

## PODCAST 86: "LOVE TO EVOLVE"

Om Sri Sai Ram.

Prashanti Sandesh, 86th episode.

The topic is "Love to Evolve". I repeat Love to evolve. Yes! Let me share a couple of thoughts on this topic. Love is not a strange phenomenon. Love is not new to anybody. Love is natural, spontaneous, a divine gift. Therefore, I don't have to speak much about love because we know what it is and what it has been at all levels, be that friendship or respect or infatuation. Whatever name you may give, they are all expressions of love at various levels.

But most often this kind of love is not helping us to evolve. On the other hand, this sort of love that we see around is leading to bondage, a kind of hindrance for evolution and for progress spiritually. Therefore, we have to think in this direction: Love to evolve.

There are three poisons which are there everywhere. Well, they may not kill us, but love for them is almost a killing. Yes! We love power. Those who love power, we know how they behave. How dominating they are! How they behave towards others! And then love for prestige. Some people want popularity, publicity, and prestige in the community. We know how they struggle! How they are empty inside! How they are sad really speaking. Some love money. Well, we know how they are! Endless thirst! They have no faith in anybody. Therefore, they are in a way poisons - love for power, prestige and money. Poisons, there's no doubt about it.

And then our attitude also is in a wrong direction. We calculate in terms of utility. We talk to a person based on how he is going to be useful to me. If we do anything, how it is going to be useful to me. All acquaintances, all relationships are viewed from the perspective of utility or use. To be plain enough, it is horrible to think of persons being viewed and being looked at from this angle of utility - how to make use of them.

But really speaking, things are to be used and not the persons. When we use persons, you bring them down to the level of things. Yes! If you want things, you purchase them. You purchase them. In a similar way you are trying to purchase people. Very, very awful!

Let us question ourselves. How we are? Yes! Parents helped us a lot. Today what we are is because of our parents. Are we really thankful to them? We just take them for granted. Parents have no other goal other than to love their children. There is a kind of 'take it for granted' attitude. We are not thankful to them.

And take for example housewife or the husband, Wife or husband, whosoever. Do you ever thank them? Do you see the husband saying thanks to his wife? Do you see any wife thanking her husband? No. Because a wife naturally does, for which I don't need to thank. A husband naturally takes care of me and I don't need to thank him. It means we take them for granted. It is not a healthy sign.

But on the other hand, we thank everybody, all strangers. When I drop my kerchief if anybody picks it up and gives it back to me, I say thank you. But I don't thank my wife who does so much work, so much of work. That's something wrong and that we have to correct ourselves.

In other words, because we have brought them down to the level of things, we are not treating them as persons. But one truth is this: If we are bit meditative, things become persons. Things become persons. How do I say that? When you worship idols, what does it mean? Idols get transformed into ideals and gods and your chosen deities. Thus, a tree, why is worshipped? Meaning things become persons when we are in the meditative state.

Thus, we have to look at it from the point of personality and this reveals the fact that God is there all over the existence, all over. But pitifully enough, we are like flies, flies falling on the rotten stuff, and we get out of precious things. We don't want sandalwood. We don't want flowers and their fragrance. But the flies run after the putrid smell of meat. Therefore, the life is like a fly when we avoid the most precious things in existence.

And we also will know that some people don't want the spiritual matters at all. They are not interested in spirituality because they lead the life of a fly, running after the putrid rotten smell of meat, dirty stuff.

We should not be like that. We should seek liberation, *moksha*, the ultimate, nothing less than that. Therefore, if we really meditate in all sincerity and dig a little deeper, we will understand that *Nirvana* is at the doorstep. *Moksha* is readily available there. This comes experience in deep meditation.

Here I may give you one example. We have containers and the containers contain foodstuff or liquids, whatever may be. So, there is the container and the contained or contents. But we look at the contents, the stuff there, but we don't look at the container. The contents are just like our head or mind, with a variety of stuff. But container is different: that is our consciousness. Therefore, think of the consciousness, which is the container, and not the contents like our head or the mind.

Then the question arises what are the contents that fill our head? Emotions, anger, love, greed, jealousy, lust, what not. But one thing is certain. They will very soon dry up. They don't stay for long. In other words, they make us and our life mechanical. They turn our life into a machine. But the container is different. Container is the life of awareness. It is infinite consciousness. That is the container. And this consciousness, the container, we should know that it is bigger than you and bigger than me.

Swami gave this example. I hold a flower here. I am bigger than the flower. Flower is not holding me. I am holding the flower. In a similar way, God is keeping all of us. We are smaller than Him, the consciousness. And it is also cognizable that bodies

are different. Bodies are different depending on the complexion, or whatever it may be. But the consciousness, soul, is one and the same, the energy.

After all, we may listen to the music or dance program, anything depending upon the channel. When you switch on the channel of your taste, you will have the program of your preference,. So also with the radio. The fan revolves. Yes! All these gadgets work and are effective because of the same electricity. There is nothing like bulb electricity, TV electricity, fan electricity, nothing like that.

In a similar way, bodies are different, but soul, consciousness is one and the same. This consciousness is very clear, so vast, so well spread, all encompassing like the sky which is cloudless, so clear. Under that sky we are all accommodated, we all live, and there lies utter unity.

