

# OM SAI RAM

## Welcome to Prasanthi Sandesh

### PODCAST 259, "MAINTAINING A STATE OF BALANCE"

September 19, 2024

*The following text contains excerpts from Prof. Anil Kumar's book  
"Sai-Chology," pg. 84-89.*

#### **LISTENING WITH OPEN-MINDEDNESS**

When we hear Bhagawan, we should not just hear Him. We have to listen to Him. Certain trivial things, which are said to us, can be heard and forgotten. But there are other things that we have to listen to and remember for life!

#### **WE ARE NOT PREPARED FOR ENLIGHTENMENT**

The first point is with regard to enlightenment. We are not prepared for enlightenment, nor are we making any attempt in that direction. We are disappointed when we don't get interviews; we are frustrated when Bhagawan does not look at us and we are depressed when He does not take our letter. In fact, we are highly jealous of those who get interviews and their letters taken by Him. When Bhagawan declared, "No more *padanamaskar*" we lost all hope, as if our lives were lost.

These features of our behavior reveal that we are not prepared for enlightenment. When we start questioning 'why' and 'why not', then we can be quite certain that we are not prepared for enlightenment. The sad aspect is that we are concerned with trivial matters. People want to hear about Baba's miracles, which according to Bhagawan are non-issues. He has said, "All the miracles and experiences come to the size of a mosquito when compared to My Divinity, which is the size of an elephant." This statement shows how much we are taken up with these 'mosquito-sized miracles'.

#### **A MIRACLE IS JUST A VISITING CARD**

He also added a second point: He said that these miracles and experiences are just a 'visiting (business) card' for you to know that God exists. For so long you have been under the impression that everything is under your control. "I can manage, I can dictate, I am everything." This kind of ego, this kind of I-ness, is more and more rampant and increasing day by day. Therefore, there comes a 'speed breaker' in our life - either a wife or a doctor or your good noble Self. For example, doctors examine you and say, "It's a doubtful case." Then we suddenly turn to spirituality. So, spirituality or God comes into the picture when we fail. This is the case with most of us.

Then what happens? When events are favourable, like a cure or a job promotion, we consider it to be a 'miracle'. That is what we think and therein lies the fallacy **because a miracle is not necessarily a success. Failure is also a miracle.** Birth and death,

victory and defeat are all miracles. Therefore, our attitude towards miracles needs to be modified.

Most people who visit Puttaparthi want to have their problems solved. Bhagawan is gracious enough to help them immediately. Like this, we develop some faith and become attached to Him. But the trouble arises later, when we expect miracles to happen every day. That is the tragedy. We want continuous success and supremacy. This is our concept of a 'miracle'.

When we ponder on what brought us to Puttaparthi, (family or professional problems), we find that even though that problem is negative, it brought us here and hence it is positive. **Thus, a negative thing gives us something positive!! Then what is a 'miracle'?** For example, a person suffering from a serious ailment comes to Bhagawan. The ailment has in fact conferred upon him a thing that is so blissful – **sickness makes him spiritual**. Otherwise, had he been hanging around his problem, his life would have been problematic for himself and the others. **So, even a failure is also a 'miracle'.**

### **DEATH IS THE DRESS OF LIFE**

A friend of mine died all of a sudden in Prasanthi Nilayam during Baba's birthday celebrations. The death was sudden. While it appears to be a tragedy, if we reflect, he had done his duty and service as a volunteer and he also was an ardent devotee. There was a moment of uneasiness and then within a couple of seconds, he passed away. If we reflect, we find that rather than falling sick at home and thereby bothering the family, he just passed away. That is the reason why Bhagawan says, "Death is the dress of life." Hence, we find that there is something good even in bad things, and there is something bad even in good things.

### **GO TO THE PRIMAL CAUSE**

When a film is projected on a screen, the images on the screen are not real. But, without the screen we cannot see the film and therefore, the screen is essential. When we watch a film showing floods or fire, we do not find the screen wet or going up in flames! All that does not have any effect on the screen; the screen remains the same. It means that the screen is the 'primal principle'. It is the foundation or background upon which life is being projected.

Therefore, Bhagawan says that there is nothing like pain and pleasure. Go to the Primal Cause, like you do with the screen. That is the foundation, which has no change at all, which does not respond or react to anything, which only reflects an image. There is no reaction at all.

That stillness is called the 'Witness'. That witness is our true being, our true nature. Just as the film screen is unaffected, the Spirit, the Soul, the Consciousness, our *Atma* is not affected. This state of being is a non-dual state, which is called the Witness.

Bhagawan says that the whole idea of the spiritual process, whether it is worship, chanting, meditation or reading the scriptures, the final goal is only to experience the

Self as the eternal Witness. Self is the eternal witness. It is non-dual and is not carried away by any sort of experience. Due to our association with Bhagawan, we will realise this Witness or self, some day or the other.

### **MAINTAIN THAT STATE OF BALANCE**

When we are called for an interview, our interaction with Him is extremely uplifting. We feel as if we are the centre of the world! We experience the cosmos and we feel that this Incarnation needs us. Bhagawan gives us that feeling of importance. When we walk out of the interview room, we are on a divine high.

But what happens the next day? As He passes by, He stands in front of you and looks up. When Swami does not give us any hint of recognition, we feel that we are nobody. Only yesterday we felt as if we were **everything** to Swami, while today we are nothing.

Why is this? There are two points here. First, we have to maintain that same state of balance when an interview is given and also when there is no interview. We should be able to **develop a balanced state of mind**. And secondly, Bhagawan also **demonstrates detachment**. "Just because I talk to you, never think that I am attached to you. NO!" There is no attachment. Such a thing can happen even to a VIP.

So, this understanding and balance is Baba's teaching of *samatwam* (equanimity), and *samasthithi* (a balanced state of mind). If one remains like that, then his/her life is really a spiritual life. When can we develop it? When we accept that good and bad are ultimately for our good only, this is what is called 'surrender'.

How do we define surrender? Surrender is very simple. Preparedness for anything that comes in life is surrender. It is not helplessness. One remains equal-minded and maintains one's own peace. A balanced state is very much necessary, according to Baba.

Is it possible to have equanimity? To this, Bhagawan has said that it is possible, otherwise He would not draw our attention to it. God is here to tell us how to achieve it.

We look forward to more Divine guidance in the next session.

Thank you for your time.

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