

Podcast 108 – HELP YOURSELF

Om Sri Sai Ram

Prashanti Sandesh, 108th episode welcomes you. Thank you very much for your time.

It is said God helps those who help themselves. It implies that we have to make use of our body, mind and intellect to help our own selves. We should help and then we will be able to receive the divine help. Therefore, I would like to share some of the thoughts on “Help Yourself.”

I don't mean be a dependent. Don't be a blind follower. Don't be lazy. Never be easy going. You should learn how to help yourself. Bhagavan in every one of His discourses necessarily repeats one important four-lettered word. L-O-V-E, love. He repeats it tirelessly and in every bhajan,

***Prema Bhakti Bina Udhara Nahin,
Sai Bhajan Bina Sukh Shanti Nahin.***

It ends with love again or

Prema Mudita Man Se Kaho Ram Ram Ram.

There, love again. And Swami also says, “Love is My Form.”

It is in this context we can help ourselves first by realizing that we are embodiments of love, and that we are born with love. We have not been trained by anybody to cultivate or develop love. But unfortunately, over a period of time that innate beautiful golden quality of love is covered by lust, greed, anger, possessiveness, avarice, envy, pride, and what not. Therefore, that love which is latent is covered by all this debris or garbage or rubbish. Why should I say that?

Well, the moment you are loving, you start to agree with existence. You start to agree with existence, that's the first sign that you are loving. Actually speaking, we have got complaints against the existence. At the most some may say that we are compromising with existence. That's all nonsense. You are not to complain and you are not to compromise. You should agree with existence. That is only possible when you are loving.

And then when you are loving, you will happily agree with existence. Not with reluctance. No! You will be very joyful when you agree with existence. And there is no trace of unwillingness at all. You are very happy to be loving. Really, really what a beautiful gift that God has given to all living creatures.

We have to relish with great gusto and enjoy in the spirit of loving. Then what happens, as Baba says, “You are the embodiment of love,” meaning your centre is pure love. You are coming back to your centre. We have been moving around the periphery so long. It is necessary we come to the centre which is pure love.

And we have this love manifesting at three levels - the physical level, the psychological level and the ideal level, three levels. The physical level of love is only lust. It is biological. No doubt it is the lowest form of energy. That's what we all have, the animal instincts.

Then we go to the second higher step, psychological expression of love. When love is psychological, it doesn't remain static. It will never be quiet. It will be creative. Creative in the sense that it takes you to fine arts like music, dance, poetry, painting so on and so forth. And that's what is the psychological expression of love.

And then we should also understand the ideal love is friendliness. Let's not confuse this friendliness with relationship. We may have relationship with anybody. That's not friendliness. The relationship at the most one can have with limited people, very few, which you can count on your fingers. But when you have this ideal love expressing itself in the form of friendliness, you will be very friendly with the whole of your existence - plant world, animal world, the whole nature and the fellow human beings.

In this ideal love there is no possessiveness. You cannot possess a mountain, you cannot possess a tree, and you cannot possess a peacock. No! At the most you can be friendly. This friendliness is an expression of ideal love. And there is no trace of jealousy and envy. You are totally free, that's all, because you are friendly with everybody. When there is no relationship, there is nothing like understanding or any contract. And the ideal love, this friendliness, will never have the desire to dominate. If one dominates, it means he lacks this ideal love.

The third step of love, ideal love, is lacking and therefore this person wants to dominate me. And you will be giving unconditional freedom to the other person when you have this ideal love. You will not try to exercise your control or authority. You give him absolute, total freedom. And that's what is called unconditional freedom. Therefore, love in the third stage, ideal love, takes you to this friendliness which is most important.

Then if we just think for a moment, we will understand that life without love is a waste. It is as much as a living death. Without love we are simply dragging our life. We are not at all living our life. Life is boredom, meaningless when there is no love. In other words, a life without love undergoes or passes through this long process of deaths. That's why love is kept on top priority by all religions without exception. And not merely this; it is only love that brings transformation, nothing else. So, we can help ourselves by recognizing the love that we are gifted with.

And then how can we help ourselves is to realize that you only attain to the light of wisdom or effulgence. Nobody can attain to light of wisdom or effulgence of wisdom on your behalf. You have to help yourself. You can be blissful all by yourself. Bliss cannot be gifted. You can experience that Divinity or godliness all by yourself. Nobody can transfer it to you. So, helping yourself means to attain to a state of wisdom, to be blissful and to experience godliness.

When in this way you help yourselves, you are bound to help others. You cannot be limited to yourself. And we'll also see those who are helpful, rendering help, services; they are always blissful persons. If they are miserable, what help can they render? Impossible!

And if you love yourself, you will be able to love others. And if you are really a man of bliss, you will spread that bliss in the neighborhood. And actually speaking, the love within you doesn't lie there like a pool or a pond. No! Love is flowing easily. It flows and it is never against. It has no fear or any obsession. No! Therefore, love is such a state, vibrant, dynamic, and that one can help for one's own self this way.

