car to Me!" He will never say that!

And further there are some people who say that Swami appeared in their dream and wanted you to do this or that. Why? Do you mean to say Swami did that all these years?

All the buildings, the colleges and universities and hospitals have come into existence because it is a one-to-one direct relationship. Swami inspires you, Swami motivates you, Swami talks to you FROM WITHIN. There's no reporter, there's no postman, there's nobody like that. So let us be aware of these dreamers. **Let us be very careful about them.**

Some people say, "You want to speak to Swami? You tell me, then I will tell Him." Or "Oh, you want a reply? I'll get it from Him." That means they are posing as intermediaries. Are you an intermediary? Are you a go-between for individuals? No! That's not possible. How can I believe such people? Who are they to convey my request to Swami? I can pray! I can speak to my Swami within me. And they don't need to ask Swami for a reply. That's not necessary. He'll give a reply to me. How does He guide devotees all over the world? Swami is *Antarayami*, Indweller in our human heart. Let us understand that.

There are also some people who are interested in raising funds in the name of Swami! Swami made this clear many times: **Spirituality and money can never go together.** Impossible! **God and mammon will never go together.** Let us understand. **Swami is not for collection of funds. Swami is not here for any business. He doesn't like anybody to do business in His name.**

"We do business outside, so let us do business here also." Most unfortunately this appears to be the temperament and attitude of some people. We are not bothered if they do business any other way -- but not in the name of Swami! There are many business people such as the Reliance Group, Ambanis, Adanis, Rockefeller, Bill Gates, all millionaires. There are many, many rich people doing business. There's nothing wrong with that. But they don't do business in the name of Sai! They don't use His Name to do business.

So let me talk to you about these aspects for some time. Hope you'll join me, understand me with due sympathy and concern while I share all my anxiety and worry that has been with me ever since Swami left.

SUBTLE BODY/LIGHT BODY

Let me talk to you, first of all, about this 'subtle body'. How farcical it is! "I tell you, I see Swami in His subtle body. He talks to me, I talk to Him. Others don't hear Him. I see Him, others don't see Him. That is the subtle body."

Where is the authenticity for such a statement? Where is the credibility? Can you show any authority? No!

Let me tell you what Baba said in March 2006. What did He say? He said, "What is a subtle body?" Then He explained very clearly: Subtle body is composed of 17 components: five senses of cognition or *jnanendriyas*, five senses of action or

karmendriyas; five subtlenesses or *thanmatras*, plus mind and intellect--that is 17. These 17 components constitute 'subtle body'. That's what Baba said.

Now underline this point which I want to make: **Subtle body disappears with death.** When man is dead and gone, his subtle body won't come and visit me. Such a FARCE! There should be some method in madness! You cannot fool everybody like that! Do you have any idea of the subtle body as explained by Baba? These points are from Sai literature.

Pancha (five) *jnanendriyas*, *pancha karmendriyas*, *pancha thanmatras* equal 15, plus mind and intellect are 17. That makes up the subtle body **which DIES, which DISAPPEARS with death.** So if I say, "I see subtle body" the question is, "Am I here or not? Or am I also gone?" Why do you want to cheat people like that?

And further, we should also understand that the subtle body, as Swami has said in another lecture, contains life force: that is breath or *prana*. It contains the mind or *manas*, and intellect or *buddhi*. Three most important elements: *prana*, *manas* and *buddhi* or vital force, mind and intellect make up the subtle body which also goes with the departed soul.

So we cannot accept subtle body under ANY circumstance: appearing to someone, talking to someone, and seen ONLY by that person, unseen by others! Why this drama? It's not necessary! It's not worth it! It's not worth it! What a sacrilege we are doing to Swami's teachings! May God forbid such people who make such claims!

On July 26th, 1972, Swami told John Hislop, a very famous man:

"Hislop look here, we have three bodies. First is *sthoola*, that is the physical or the gross body; second is the subtle body, called *sukshma*; the third one is causal body or *karana*." This is what He told Hislop.

Then what is this gross body? My personality, muscles, bones, height, weight, chest: these are parts of the gross body. Gross body is what you see: my full personality, weight, chest, complexion, everything goes under this gross body or *sthoola sarira*.