And the realization of this utter unity, under the same sky where we live, is equal to universal consciousness. Universal consciousness. When you look at it from this point of view, you are not simply a man. No! You are a universal man.

This is possible when we have that total absolute awareness. Then that is possible to raise to the level of, to recognize, to realize that everyone is a universal man, not merely an individual. So, meditation will be of immense help to all of us to be a universal man. Meditation will unify all of us and we have to follow that.

Here I may also give you another example: a speaker is giving a talk or his own speech. We are all listening to him in rapt attention. What is happening there? The speaker is lost while speaking, and the listeners are beyond their body and mind. They have got identified with the subject matter that the speaker delivers. So, there is nothing like an audience here, nothing like the speaker there - only the topic, the subject remains. That is what is called that unity or universal consciousness.

We don't listen to a lecture or music as bodies. No! We are not listening to anything as minds, not from the point of an ego. No! We are receptive as part of consciousness. This is to be borne in mind. In that state, when we are a part of this consciousness, that we are the consciousness, what happens? We rise from the sensuality to sublimity, from matter to the mind. Naturally we will be travelling from the unconscious state to consciousness. That's what it is.

Life is a ladder. In this ladder it is given to you to climb upwards or to climb down. When you climb down, you are put to ruin. When you climb up, you will come to a higher level. Evolve! Evolve means that - to climb up the ladder, the steps of the ladder. That's what is called evolution, to evolve.

In this deep consciousness, there is no division at all. Not that it is present only in man; but man has got greater levels of awareness. But in a rock, deep unconsciousness is realized. Absolute total consciousness is divine. That's the difference between Divinity and materiality. Materiality is full of deep unconsciousness, while Divinity is absolute consciousness.

Therefore, there is no confusion here between the body and the mind. We love the body, we love the mind. We love with the mind. But when this love deepens, love deep enough leads to creativity. And the body and the mind are not simply the components of the human personality, but body is the temple. *Deho devalaya proktho*. Body is the temple of God. That's what *kshetra* is.

Therefore, love in reality cannot be personalized, should not be individualized. Love really is in its totality. Love lies in its totality. Then the physical becomes metaphysical, non-physical, a kind of evolution, evolved into that stage.

For example, the sea is full of saline water or salt water. But as the sunlight falls on it, it gets transformed into clouds and the clouds rain and drops fall on the ground, and that is a sweet water. A salt water gets transformed into sweet water. Here it is the cloud of *samadhi*. *Samadhi* is the cloud of *samadhi* which is created in meditation.

How does that cloud of *samadhi* happen? Drop your thoughts, drop your desires, drop your ambitions. Then the cloud of *samadhi* is formed. And how does it happen? Just as sunlight makes the sea water into a vapor, there is a burning fire within every one of us. What is the fire? Consciousness. This consciousness is a burning fire. It transmutes this water into that cloud of meditation. In the process thoughts, desires all worldly things are dropped out.

What a wonderful thing it is! Then what happens? Love is no longer simple love. It goes to the higher level of compassion. Compassion! And this state cannot be put in words because it is such a high level - compassion. The ineffable! The ineffable, meaning beyond expression. Ineffable! Yes!

And then we may get a question: how to know that one has compassion? What are the signs? A man of compassion is always contented. Contentment is his life. He never gets disappointed under any circumstances. We will find in his life the peace and tranquillity, and he enjoys the bliss beyond our imagination.

Here is one question please, one point for consideration: You can think of happiness because you had happiness some time back. You experienced happiness some time back. You can also think of unhappiness because there were many moments of unhappiness in our lives. So, happiness and unhappiness can be thought of, yes, because they were there through our experience. They could be nicely imagined. But bliss is unimaginable because we have not experienced. Therefore, bliss is not an imagination. And it is our life. It is our life. You are the bliss. Bliss is God. You don't have to dream about it. But you can have a vision of bliss.

Dream and visions are different. Dream is yours, vision is divine. Vision is divine. Dream is yours, human. Dream is your imagination that you have created - your fantasy. But vision is divine. Dreams are of the mind, while vision is spiritually prompted. That we have got to understand.

And here comes the role of a Master, Bhagavan Sri Sathya Sai Baba. The principles in all His teachings are like seeds sown in the field of our heart. They are sure to

sprout one day or other. So that what happens is the real man hidden within me naturally gets manifested. Manifested because so long it is under the garb of love, and the new man, the hidden man, has not come out. The new man is not yet born. When that love gets transformed into compassion, yes, we have ripened. We have matured enough, something like a fully blossomed flower. And it gives us the harvest of great consciousness or awareness.

Therefore, we have to love to evolve, not to go down. After all we live here as a body, as a mind, as an ego, connected with things, that's all. And there are some who believe that there is nothing in this world other than matter. We also often forget that the power, prestige, and money, we run after them. They are nothing but poisons.

Therefore, love is just ordinary, something like the lower steps of a ladder. But when you climb up to the upper steps, the love gets transformed into compassion. The physical becomes spiritual. Everything gets personalized into Divinity.

Thank you very much for your time and attention.