Sometimes, we are frustrated. Yes! It is not necessary that we are successful throughout. We do have failures. There is no doubt about it. But, if you want to help yourself in these situations, you should know that you grow only through frustrations, so that a failure contributes more than a success. Then that way, you'll never be negative in life. No! You love the existence because every little bit of it depends upon the way you look at it. When you look at the failure positively and when you look at the frustrations positively, then you will certainly grow. They contribute to your own growth. That you will understand.

Therefore, in terms of it, what happens? It opens our eyes to the reality because we close our eyes or imagine or expect success every time, if not all the time. When we fail, yes, we open our eyes and know the reality. Reality will never be understood in times of success because ego is ready to grab and claim it for itself. Ego is the mind, as you know. It refuses to see the reality. And the mind would like to have dreams and is ready to be deluded, while happy to live in illusions. What to do? That is the nature of the mind.

Therefore, in one's own life there is the immense call of the unknown in order to know the thrill of existence, in order to know that life is an adventure. The unknown ever-lasting that is spread all over is calling you. This you will be able to know when once you realize that the success or failure do not matter at all.

And how to help yourself is another thing. People think that life is given to achieve something, to be something and to become something. Meaning they think that life is just a means towards an end in the form of achievement or attainment. We are wrong. No! Life is not a means at all. Life is an end unto itself. Life is an end unto itself. It is not a means to an end by any standard.

What is that end? Pure love is the end. Therefore, that we have to recognize. Ponder over it a little bit. And when there is a choice for anything, either joy or misery, success or failure, whatever it may be the choice, love should be our continuous choice. I choose love instead of riches. I choose love instead of power. I choose love instead of influence or extravagant life. So, this love should be our continuous choice.

And in every situation, we have to find the ways and means so that we'll be loving and we can experience that love moment to moment. And the love should be of that level that we should be able to love even a person who is repulsive, even a person

who harmed us, our 'enemy' also. We should be able to love him. That's simply marvelous!

That's the reason why the Holy Bible says: "First you go and settle matters with your enemy. Then offer your prayer to be accepted by God."

Bhagawad Gita says:

Adhveshta sarva bhutanam maitrah karuna eva cha.

Don't hate anybody. Be a friend to everybody. Be compassionate. That is what *Bhagawad Gita* says.

So, the greatness of love implies that you should love even your enemy. The Bible even says that, "Love thy neighbor as thyself." Therefore, when we develop that attitude, we'll find the best even in the worst man. You may consider him as worst, but even in him there is the best quality. It all depends upon our outlook.

And life, as I said earlier, is a continuous flow, it's a continuous flow. And it goes deeper and deeper. Every cell is full of love. And to say practically, love is food to the body, mind and to your very being also. Yes! But we don't think of the love which nurtures and nourishes in all these three levels. These things we'll know when you are alone.

But we don't want to be alone. Simple thing, love needs another person. I love him, I love her, I love him, I love this statue, I love this building. You need the other to love. But, in aloneness you'll find the love within yourself. Otherwise, love is lost or eclipses now and then, and hate is replaced. It is a vicious circle, love and hate, hate and love, again hate. This vicious circle continues unless you go within. Unless you are alone, unless you are no longer dependent on any other, you will enjoy love, you will experience love and you are love for yourself.

These are the most valuable things that we have to think of in our life. Or else what happens is we will be caught by this possessiveness, by honor, by prestige, by name, and love is conditioned there. You are imprisoned. That is not true love in any sense.

Psychologists say that this state is out of unconscious mind. This is a cycle, love - hate, hate - love, like this a cycle arises out of unconscious mind. Therefore, there is every need to change your mind. And not relationship, mind you; I am speaking of your mind and not relationship.

This is possible when we are more meditative, when we look at this existence with more awe and wonder. And that brings a change in our love, ideal love. Then mind goes higher and higher. When mind goes higher and higher, the levels of consciousness also goes higher and higher. What a wonderful gift it is! And in fact, love depends on the state of mind.

Let us not fool ourselves or each other. I think I love you, you equally love me. I think I sacrificed for you, and you also sacrifice for me. I think you gave me happiness, but in turn you are also happy because of me. So, it is both the ways. I made you happy, you made me happy. I sacrificed, you too have sacrificed. In that we have to understand. Then you will never feel guilty at all. You will never fool yourselves. Therefore, let us accept and work on awareness. Slowly and slowly, by and by, the quality of love changes.

But the divine love of the Master is different because He has nothing to take from you. You are not giving anything and He is not giving anything. But He doesn't expect anything from you. But you can take as much as you can from Him. It's for you to take from your Divine Master. It is not the Master giving, it is for you to receive Divine Master's Divine Grace, benediction and blessings.

Therefore, it is suggested that we should just sit silently and tackle the problems indirectly in awareness, and then you will be successful at all points of time.

Therefore, the topic of the day is 'Help Yourself.'

Thank you very much for your time.