The second one is subtle body. The subtle body has three components: first, *pranamaya kosha*, that is the vital sheath; the second one is *vijnanamaya kosha*, the intellectual sheath; and the third one is the mental sheath, *manomaya kosha*. In other words, we have vital sheath, intellectual sheath and mental sheath. Sheath means 'covering'. There are five covers, you know, so just like wearing a coat and a shirt and a banyan, this individual soul has five coverings.

First sheath is what we call *annamaya kosha*, the food sheath, the gross body which is formed of the foodstuff we eat. So the gross body or *sthoola sarira* consists of only *annamaya kosha* or food sheath.

Then comes the subtle body and this subtle body has three sheaths. What are they? *Manomaya kosha*, the mental sheath, then vital sheath, the *pranamaya kosha*, and the intellectual sheath, *vijnanamaya kosha*. These three sheaths constitute the subtle body.

Finally, the causal body, *karana deha*, consists of only one sheath which is *anandamaya kosha*, the bliss sheath. That is what you call bliss sheath or sheath of consciousness. I think I am clear:

Sthoola, sukshma, karana.

Sthoola: gross body, has *annamaya kosha* or food sheath;

Sukshma: subtle body consists of *pranamaya kosha* or vital sheath, *manomaya kosha* or mental sheath and *vijnanamaya kosha* or intellectual sheath;

Karana: causal body has *anandamaya kosha* or bliss sheath.

Of these, *sthoola* and *sukshma* are **PERISHABLE**. They are prone to death. Causal body is eternal. It will remain; it will continue life after life, birth after birth. That's what Baba said.

So when I say, "I'm the subtle body", what a foolish statement it is! *Sukshma*, the subtle body, goes away with the *sthoola*, gross body, when the body is burned or buried. Only *karana deha* stays there. And it goes on life after life, birth after birth. That's what Baba said to John Hislop long, long back.

Alright, so I have three bodies, a subtle body, a gross body and a causal body. What am I to do now? Baba clearly said: **Turn your mind, the mental sheath, towards the intellect**, that is *manas* towards *buddhi*. When the mind is turned towards the intellect, you'll know what is right and what is wrong, what is good and what is bad.

But we don't turn our mind to the intellect! We turn our mind to the physical sheath, the gross body. When the mind is turned to the physical form, what happens? Total ruin! So our duty is to divert, to direct our mind towards intellect, *buddhi*, and NOT towards the *sarira*, the gross body. That's what Bhagavan said.

My friends, Swami also said, light body can also be called *taijasa*. Therefore *taijasa* is the name given to this light body. These words are all from Sai's teachings only. Nothing is my own, my friends. Note this. So, subtle body is also called *taijasa* or light body.

And now this is important: **This light body is limited to dream state only. Subtle body is limited to dream state only!** *Swapna!* So when I say subtle body speaks to me, it means the fellow who speaks is in a dream state, the fellow who follows him is also in a dream state! Both are equally dreamers.

So the question of subtle body, the question of light body, can be DISMISSED totally because it disappears with death; secondly, it is limited to dream state only!

MEDIUM/COMMUNICATOR

And then, let me come to another aspect: MEDIUM. We have got so many forms of medium today. Some say, "I can talk to people from a distance", "I can see people from a distance", "I can hear people from a distance." These are all things that we find in psychology and parapsychology. If you go through those books on parapsychology, you will find all these words such as telepathy, clairvoyance, and clairsentience.

Well here is one point: some say, "Swami speaks to me." It means the person cannot claim to be a medium. Why? Spirits, who left us like our fathers, forefathers, may speak to us, may make us a medium. But not God! God will never make you a medium. Your grandfather who's gone long back can make you a medium. But not God! **Because God is not gone! God is very much alive. He's eternal. He's within us.**

Therefore, to say that "I hear Him," that is telepathy or "I see Him, I view Him" that is clairvoyance—these are all nonsensical claims! And it's clearly said by Anderson in his study of parapsychology: "Spirits convey through a medium." Baba is not a spirit! No, Baba is not a spirit! So this argument also is NULL and VOID! Baba said this on July 7th, 1990. Please kindly note these points.

