

## PODCAST 109: BE YOUR SELF

Om Sri Sai Ram.

Prasanthi Sandesh109th episode welcomes you. The topic for this morning is: "Be your self." Be your self. Let us have some discussion on this topic.

The self is felt, the self is experienced, when we are in silence. That's why Bhagavan said, "It is only in the depth of silence that the voice of God can be heard." Silence is insisted upon by all schools of religion. Silence is a must in every *ashram*, in every spiritual centre because being away from the mad crowd, we can be silent over there. People also prefer to go to temples to experience that silence.

In other words, silence leads to peace of mind and gives an opportunity to be your self. When you are silent, you'll have a clear perspective of everything that you come across in our day to day life. Sometimes you look at things in a casual way, but in silence you find things are incredibly beautiful, beautiful. And when we find some time and spend it in silence, we really look at this smiling existence. You can enjoy the existence and its smiles in silence.

But unfortunately, we are used to the noise. We don't know how to look at the existence and enjoy. We have almost forgotten the humorous side of existence. We got used to noise, a very busy life, a mechanical life. So many people have forgotten what humor is. We also doubt whether they know how to laugh even.

Therefore, in silence we can be more in tune with ourselves and the world. Not otherwise. How do you know yourself in the midst of a crowd? No! How can you think of the world as the very manifestation of the Divine unless we are in deep silence?

And actually speaking, when you are silent you can afford to laugh at yourself because we do have many, many things in our individual lives, many matters to laugh at in our own selves. Because we don't examine ourselves, we don't notice ourselves deeply enough. Therefore, we don't laugh at our own selves. Instead of laughing at others, better we laugh at our own selves. When once we laugh at ourselves, we can never be hard on others. You will also be quite humorous with others too.

And our self, the true self, is love. But it doesn't show up any time in our daily life, because love is alive, non-serious. How can we think of a serious man being loving in his nature? Impossible! A man who is alive, non-serious can only love. A man of love will be playful, full of fun, and hence makes his life a celebration.

And it is also unfortunate that we made religion also very serious, very serious. I have noticed for myself how people sit with grim faces, very, very serious, as if they are in an operation theatre. Is it a place of prayer or is it a place of surgery? I doubt very much.

So, we have no place for any laughter in our religious life. In fact, this laughter is more valuable than anything. And then better we be playful when we offer our prayers which is certainly better than serious in the name of spirituality.

As you know, most of our scriptures are full of poetry. They were so great in the past that they could convert and make prose also poetic, so acceptable. Then philosophy can be made and conveyed in poetry. As we know, in every religion there are hymns or songs or what we call *bhajans* to make you light and lighter in your heart, and not serious. We develop that sensitivity, rather than remaining dull and closed. To be closed, that's no religion at all. Why should we close ourselves on all sides? No! And religion is certainly not renunciation or an escape. No! And the whole religion should teach us to rejoice and not to renounce. To love is the quintessence of all religion. Then only you can be religious and you can be true to yourself.

Because of the mind, we always think. Think and think and think, rethink until we are tired or may turn even mad also. Such thinking for hours and hours is very harmful, very harmful. No! Let us enjoy, dance. Why not? Let us enjoy music. Let us enjoy long walks, jogging. If you can, enjoy swimming also.

Because the constant thinking, prolonged thinking, makes you avoid God. So, what is required? Take life in a positive way, in a lighter way, not as a burden. We have to develop insight, not thinking. So, we have to think in these lines if we want to be true to yourself. Yes! You be, as you enjoy your Divine Master. You delight yourself in the company of your Divine Master, in the thought of your Divine Master. You celebrate your life for being with the Master, and be happy always.

As Bhagavan says, "Happy, happy, happy." To be happy there need not be any reason. There should be a reason for unhappiness. Without reason you can continue to be happy. Because happiness is what you are. And we have to understand finally that life is a mystery. It is a mystery to be lived and let's understand it. Because many people find life is full of problems. No! No! Life is not a problem to be solved. Life is to be lived. That's the way how we have to lead our life on earth.

And we are not able to be true to our self. Why? Because mind is so big, so big. So big I mean in its functioning that we have become almost a slave to our mind. What can we do? The mind is as big as a very big balloon. What is the way? The only way is to puncture the balloon. Yes! Just a pin prick to the balloon is enough to release the hot air within the balloon. This is what is called *sadhana*. Our mind is as big as a balloon, full, full of thoughts, full of sentiments. All that full, full. And then a pin prick has to be put so as to empty the mind. Then you become cool.

When the mind is emptied, you can rejoice and enjoy. That is the real travel from darkness to light. And you can leave away all your burden. You feel like dancing. And that pin prick to the balloon of your mind will make you live for the moment and not for tomorrow. Not for tomorrow. And therefore, to be true to your own self, you should understand that whatever the situation is, it is all your own making. It is all our own doing.

Simple example: I go to the garden and stand in front of a rose bush, which is so beautiful with number of roses. On the other hand, if I go on counting the thorns there and feel that I am hurt, and be angry at them, what a foolish thing it is! And some people may also say, "I'm antagonistic. I don't like rose bushes at all because there are thorns." What a mistaken approach it is!

Now, look at the roses. And then say, "Oh! How beautiful it is!" Rejoice! Enjoy! Is it not a miracle that a rose blossoms in all its beauty in the midst of thorns? And then our life turns positive. And then we can have a shift from the head to the heart - the head of cunningness to the heart of innocence. That's what it is. The whole negativity turns to positivity, and life becomes an eternal song.

Therefore, we can be true to our own selves by drawing lessons from Nature. It is quite possible. And then, self is quite a natural state, but we tend to lead an artificial life because of too much of involvement and participation of the head. We have to move from arbitrary to spontaneous. Learn to be spontaneous, and we can move from social to individual, from social collective mind to individual mind. This is all very necessary in order to go deeper, deeper into one's own life so as to be true to your own self.

