

# OM SAI RAM

## Welcome to PrasanthiSandesh

### PODCAST 260, "BE A WATCHMAN AND BE HAPPY!"

September 26, 2024

*The following text contains excerpts from Prof. Anil Kumar's book  
"Sai-Chology," pg.89-94.*

#### CONSIDER YOUR MIND AS YOUR SERVANT

Bhagawan has stated an important point: **Consider your mind as your servant, not as your master.** When we consider our mind as our master, we may be happy in the morning but miserable in the evening. We may be successful during one year but be an utter flop in the next year. This kind of duality, good and bad, as well as things like success and failure, such dual attitudes occur as they are the products of the mind, says Swami. He adds that the mind, which is a servant, when used as an instrument, helps us to develop equanimity.

According to Bhagawan, the senses, the mind and the intellect are all negative. In fact, everything in the whole world has negative connotations. But there is one aspect that is positive and that is our self or Conscience, spirit or *Atma* (whatever name we may give). All the rest is negative. Once we understand that we are the Self, then the senses, the mind and the intellect, all are our instruments and the Self is the Master.

We do show our reactions during times of happiness or unhappiness. But, when we have control over the mind, we remain in a state of equanimity. By considering the mind as just an instrument, we are able to transcend life's dual experiences, says Baba.

#### BE A WATCHMAN, WATCHING YOUR OWN THOUGHTS

As a member of the Seva Dal in the Service Wing, when we are given a duty at the gate, we have to ensure that people get seated. We have to just watch people come and go, while standing at the gate. Similarly, all thoughts that come into our mind come and go and create a mental traffic jam, similar to the people coming and going.

Therefore, we have to merely watch the thoughts that come and go. We become the watchman now, watching our own thoughts. But, **we are not the thought.** When I think that I am the thought, I am egotistic and proud. So, we have to say to ourselves, "No, I am **not** the thought. I should just **watch** my thoughts as they come and go". Gradually, there comes a state when thoughts stop.

When we find a child playing and shouting, we can just stare at the child. When we catch his look, the child will no longer move but just sit still. We don't have to check on him nor do we have to scold the child. Just watching intently is enough.

Similarly, like this child at play hither and thither, when we start observing the mind, our thoughts stop. A thought is like a child who is restless. As with the child, when you watch a thought, it stops. This is called the withdrawal or annihilation of the mind. It is also called the absence of mind, merger or disappearance of mind.

This sort of withdrawal of the mind is possible, when we are **watchfully alert** of the thought process. Now, when can we observe our thoughts? When we are separate from our thoughts. Why are we separate from the thoughts? We are separate because thoughts originate from the mind. It is the mind that thinks. Once we believe that we are **not** the thought, it means that we feel distinct from the mind also. We are **not** the mind. Why do people say, "I have no mental peace, my mind has no peace!" What does it mean? It means that **I am separate from my mind**. "I have no peace of mind". It indicates that I am separate from my mind, which has no peace.

**So, once I understand that I am separate from my mind and start watching the flow of thoughts, the mind stops. This is the secret of being non-dual.** This is the secret of happiness and bliss, provided we know the intricacy of the process, according to Bhagawan.

### **HAPPINESS LIES IN UNION WITH GOD**

The next point is regarding "Happy Birthday" felicitations when people wish "Happy Birthday!" Bhagawan repeatedly says, "You need to greet a person, wishing him "Happy Birthday" if he's not happy." Thus, you are suggesting to that person that at least on this day or in the near future, he should be happy. At this time, on this day, he should be happy! Bhagawan says, "But I'm always happy, so you don't have to say that to Me."

Bhagawan says in His discourses, "Happiness lies in union with God." Why is it so? Because worldly connection gives us only misery, never any happiness; there are only bumps and jumps like a fluctuating share market.

When we link up with the world and the mind identifies with it and with its attributes of power, self, position, influence, politics, etc., the result is distress. We may be happy only sporadically. So, ultimately, our understanding and links with the world only make us miserable, irrespective of our location. **No one can be happy in excessive indulgence or too much worldly involvement.** It is impossible! A saturation point has to come eventually.

What happens at this saturation point? The first sip of liquor leads to the next and then to the next and then finally, it is the liquor that drinks the man. At first, it is the man who drinks wine. Then, wine drinks wine with repeated glasses. Finally, wine drinks the man.

Thus, initially a habit might give us happiness. But ultimately one ends up in sickness, with serious problems. So, true happiness does not lie in our attachment to the world – it lies in union with God, according to Bhagawan.

### **TRUE HAPPINESS IS NOT OBJECTIVE**

True happiness is not objective. For example, a TV or a car is an object. These are only objects and hence, they are obstructions to true happiness. Therefore, it is impossible to have true happiness out of such objects. Real joy lies not in objectivity but in subjectivity. True happiness is subjective. Worldly happiness is objective. That is the reason why Swami says, "Happiness lies in union with God."

### **HAPPINESS IS A NATURAL THING**

Happiness is as natural as good health. Sickness is unnatural. When someone is sick, we wish him/her to get well soon. This means that we want everybody to return to the natural state of health and happiness. We have to comprehend this properly.

Unfortunately, we do not want to look or to be happy when we think that others are happier than we are, but it should not be so. It is immature to think that others may be happier than we are. In fact, they may be much worse off. There is no comparison scale for happiness. The other person may be travelling in a Rolls Royce car, but he may be going to a heart specialist. Now who is happier? We have to understand.

Therefore, we are not experiencing even this so-called (worldly) happiness and we miss our natural state of happiness, because we think that others are more fortunate, which is nothing but a highly flawed perspective.

**Indeed, all are happy. All are unique. Everyone is great. Everyone is happy!** We are the happiest creatures on earth today, being at the Lotus Feet of Bhagawan. Happiest people today!

Why are we so blessed and happy? It is not as if Baba has given us loads of money. Indeed, no. He has given us an attitude, a mental balance, courage and the spirit to take things with equal-mindedness. He has given us the conviction of equanimity. He has given us the understanding that we are not the body and has shown us the goal and purpose of life. This is the real "miracle" of Bhagawan Sri Sathya Sai Baba, for everybody – not such things as giving us money or position.

The greatest miracle of Bhagawan is the transformation of our attitudes, our thinking, our habits and the gift of the ultimate purpose of life. We ought to be aware of this. This blessed happiness is Bhagawan's gift. Also, let us remember that this joyfulness is not to be achieved. It is not an achievement. Let us be convinced of that.

To be in joy is not an achievement but our inherent reality, our own nature. What is to be achieved? Sadness can be achieved; misery can be achieved. Therefore, we should learn how to be happy in the true sense, by turning inwards.

Prof. Anil Kumar continues to spread Swami's Divine teachings in the next session.

Thank you for your time.

**OM SAI RAM**