In some villages where people are really rustic and rural, one fellow says, "I'm the medium. Guru speaks through me. Yes, I'll communicate to you whatever guru wants you to know." This is meaningless though fools believe it: "Oh, you are the medium?" They keep incense in front of him, put garlands, and they bow down to his feet. Both are equally foolish. Both are equally mad because you cannot be a medium and you cannot believe a medium. Why? Because on March 4th, 1962 Baba said, "**It is all false, it is all hypocrisy. Don't follow them.**" That's what Swami said clearly.

Further, Baba said -- and this is a beautiful statement I want all of you to remember. If I say Baba is in me and He speaks through me, I'm the medium of Baba. Do you know what Baba said? Very clearly He said: **He will NOT fill inferior vessels, INFERIOR VESSELS.** Our body is inferior. Our body is not pure. He won't occupy that kind of body. He won't possess that kind of body which is impure, full of falsity, full of false claims, selfishness! "I won't go, and therefore, I won't possess anybody. I won't enter into impure bodies." That's what Baba said.

My humble submission to all of you is, based on these statements, **never run after a medium!** I'm the medium who said, "Stop that medium!" I'm an *Atmic* medium. I've got *Atmic* medium, not this body medium. You may follow your medium, but I follow my medium of *Atma*. That's what you should tell people, that's what you should say.

And Swami says, "Those that follow such medium, such false people, they RUIN THEIR LIVES!" That's what Baba said. That ruin may not be known to us until we're totally ruined. Yes, a dying man won't believe he is dying and by the time he comes to know, he's totally dead. Similarly, before the ruin we will not know -- and by the time we are

ruined, we do not know because we are already ruined. That's what Swami says: Don't ruin your lives by following mediums like that.

Here's a wonderful statement. What Baba said is this: mediums are like glass pieces. Can they be equal to God, to the Avatar, the diamond? Can these glass pieces ever be equal to a diamond? "Glass trinkets" Swami said. Glass trinkets, those shining glass pieces, can NEVER equal a diamond. "I want you to be a diamond, but you want to become a glass piece! And if you want glass pieces, you'll be torn to pieces ultimately. Therefore, don't follow anybody who claims to be a medium," He said.

And then on March 27th, 1965, what did Swami say? "I come straight to you. I talk to you directly, love to love, heart to heart. I don't need anybody; there's no third person, no recommendations, no postman, no middle man. Relationship is straight and direct!" That's what Baba said long back. "I don't possess anybody. I don't need any vehicle for My expression." That's what Swami said.

Further He said, "I come to you as I am." Underline that point: **"I come to you as I am."** It means He won't come in the form of Anil Kumar to you. He won't come to you in the form of some x, y, or z. No, He comes to you as He is, as Sathya Sai Baba, not in the name and form of **anybody else**. Please understand it. That's what Swami said very clearly.

Now, somebody will say, "Alright sir, you don't accept me as a medium, that's okay. But I'm a communicator!" So you were a subtle body at one time, you're a light body at one time, you're a medium at one time -- now you're a communicator! Very good! You want to fool me by all these false claims. How long, my boy? How long? Oh please stop it at some stage. I won't allow myself to be fooled throughout my life!

Can I say I'm a communicator? I can only be a translator but not a communicator. I can be a translator but not a communicator! Impossible. Swami said on March 27, 1965: **"I don't need any communicators at all! There are no communicators for Me."** He clearly said it! He clearly said it!

Here is a simple example: Once I said to Swami, "Swami somebody's waiting for you." He said, "Do you think I don't know he has come? Do you need to tell Me? No recommendation, no communicators. Direct. You go inside," He said, "I know he has come. I know when to call him. You don't need to recommend. You don't need to tell Me." Based on my personal experience I'm telling you, my friends. **He'll never accept any communicators or any middle man to operate.**

DREAMS

Then comes the other (questionable) things: you see, dreams, intermediaries' dreams! Baba said in His book *Sathya Sai Speaks*, Vol 4, page 100, **"Dreams are for the individual, not by and large."** (It means they are meant for that individual, not for

everyone.) I cannot go to America and say, "Mr. Trump, I had a dream that I should become President of America." He'll say, "Mr. Anil Kumar, what you said is correct," and he'll call some psychiatrist and put me in a lunatic asylum! I cannot be President of America because Swami told me in my dream -- unless I'm a madcap!

