

## PODCAST 98: LOVE TO LIVE

Om Sri Sai Ram

Prasanthi Sandesh, 98th episode. Thank you very much for your time. I hope you are all doing well in spite of all the problems, particularly Corona threat. Anyway, the best way is not to think too much of it or not to imagine anything that would happen following Corona.

Anything that we watch on T.V., we'll just apply it to our own lives and begin to suffer. Well, the best way is to read good things, spiritual things, to reflect upon them and to read very good books, spiritual books and spend time in a spiritual way. It's purely my personal opinion and it's totally left to you.

The topic of the day is this: "Love to Live". Love to live. Let us share few of the points relating to the subject.

We often feel and come to know from many people that life has become boredom to them. And some would comment that they are simply 'pulling on, pulling on'. Some of you would even comment 'going on'. Some would say 'waiting for the call'. And some say that 'life is dragging, life is a burden'. These are the comments that we come across most unfortunately, most unfortunately. I am very much sure about it. We should not make such comments at all.

Having been given this most precious life, life is not of your making. Life is divine. You cannot simply underestimate it and you cannot simply overlook the merits of it. Who made it boredom? Why the life is dragging? Why life has become a burden? It is only because of you. You, including me also. It is only because of us life has become a boredom, very heavy, a burden.

It is our mistake. We cannot blame the life in general. Alright! If life is dragging, if life is boring, do you think that death is interesting? How can you say death is interesting? Foolish! So, I appeal to you humbly not to call life a boredom or heavy or burdensome. No! Not even in the dream, because it is divine gift. There are so many inanimate - mountains, oceans, rivers. Yes! They have no life. But God has given us this life. Why should we underestimate it? Why should we speak ill of it? Why should we condemn it?

Perhaps we may be expecting too much from life that makes us comment like that. Because we don't get all that we expect in life may make us feel that way. But I would put it this way: that we could not manage our life, and we could not learn the art of life.

Life is an art. We should know this art of life and then it will be fantastic. After all, having taken birth, it is just one thing. But to make life in general an art and live fully, beautifully is another thing. And in fact, birth is an opportunity. It is for you to make it or mar it. It is in your hands. It is a beautiful life, live it! Just don't drag it towards the graveyard. That is most unfortunate.

After all, we may find life is too repetitive. Breathing, eating, sleeping, waking up, going to the same office, may look repetitive. But why don't you think that there is some beauty in it. Why don't you think there is a purpose behind it? And the thing is this: life can be made beautiful; life can be made more interesting, when you take life as an art.

When life is an art, the highest peak of life, the culmination of this art is death. There lies the beauty. Never consider life futile or useless. No! And when we spend life happily like that, even death can be significant. It's also amazing to see that though people condemn life, though they say they are not interested in life, but they are not prepared to die. Ask anybody. Nobody wants to die. Therefore, there is great joy in life.

How to make it joyful? How to make it ecstatic? Let us be creative in life. Let us be creative. Let us derive joy out of this creativity. Our creativity will make everybody appreciate and follow you. This creativity will make life very, very interesting and worth living.

Then make life little bit meditative. And when you make life meditative, what happens? Even death will be transformed. It will not be a punishment because in being meditative, you will know that there is no death at all. There is no death at all.

Enjoy music. Appreciate dance. Be happy to watch a beautiful painting. Be lost while moving in a garden full of flowers. So, this will make our life very interesting and joyful. And also know that you are unique. And try to express your uniqueness, in every way, whatever you do. Everyone has got one's own individuality.

When we lead the life of sheep, just a follower, without any thoughts, life becomes boring. Express your individuality. Let the whole life, let the whole nature, the existence, feel proud of you. Here lived a person, a life of fulfilment, a life full of ideals. Then the nature, existence, will certainly feel proud of you. Don't say that life is dragging. No! It is so fragrant, it is so vibrant, it is so vital. Therefore, never feel life is a drag. No!

Further I would also say that let us find out why we are bored? Why we feel life is boring? What is the cause behind it? After all, life is very short. We are not going to live for hundred years, no? After seventy, many people say, "Every day is a bonus." In this short life, where is the place for boredom? Where is the necessity to feel it heavy? No! Each moment of life is very, very precious, very precious, and highly valuable when you are creative.

When we also enjoy and experience while in silence, we know the preciousness of life. We should be loving in life. Yes! Friendly in life. We have got to be sensitive to beauty. Then life will be very interesting. After all the whole nature, whole creation is so vast. It is meant for you. God has given the whole of the universe, the five elements for you to enjoy, for you to live happily. Be grateful to this vast universe. Yes!

And then what happens? And this life will help us again to know our true self, who we are. It is possible to experience that you are divine when once there is life. Life is a gift, life is an opportunity. Life is a journey. It is most precious. And it is this very life that helps us to be enlightened. Be enlightened because in that state of enlightenment, death can never enter. There is no death to an enlightened person because he knows that he is immortal, deathless, without a beginning or an end.

Everything is full of excitement and everything is ecstatic. This we have got to understand to know the value of life. There is no point in feeling that 'I am waiting for death.' Whether you wait for death or not, death is ready to take you at the right time. It is ready.

Baba gives a comparison. Even a photographer will ask you, "Pose." Photographer will ask you to smile before he clicks the camera. But the death won't ask you to smile. It won't give you any hint of the end. Just a click of camera and you eclipse!

Therefore, when it happens on its own, why are you in a hurry? Why are you worried? Don't you find anything interesting in life? Don't you derive joy by helping the poor and needy? Don't you find great immense satisfaction in a service activity? Are you not lost in singing the glory of God, *Namasmarana*? Are you not beyond the body consciousness, above the mind and intellect? When you meditate, have we experienced that meditation? Have we ever experienced that thoughtless state?

There are so many opportunities available to us in life so that we can experiment [and experience] everything, go forward, live hopefully, hopefully. Therefore, let us lead a life in hope and promise, and that we live for fulfilment. We live for what we are born for. We are born to know our true self, our reality. If that is not understood and if that is not experienced, life is futile.

Let us not feel it is too early because who knows? Who knows? It may be too early for you, but it may be too late for the god of death. You may say it is too late to meditate, too late to do any spiritual exercise. No, no, no, no! There is nothing like late. Every day is a new day. Every day is a new life. Every day is a bonus. Therefore, in this life, every day counts. Every day is important and that makes life very interesting.

Therefore, live to love or love to live, whatever you may call it. Life, enjoy this excitement, appreciate the beauty of nature. Take life as very precious, a divine gift.

Thank you.