

## PODCAST 104: BE BLISSFUL

Om Sri Sai Ram

Prashanti Sandesh welcomes you!

Hope you are doing fine with the Divine Grace of our most beloved Bhagavan. Things seem to be a little bit improving, except in a few parts in our country. The number of Covid victims seems to have gone down relatively. However, this lockdown is putting people into a great difficulty so far as purchasing vegetables and provisions and all that. But anyway, things are improving slowly at their own pace. We are happy engaging ourselves in Swami's work as a spiritual practice or *sadhana*, which is giving immense satisfaction.

When compared to many other people we, the Sai devotees are very, very comfortable. We don't feel that time is hanging heavy. We don't feel bored. We don't feel unengaged. We don't feel that visitors have not been frequenting us. There is nothing of that sort because Swami has given us enough of work. Enough of work! Therefore, we should thank Swami for keeping us engaged during these challenging times. Hope this applies to every one of our listeners.

Well now, we are searching for happiness right from our childhood. The play will make us very happy. Games and sight-seeing also will give us immense happiness. Later, cinemas and friendships will make us very happy. But anyway, we have been in search of happiness from one stage to another stage, which is a continuous pursuit.

The same thing applies to our educational qualifications and professional career also. No doubt they do give us happiness, but that happiness is not steady, is not permanent, and is not constant. It can certainly lead to unhappiness, leading to a depression. Maybe because the promotion is not within our reach, or research PhD dissertation is not completed, or desired transfer is not in the near future. Well somehow these are the moments that will make us unhappy.

But truly speaking, the search for happiness will be of this nature only - making you happy at some times and unhappy at other different times. But there is one thing superior to happiness. That's what I say is bliss or *ananda*. Bliss is bliss. It is continuous, eternal, our birth right, and what we are really to the core of our being. Yes! That's what our scriptures have to say. We are the very embodiments of bliss.

Therefore, how is that we don't recognize that inner bliss, which is our birth right with which we are born. Why? The reason is that we are too ambitious and these ambitions will drag us, push us, into the outside world. Then we come down to the level of happiness and unhappiness, when happiness is outside. By happiness outside, I mean by virtue of qualifications, properties, acquisitions, degrees, and professions - everything out of which we derive happiness from the outer world.

But bliss is something to do with our inner world, the inner hemisphere within, and the happiness depends upon the other also. Unless there is the other person, you

are not happy for yourself. Maybe the friendships or relationships, professional or official, or political or social, whatever it may be, you need some other to be happy.

But bliss is possible when you are absolutely individual or personal. It has nothing to do with the other. It is totally individual and personal. And you can find it within yourself. Nobody needs to show it, and nobody can give you that experience. You can find it within yourself. Therefore, we have been searching for happiness outside. Now, the search for bliss inside is needed today.

And it's all an inner journey. And this inner journey has no outer goal. No! Goals are outer; but this inner journey will take you to your reality, to your being, what you are. Then in that process, we disappear into oneself. By disappearing into oneself, I mean beyond the body, mind, intellect and senses. That's what 'disappearing into oneself' means.

Then what happens, you get transformed. When once you are transformed, with that transformation, you live in the outside world. With that inner transformation you can live in the outside world. What a difference it makes, you yourself will understand. You will be radiating joy. You are perfectly calm, cool, quiet and peaceful. Therefore, living the experience of bliss within brings transformation and is expressed this way. A blissful man will not be disturbed by any silly thing. His attention cannot be distracted.

So, this inner journey or search of bliss, don't think it is all spiritual or out of reach, or not of any use to us. No! You can live totally, totally in the world. Nobody asked you to run away from the world. But live in the world totally, with full awareness. Be watchful. But the trouble comes when you go on hanging or clinging to a particular thing. Don't cling, and don't hang on to a particular thing. Yes, and live totally in this world. Enjoy everything. Yes!

But you should also be capable of being away from that world too. Not that you get stuck up there, with an object of enjoyment. No! Enjoy! But be away [detached] from that. Be alert to all your surroundings, to your company, but do not get involved. Yes! Living in this world, act, please act, but don't become a doer. You consider yourself as an instrument. That's it. But if you think you are a doer, then you have to face the consequences of your actions.

Therefore, this kind of life will make you feel blissful. And nobody said run away from this life, go to the forest. Nobody said that. That's all stupid ideas. Why God has given this life? To live. Life has to be lived; do not to run away from life. But, live the life as a drama. As in a drama, you are just an actor. Don't identify yourself with the role that you play. In a drama, if one plays the role, he doesn't think that he is that. He knows who he actually is, but plays his role perfectly well. Therefore, in this life, which is a drama, play our roles, but don't get identified with the role.

In other words, when you remain as an actor, you are the witness. When you are the witness, you are above success, failure, plus life and death also. That witnessing experience will take you beyond, beyond this state, so that you are non-dual. Well, how is it possible? This is possible when you go into meditation. Yes! Meditation is

the only way. And in this process of meditation, don't have any desire for immediate results. No! Forget about it. And the more intensity you develop, by and by in this meditation, undoubtedly you will certainly reach that blissful state. It all depends upon your sincerity and your intensity.