And I cannot tell anybody, "Let the whole college be shifted somewhere. Let MBA courses be shifted somewhere." It actually happened! One gentleman said, "Swami appeared in my dream and wanted MBA courses to be shifted." And He wanted one of His cars also to be sent there. And fools believed it! **Every fool will have foolish followers!** We can't help them. At the most I can only pray, 'Baba, they know not what they do; forgive them.'

When I choose to be foolish, when I prefer to be mad, who can help me? And therefore Swami said, "Dreams are individual." Individual advice such as: 'take care of your health,' 'go there,' 'do this *sadhana*,' are individual directions. They're individual suggestions, advice as per our need. It's not for the whole country, it's not for the whole community; it's not like that!

I cannot say, "This course should be shifted there, cars should be taken there, few clothes also be kept there." Where is the proof? Therefore my friends, regarding dreams, please listen to them with the benefit of doubt because **Swami clearly said dreams are totally individual. They're not collective; they're not societal.** Be very clear about it.

Then some go on giving publicity (about their dreams). We have one great man who is no more, one vice-chancellor Hanumanthappa, I believe. He used to tell everybody in a public meeting, "Swami took me to Vaikunta, heaven, and taught me all the chapters of *Bhagavad Gita*." In another lecture, he has said, "Swami has taken me and shown me Kailasa."

Boys are helpless, what to do? They were listening to him. But boys are boys. At the end of the meeting, a few boys came to me: "Sir, Swami has shown him the heaven. Why can't He drop him there? Why should He bring him back? He's very comfortable. Leave him there!" Therefore, dreams are **not** for publicity.

Also dreams are very helpful to cheat others! Therefore, without any mercy, "treat them as cheats" as Baba said. When they tell you their dreams and dictate terms to you, Swami says, "**Treat them as cheats without any mercy,**" This (tactic) should not be done! That's what Baba said.

On March 29, 1965, Swami said: "**I NEVER command anybody to collect funds, no. I never ask anybody to do this or that THROUGH somebody.**" If anyone asks you to give money because they had a dream, don't believe them. "**Punish them,**" He said. If He would have said 'tear them to pieces,' I would have been even happier! "**Punish them,**" **He clearly said, "in the way they deserve."**

If their dreams are going to put me to loss, sell out my house, mortgage my property, who's the loser? Not that fellow, I'm the loser! Therefore, "Punish them as they deserve," Baba said. "That is the advice I give you." That's what Swami said. **"Be careful, don't lose your money; don't lose your property; don't lose your savings by listening to such dreamers who just concoct, manipulate, manage and claim your belongings all to themselves! No!"**

INTERMEDIARIES

In a book titled *Sathya Sai Divya Krupasaya*, the author writes on page 218, **"Swami does not like intermediaries! Swami does not like anybody to stand between Him and others."** He has clearly said it. And then he writes, **"Swami has got His own formula, His own equation, from person to person, individual to individual. Nobody can interpret, nobody can explain, nobody can represent or claim."** **Nothing like that!** That's what Swami said.

On April 1st 2006, someone said to Swami, "My friend has some questions, so I'm asking You. If You answer, I'll tell him." That's friendliness!

Do you know what Baba said? "You can ask Me anything related to yourself. I don't want you to bring before Me your friend's doubts, your friend's questions. Let him come here. **I don't want ANYBODY to stand between Me and my devotee. My relationship is straight and direct.**" That's what Baba said.

He also said, "If any devotee says, 'I will convey to Swami, then I will convey to you,' never believe them!" He said, **"STOP ALL SUCH NONSENSE! And give them good counseling, good advice, and DENY such fellows!"** That's what Swami clearly said! Clearly!

