

## OM SAI RAM

### WELCOME TO THIS QUESTION AND ANSWER SESSION

#### Q. 348, “EQUANIMITY: HOW TO MAINTAIN MENTAL BALANCE”

January 16, 2025

*The following text contains excerpts taken from Prof. Anil Kumar’s book “Seeking Within,” pg.82-86 and pg.434.*

*Prof. Anil Kumar Kamaraju was chosen by Bhagawan to spread His Message and Mission. He has travelled extensively in India and abroad and has answered countless questions and cleared doubts based on Swami’s Divine discourses and his personal interactions with Bhagawan. Most importantly, Prof. Anil Kumar guides us effectively on how to connect to the Inner Sai.*

**Q. *If anyone criticises me, I feel bad. I have not gotten beyond that feeling. What should I do? How do I take the criticism? I still have a reaction. What am I to do?***

**A. Prof. Anil Kumar:** Baba has given a very good answer to this. If anyone criticises you for a reason that is genuine, be thankful to the critic. If you are really wrong, be thankful to him: “My brother, you have pointed out my mistake. Thank you very much.”

When truth is said to your face, you don’t have to feel guilty. You don’t have to feel sorry. When a false accusation is made, you don’t have to feel bad either. Criticism helps you to correct yourself when you do commit a mistake. Therefore, feeling hurt should not arise at any point in time.

Whether you praise God or not, He will always be happy. Someone might say, “O God, You are really loving”. God does not think, ‘Oh My son, I am happy with your compliments.’ Or if you say, “God, You are unkind because nowadays You are not giving me interviews,” He is not displeased.

Spirituality is transcendence. Spirituality is not indulgence; spirituality is not avoidance. Spirituality is transcendence. You should transcend criticism as well as praise and admiration. You should go beyond the two. That is true spirituality.

**Q. *To be centred and balanced is important. Can you please say something about that?***

**Prof. Anil Kumar:** To be ungrounded, out of your centre, to be “above” the ground, these are all emotional or psychological. I don’t deny these states. We are responsible for the feelings we experience and we cannot blame others for the way we feel.

Once we realise the true evolution of our mental state, we will never blame any other living being for how we feel.

Being unaware makes us hurt and disrespect others, and being unaware of our own behaviour and mental attitude makes us lose our humanity. The higher state is spiritual, when we feel that everything is whole, everything is one. We are connected to the earth here and now, and at the same time we are also connected to a higher consciousness. I recommend people have this as a goal and try to reach that state. Have your feet on the ground and your head in the forest; which means be balanced and keep your mind peaceful.

When we are emotional, one day we feel up and the next day we feel down and depressed. This up and down process may initially make you feel happy and special, and may make you feel that you have some spiritual elevation or spiritual experience.

Actually, a spiritual experience has no distinction. There are no differences between inner and outer, or up and down. There is no superior or inferior. The whole universe is one entity. If we have that as a target, we will not deviate or get divided into 'ups and downs' in the middle. If we have a higher experience and start to feel that we have achieved something and we are special, our spiritual progress stops!

The goal is to know that everything is whole, everything is one. The nature of conscious awareness and wisdom is peace and joy.

***Q. You mentioned Sir Isaac Newton. Swami has mentioned many times that he went mad. Such a great being! He discovered gravity and achieved so many other things. What happened to him?***

**A. Prof. Anil Kumar:** There are two things here: one is the head, while the other is the heart. When the head takes up so much stress and strain, so much reasoning, when the head goes on doubting needlessly based on logic, he ends his career in madness. He went mad altogether, because his mind was full of thoughts and counter-thoughts. His mind was full of conflicts.

As a scientist, he went on doubting his own theory, questioning his own observation. Ultimately, he doubted himself, then he lost confidence and then he turned mad. That's what happened.

Therefore, it is very important to maintain balance between the head and the heart. The head is logic, while the heart stands for poetry. The head is full of knowledge, while the heart stands for wisdom. The head is ego-centred, while the heart is universal. So, if one experiences head and heart simultaneously, with full awareness, the head should go down deeply into the heart, based on true values. Naturally, you would then be in *samadhi* or equanimity. Otherwise, one may turn mad.

***Q. How do you remain in equanimity in all situations? For example, in certain situations we will feel angry, upset or hurt. How do you get away from that?***

**A. Prof. Anil Kumar:** That is the nature of youth. What should you do? I will give you Baba's prescription. First, when you are angry, drink a glass of cold water. If that does not work, stand in front of the mirror and see how you look. If that fails, come out of your home and walk in the fresh air, and then you will calm down. Temper and anger can be removed by following one or all of the techniques above.

Baba said, "If you are angry, you lose energy equivalent to one month's electricity." He also said, "By losing your temper, you lose the energy equal to what you have absorbed from food over a six month period."

Follow Baba. What does He do? If He appears to be angry, He won't talk to you. You feel as if you want to say, "Swami, please beat me; that is better than this. Why are you silent?" So, when angry, be silent! That solves the problem.

Prof. Anil Kumar will share more Sai wisdom in the next session.

Thank you for your time,

**OM SAI RAM**