For that there needs to be a constant enquiry in our own lives. And also enquire why the situation is like this? Why things are going on like this, against me. Why? There are few ways and means. The best thing is to be free from the past. Bury the past. Don't worry about the time and history. Keep aside tradition and culture for some time. Just remain as a child. This is what is called de-conditioning.

So, let us de-condition ourselves to be yourself. Then, we have to feel our own truth which is eternal. I'm not speaking of facts of our daily life that go on changing. It is your own truth which is eternal truth. And that is beyond, and worth sharing with everybody. Remove all the barriers in the way to feel your own truth. There the joy arises when you know yourself. Yes!

Here our Divine Master Bhagavan will help us to undo what we have done so long. And He will also change that which has been imposed on you, because in front of Bhagavan you start feeling like a child. We are all His children. Because life has been conditioned, there are many thick layers of conditioning. They have got to be removed. When once we de-condition ourselves, forgetting the past, the ego naturally starts disappearing. Why? Because it is the ego that makes you feel that you are separate. And it is the ego that is responsible for all your misery.

Therefore, you have to change your outlook. He is waiting for you to look at them - yes, just look at the joy, not the misery. Look at the roses, not the thorns. Why? Why do we always say that one should be childlike? Because a child is never interested in money nor power-mongering either, and has no ego. The child is not egoistic because of education, and has no idea, nothing, of corruption. The child is not very ambitious. No. No lust for power.

Therefore, when we think along these lines, we think that our life is wasted because it is programmed. It is high time to de-program it. It is very necessary now. Then

what happens? We'll be most willing. We'll be co-operative. We develop the spirit of surrender and commitment to a new life so as to know our true selves. Yes!

It's also necessary to declare to yourself that you are unconcerned what others think because most of our time is spent in thinking of others. 'What do they think of me?' What they think about you is not worthwhile. You should be unconcerned. You should live in a different light altogether with a true real perspective. 'Yes! I follow my conscience.' That should be a deciding factor, not anything else.

This is emphasized by our Divine Master. Follow your conscience and allow yourself to feel the Grace of your Divine Master. You always count your blessings. Never test providence. How bounteously, how abundantly you are blessed by your Divine Master. You'll watch His hands. You feel His Divine hands. Yes! His hand, loving hand, the forgiving hand, the hand that gives, the hand that forgives, and the hand that blesses. That is indirect proof that God exists.

With this understanding your life changes radically. For this, we have to die to the past in any case and allow the new to be born in you. And there you develop all the courage immediately. So in that circumstance, mind has no way to know the unknown, no, because it is the nature of the mind to be confined to the known only. It cannot transcend. It cannot step into the area of the unknown.

So mind is, after all, an instrument that is unfit in this way to step into that realm of the unknown. Trust is necessary. Not merely thinking of the mind, but trust is necessary. You trust your Master and you'll feel great courage. You need guts. Brush aside or throw away all your doubts. Look at our Divine Master Bhagavan. Just be with Him psychologically. Yes! Listen to His voice within. Feel His presence in meditation. Then no doubt arises. The confusion and troubles may appear, but instead of condemning them, let us take them as stepping stones.

A simple example: When you dig a well deeper and deeper, you come across big stones. You have to remove them. Then you get dry earth. You have to remove the rubbish and clear the earth. Then you get the wet earth, then muddy water. Remove that also to get the pure water beneath. So, to have the pure water beneath, all these things are the stepping stones - all the stones, dry earth, rubbish or whatever it may be.

In a similar way, we have to dig into our own selves. The rubbish is the first layer, comprising anger, jealousy, hatred and sadness. Remove all this rubbish, unwanted stuff, and then the last trace of anger should also be finished. Then compassion arises. This is digging into one's own self to be true to one's own self.

Well, when once we develop that sacred value of compassion by digging, the greed will go and we'll begin to share. No more jealousy. We begin to love everybody. Until you are at ease with yourself, you can never be comfortable in life. Yes! Without this comfort, when you cannot sit at ease, know that you are sitting on a volcano. This volcano may burst, may erupt any time, any time. To escape this, you move from one place to another place. But every place seems to be volcano. Thus, you are led to another confusion. And in that confusing state, it is unfortunate but some begin to

blame their Master. No! The Master is not to be blamed. Your past has to be completely blamed.

You blame your Master because you want to throw the responsibility to your Master. No! So, when you understand that you are responsible for your own situation, you have to help yourself. There is no use in blaming the Divine Master. It's your responsibility. It's your responsibility. So, nothing happens for which you are not responsible. Understand that. You are responsible for all that happens.

Therefore, in this brief talk, I wanted to bring to your attention how to be yourself. Starting with the silence, enjoying religion, enjoy, but not with seriousness. Rejoice! Rejoice! And then enjoy and delight in music in your walks and swims. Develop the insight, celebrate life in general. Consider life to be lived and not a problem to be solved. Try to get out of this mountainous mind. Change your outlooks, change your attitude. Look at the roses but not the thorns, so that you will move from negativity to positivity.

Transcend and look at this ecstatic existence. You be free yourself by forgetting the past. You know your truth all by yourself by removing the barriers. This is the true *sadhana*, this true *sadhana* that every seeker and aspirant are supposed to know.

We are conditioned. It's time to be de-conditioned. We have programmed our life. It's time to de-program it and be like a child. Let's not be concerned with the opinion of others. What they are thinking about me? I follow my conscience. And enjoy looking at the Master, seeing Him, feeling Him all the time and getting ourselves convinced that God exists.

May Bhagavan bless you.  
Sai Ram.