What happened to our common sense? What happened to our general knowledge? What happened to our devotion? What happened to our thinking mind? What happened to our intellect? There cannot be a greater pitiable situation than this. We're most unfortunate people. With all the TREASURE of SAI LITERATURE, we're not aware of it. We have got the stock of Sai teachings; we don't want it. We just run like this. (*Anil Kumar puts his finger across his forehead saying,*) "It's destiny, it's fate. Nobody can help us, my friends." God helps those who help themselves. If you are prepared to help yourself, He's there always with a helping hand.

FUNDS/AGENTS

Now here comes the bombshell on July 22nd, 2002: **"Those people who do business in the name of Swami..."** He clearly said this. I am speaking with authority, with authenticity! Just as an advocate in a court pleads on behalf of his client, taking the law book in hand, I'm showing you Swami's teachings. His teachings are my law book now! I'm showing you what He said in this context, with the dates. I am sure you won't doubt

me unless you want to be doubtful, or unless you are a doubting Thomas! Some say *Atma Vinashyati*. Bhagvad Gita says, “Those who doubt shall perish.” That’s what He said. So at least you should listen to Swami’s teachings without being doubtful!

So what did He say in this regard? **“Don’t do business in My name.”** But that is what’s going on today – something He cautioned us **not** to do long back in the year 2002 in the month of July! Very clearly He said, “There are some people who do business in my name...I know that.” He knows, He’s aware. After all He’s *Antarayami* (indweller of every heart). He repeatedly says, “I’m above you, below you, within you, around you.” Yes. Does He not know where I’m going? He knows.

He said, **“Some people go around different countries, different places, to collect money.”** Is this not going on today? Has He not cautioned us about this long time back? **“People go to different places, different countries and collect funds in My name. DON’T DO THAT. I don’t like it. It is a big crime,”** He said. It’s a big crime to go with a begging bowl to different places and collect funds. He said, “I never approve such business. **I NEVER APPROVE SUCH BUSINESS,**” Swami clearly said. And finally He said this, **“Tell them to get out!** He said, **“Whoever does business in My name, ask them to get out.”** That’s what Swami told EVERYBODY.

“And, do not allow business to enter in the field of spirituality.” That’s what Baba said. **“NEVER COLLECT FUNDS, NEVER SOLICIT DONATIONS from anybody. And don’t say that Swami appointed a few agents to collect money! I have no agents like that. I HAVE NO ASSOCIATION WHATSOEVER WITH SUCH CHEATERS, SUCH DECEITFUL PERSONS!”** That’s what Baba said. So funds and agents and business have nothing to do with Swami!

OUR ROLE

Now my friends, before I close and take leave from you, I would like to draw your attention to one important factor – a very important factor: **WHAT IS OUR ROLE?**

There are some people who say, “Swami will take care of it.” Ah-uh? Is Swami taking care of your bank deposits? Is Swami taking care of your lunch and breakfast and all that? Is Swami taking care of your foolishness? Is He taking care of your madness? Is He taking care of your ego? Why do you say that?

Never say, “Swami will take care . . .” He takes care of you for not discharging your duty! Don’t say it’s His fault! It’s YOUR responsibility, your job! What Swami said clearly about our role today appeared in *Sanathana Sarathi* and also in the book written by Howard Murphet, *Man of Miracles*, page 147-148.

What did He write? What did He say? **“People, for fame and money, misuse My name. THEY MISUSE MY NAME. They abuse My name to become famous and to become rich for their personal gains.”**

So our role today is as Baba said: **“You have to explain things clearly.”** Explain things clearly to everybody. Tell them, **“This is not what Baba said. That’s not what Baba expected from you. Baba will not accept such things.”** Explain clearly. Some people say, “Swami will take care of it.” What is this! What nonsense you speak! Don’t do that!

Explain to them about manifestations of spirits or sheer fakes. Explain what is fake, what is real, what is true. So as Sai devotees, your responsibility, our responsibility is to know the truth and to declare the truth to everybody, to the entire community!

It’s not any single person’s job; **it’s the job of EVERY DEVOTEE because He’s your God, He’s your personal God, He’s your personal property, He’s your LIFE! It’s your duty to safeguard His name and also see that it will never be put to misuse or abuse.**

Thank you. We’ll meet again. Thank you for your time.

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