For example, water evaporates at 100 degrees temperature. If it is less than that, it won't evaporate. One or two degrees less than that, it won't evaporate. It should be 100 degrees, that's all. Then it evaporates. Similarly, unless our meditation is undertaken with all its intensity, the blissful state is not experienced. Even if it is experienced, it would be just a glimpse. But enjoying the fruits and the results of meditation for a long time, for a longer duration, that all depends on the intensity and also our commitment.

Usually, we commit ourselves to a known journey. I commit to a known journey. In professional life, in social life, in political life, in every walk of life, commitment is undertaken in a known journey. But meditation is an unknown journey. Where will it take you? Where you are going to reach? After all, it won't take you anywhere. It will take you to your own self within. But we are not prepared because we are not used to this insight to go within.

For this, let us all dispel all our doubts completely. Doubts are entertained by a negative mind. So, keep away from the doubts and questions. Then you will be in a positive state. It does not mean positive is safe. No! Even positivity is also risky. Growth also is risky. Why? Every birth is painful. Therefore, negative mind would turn into positivity by dispelling all doubts and questions. And positivity, though risky, yet it is to be coveted. It is a state that we should achieve. We should attain positivity. Why? Once you drive out negativity, naturally it settles into positivity.

Therefore, this kind of life, a spiritual life, is a new birth. It is not the same old routine life. We are going to try something new in this spiritual life. Well, how do you try something new? What is that you are supposed to do in this spiritual life? By surrendering to your Divine Master, He is ready to take up your responsibility. Then what happens? You live as if there is no problem at all.

It has been a common experience for everybody: Sai devotees telling 'we are fine, Swami will take care', 'Swami's Grace, Swami's blessings'. They all say that. Why? Because they are sure. They have handed over that responsibility to the Divine Master, Bhagavan Sri Sathya Sai Baba.

So, when there is no problem, you can simply relax. You can live innocently. You don't have to be cunning or clever. No! You don't have to be calculating. No! Because the Master is there to take care of you.

But on our part, we have to drop the past. No more! Drop the past! Drop the past does not mean drop out of society. No! Be in the society but you drop the past meaning wipe out, remove, erase all your past memories and past life. It's all over, because you have taken up a spiritual life now. Therefore, you can be completely clear of the past. That is what spiritual life is.

Some people would like to change their names when they get onto this spiritual path. Change of the name is only an indication. You have been living bearing that name till now. Come on, disown your past, and hereafter you will move about, you will be known by this new name. That's what it is. Not that a new name will be an elevation, progress or advancement, or place you there in heaven. Certainly not!

Every one of us can consider all our past as a dream. Let us think that all that happened to us in our individual life is something belonging to somebody else, not to us. Let me consider my past as a movie or a novel. Yes! Then just imagine for a second how blissful you will be! But this needs courage. This needs courage.

And when once you are in blissful state, on your inner spiritual journey, you are not part of mob madness. The mob is fully mad, as you know, and more so in modern times. Though you are in the mob, you are not part of the mob madness. Until now, you remained as an individual. Hereafter, you will be becoming universal. And then you don't identify yourself with any nation. You don't carry any banner of a religion. You go, you are beyond tradition also. That's what the true spiritual blissful life is.

So long as you have boundaries based on religion, so long as you identify with one's own country, so long as you hold on to your tradition, well, that's only a spiritual life, false. False spiritual life, because all boundaries are false. All divisions are ugly. What is desired is the oneness of humanity.

And this spiritual life wants us to live in the present. What kind of present life? The present, living in the present, means you will be guided by your own light. By your own light, I mean the self or *atma*. Then you don't need to be guided by any history or anything that is dead, or anything that is an outdated guideline. No! Here you stand as a light for your own self. The light of the self will show you the path. You be the light unto yourself. That is what can be said.

But don't simply stop at the level of belief because as believers, you have still a very, very long way to go. Never be a believer alone, but an enquirer, inquirer, an explorer, not simply a believer.

See, you know who is agnostic, one who does not believe in anything. So, he has to begin his career with a state of knowing. So, drop all beliefs. And then drop all the beliefs, and thus you are unburdened of all prejudices, because our belief system revolves around prejudices and false attachments. So yes, when once you drop this, you are quite free. Keep your eyes open and alert, and your intelligence sharp and bright. Thus, be a light unto yourself.

For this we cannot be aggressive. No! We should not be too ambitious either. We should learn to wait, or we should have that patience to wait. And we should be ready, ready to receive God into our lives, meaning recognize God within ourselves. That is what is meant here. Be ready to receive Him. When once you receive Him, meaning when once you experience the self, when once you see Swami within you, you will be in full cooperation with our Divine Master.

And Swami gives us hints, so follow them, and don't argue within yourself. Never be argumentative. That's why Swami says, "Follow the Master." Then all the desire, all the desired, will happen immediately and instantly.

Therefore, let's not be life negative. Because there are some people who don't want to live for long. Some people consider life as a burden. Some people go on waiting for the end of life. That's all utterly nonsense! Total stupidity! Negativity about life is a kind of ignorance. No! Develop simple inner trust. That's all.

And that simple inner trust will certainly take you to surrender, and that you love Him, that you love Bhagavan so much that you allow Him to love you in turn. And Swami showers love upon you, and you will be receiving love in immense gratefulness.

May Bhagavan bless you.

Sai Ram. We shall meet you once again later.