

**OM SAI RAM**

**WELCOME TO PRASANTHI SANDESH**

**PODCAST 268, "THE NEW COMMANDMENTS 1, 2 AND 3"**

**December 12, 2024**

***The following text contains excerpts from Prof. Anil Kumar's book  
"Sai Vedam," pg.147-153.***

### **CODES OF CONDUCT IN THE SCRIPTURES**

All scriptures have specific codes of conduct. The Holy Bible says, "There are Ten Commandments that God wants you to follow." The Dhammapada of Buddhism wants you to lead a certain specified pattern of life. Hinduism speaks of *yama* and *niyama*, the social code and the individual code of conduct. Every religion has a definite text, a code, a set of rules and regulations that one must abide by and follow. Or else, they will also threaten you: "If you don't follow these rules, you'll go to hell, where you'll be roasted and fried like potato chips! So be careful! But if you follow all these Ten Commandments, you will go to heaven." "What is heaven?" "You may become old here, but there in heaven, you will be ever young, an evergreen hero. People who are beautiful will surround you. But here on earth, there are ugly as well as beautiful people."

Oh-ho! These are all the promises attributed to heaven. They are all figments of imagination. There's no heaven or hell, no! Absolutely not! They give this description to make an ordinary person understand what they must follow. That is all. Heaven is here, now. The moments that we spend with Bhagvan, when He looks at us or grants us an interview, that is paradise. It is even more than heaven, if there is really any such place. When I am depressed, frustrated, lose balance of mind or suffer from any sort of blame or unnecessary allegation, that is hell.

Heaven and hell are two states of life, not different strata or locations. They are not geographical.

So, every religion comes forward with a certain code of conduct. The most popular and effective code prescribed and followed by people are the Ten Commandments. They are similar in every religion. The content is the same, only the language differs. That's all. We say 'petrol' and you say 'gasoline'. We say 'rupee' and you say 'dollar'. Thus, only the terminology differs. Here are the Ten Commandments with a difference.

### **THE FIRST COMMANDMENT: GIVE UP 'I'**

The first commandment is a one-letter word, the second a two-letter word and the third command a three-letter word and so on. The number of letters of each command corresponds to its number on the list of Commandments.

What is the first command? What is the most damaging letter in this world? 'I' is the most damaging letter. The first command is to give up this 'I'. We don't follow that. We always say, 'I'. "I was in Australia. I was in New Zealand". 'I', 'I'! The first command is to forget, remove and cut off that 'I'. It is kept first on the list because it is 'a must' on the spiritual path.

As long as I hold on and cling to the 'I', I will have to continue to live for some more time. The cycle of birth and death will continue eternally, unless and until the 'I' is cut off. When the most damaging thing in this world, this 'I' is cut off, there will be Awareness. Then you will attain the state of enlightenment (Nirvana) or liberation. So, the first commandment is to forget or drop this 'I'.

### **THE SECOND COMMANDMENT: CULTIVATE 'WE'**

The second two-letter command is this: The most satisfying, most gratifying and 'most wanted' thing is 'we'. Cultivate this 'we'. Just yesterday in His Discourse, Bhagawan was stressing, "The day is soon approaching when there will be unity." That's what He said.

Bhagawan asked a first-year degree student, "How many brothers do you have?" The boy answered, "Swami, I have two brothers." Swami: "Two? Tsk! All are brothers! Why do you say only two?" Happiness comes when we have the feeling that all are brothers and sisters. He doesn't like or approve of only 'one brother' or 'one sister'.

Bhagawan gave this definition: "In spirituality, one should travel from the position of 'I' to the position of 'we'. We go on giving definitions of spirituality any number of times. We get confused and we successfully confuse others! Many people are very successful in confusing others! Let us pray to God to be away from such people. Let them be confused! There are psychotic centres for them, but we are not ready to be admitted there! 'We', collectiveness, community, society – this is to be followed. This is the very highly satisfying second command, cultivate 'we'.

### **THE THIRD COMMANDMENT: CUT OUT 'EGO'**

The third commandment involves a very dangerous three-letter word: 'Ego'. Some medicines, like concentrated sulphuric acid, are labelled as "Highly Poisonous – Be careful. Not for Internal Use". No one is supposed to take it. On the label of certain other medicines, it is written, "Poison, Be careful". Unless a doctor prescribes it, no one is supposed to take it.

Ego is a poisonous three-letter word. You may survive after taking poison, but it is not so with ego. Ego is such a dangerous thing. Bhagawan has mentioned this again and

again. Bhagawan is the best surgeon to operate on this ego. **This Avatar may tolerate anything but not ego.**

Not only that, He does the surgery today on the ego which you might develop ten years later! You may become egoistic next year. So, He will do the surgery this year itself, in order that you'll never be egoistic again in this lifetime! Those who are physically close to Bhagawan and the residents who have been living here for a number of years know pretty well how Bhagawan acts as a very successful surgeon. Bhagawan will understand how egoistic you are from the way you walk towards Him after He calls you. Your sitting posture and your mode of talking will also certainly indicate your ego.

Example: A devotee asks humbly, "Sir, is there any chance of Swami calling me?" Sir, replies rudely, "You ask Him!" Another example: "Can I sit there?" The rough response is, "No! Push him from that place!" We see some people who are violently devoted! That means their devotion is violent! They express their devotion by harassing other devotees. (I don't understand them.)

The ego will not keep quiet. It will find some opportunity or other to express itself, even in ordinary words. Suppose I am a new man, a fresh man and I have come here to Puttaparthi for the first time. I may say, "Wow! I had a thrilling experience with Swami! I had a very nice darshan this morning". Another man may answer gruffly, "So! Every day there is a nice darshan. Why do you say, 'It was a nice darshan this morning?'" That fellow's ego is affected. He is not able to tolerate seeing me happy.

Some people are happy when others are unhappy! However, we should be happy when others are happy. We should be delighted to make unhappy people happy. Our presence should make everybody smile. Please! Yes! If anyone puts on a long face as if some surgeon is about to come and take him into an intensive care unit for surgery, if his presence creates tension and anxiety, may God help us to be away from him!

Your presence should make everybody smile. The moment they look at you, they should happily greet you, "Hi! How are you?" On the other hand, your presence should not cause others to think despairingly, 'Oh, he's coming. Let me avoid him. He's a trouble-maker. Let me go this other way in order to avoid him. Let me look that way, so that he may not identify me'. This is a tragic experience, a life that is not worth living at all.

A life that gives comfort to all, making everybody laugh and smile as they enjoy your happiness and learn certain things from you, this is a life worth living.

Prof Anil Kumar brings us more Divine advice in the next session.

Thank you for your time.

**OM SAI RAM**