

Love in Action

Conversations with a Spiritual Master



By Daniel Ostoja

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This book will lead you to the direct feeling of the living closeness of the loving Creator. He is the most tender and devoted Being in the Universe.

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Motto: We can treat the loving Divinity as our Mother, Father, Child, Friend or Lover. Since the Supreme Being is extremely gracious, we can approach, love and worship it in thousands of our chosen ways.

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1. A Few Words from the Secretary

To fully understand and experience the message of this book an approach full of expectation and love is needed. It cannot be simply read just like any other book. Such an approach will not reveal the treasures that are hidden within. The Love that you, the Reader, can experience is the greatest of these treasures; love that continuously flows from the Highest towards us, to the world we live in.

However, our culture and our religion do not give us the opportunity to establish direct communication with the loving Creator. It is not taught in schools, it is not talked about at home. We cannot hear about these things on the radio nor the television. There are hardly any books on this subject. It is time to change this state of affairs, and say openly how we can establish direct communication with the highest, most loving and most powerful Force in this and all the Universes.

It is just wonderful that we can take this step irrespective of the place where we are, the time, and the activities that we are engaged in. And that it is very, very simple.

We identify with what we do and with who we believe we are, we take into account the opinions of our parents and the environment and this is how we shape ourselves. But this is not everything to it. There are areas not accessible for the mind, areas of ourselves where we are in unity with the Creator. This book and the content herein are a guide for everyone on the way to the very top, on the way to where the Supreme Love, with time, becomes your guide.

The touch of living Love can transform and convince you of actually moving towards the loving Divinity. This path consists of certain proportions of learning love, learning staying in Love, learning to function on the basis of Love, functioning as a human being enlightened by Love and devotion to the loving Creator.

Humility is very important on the path. We will not reach deeply into love if we do not stop acting like the centre of self-aggrandisement. When we stop being interested in ourselves God smiles. More than 50% of problems disappear from our thinking horizon with the coming of humility. It could be even 80% – it was more or less so in my case.

Although there appear examples and events from my present life in this book, do not let it mislead you, the Reader. As a secretary I am not important at all. My life is not quite any message. Love of the Master of Masters is the message. I, like you, am one of millions of pilgrims on a journey towards the loving Light. It is not worthwhile to count on others, nor to look around. You have too little time for that.

I once asked the Master what purpose these writings serve. He answered that they are to serve showing how one can live with Him in love in the midst of daily events, living and working in the world.

This book does not have any special order, it is not any systematic treatise, and the knowledge that Master passes on is interspersed with examples embedded in everyday life. I

believe it is intended to be so for it constitutes more a guide to your own discovery and an individual journey towards Love than detailed intellectual studies. These are not needed here. Too many deliberations block the path of love. There comes the time to stop thinking about being good and to begin being good. You will not reach love with the mind – it is of lesser use here. Neither the word love nor the concept of love is love itself. However, there are such who do feel it as a sweet and deeply moving feeling flowing from God-who-loves-you. This is real and is not just a concept. It can be experienced and experienced every day. It can be and even needs to be experienced for our life is not full without it.

This book is meant to be a guide for You, the Reader, in your own journey towards Love. Someone will speak to you from its pages – not once and not twice. Someone will gift you with Love as many times as you reach for it and turn towards Him. You will see, touch and experience for yourself. Perhaps a dose of patience and work will be needed, but be sure that it will be so. The sensations and experiences of many readers of the previous two books are the proof. They came to existence in order for the loving Master to be able to speak to every one of you – to you, to me. And it does happen every day. It is unusual, but true. You can try it for yourself and the content provided here will certainly be helpful for you.

May this book become a gate towards Light and Love for you – a gate in a hermetic wall created by our culture and religion. May it become a way out of the trap of this world, the trap created in our hearts and minds. Our mind's guardian is ego, the feeling of separateness and superiority. It is stuck very deeply in our hearts. In this book the Master shows the sure path to diminishing the influence of the ego on us. And a smaller ego means greater comfort in life, less problems, more lightness and joy. Unfortunately, our world cultivates ego with enthusiasm and this is the reason why there are so many unhappy people in it.

The illness of egoism and ignorance has bothered this world for a long time. The world in its madness claims that it is just the way it has to be and that this is the most proper of all states. But if every one of us is sick then Love sets right proportions and administers medicines according to our needs. Love is the best of all medicines. It is unspeakably sweet sometimes, and sometimes received outwardly as a bitter fruit of our own deeds. It is bitter, but when we understand the lesson, it becomes the lasting foundation for our own higher good.

The book may lead you, the Reader, to the point where someone will show you what is happening here behind the scenes. I will reveal it to you right now. You will see Love behind the curtain, the loving Divinity ready to serve, to give and to raise every situation towards itself at any time.

It is strange how this world can be looked at with eyes of love. It is a vastly different view from what parents and society, culture and religion have passed on to us. When you learn looking at the world in the new way you will see the mental and spiritual poverty we live every day, claiming that we have reached the peak of development. As humanity, with 'our' achievements we have not even got past the doorstep and, what is worse, most of us stubbornly claim that there is no door and that there has never been.

Yet, for thousands of years many people have crossed the invisible boundary and served mankind with descriptions of the beings they found there and the spiritual states that were given to them. You will find traces of their accomplishments in every religion and culture. They exist in abundance and there will be even more, as there is a lot pointing to the Spirit

era that just begins – a golden era of humanity where spirituality will be the primary element of everyday life. Spirituality, Love and Divinity.

As a matter of fact not much will change; only we will mature and will be strong enough to push the door harder and look in and then get inside. We will see there what has always been here. The Golden Era is there already, it has never ended. The Divine Kingdom, the kingdom of Light and Love has been here all the time and we have all been living in it. The loving Divinity is always available within arm's reach. It always is—it is everywhere and there is no place where it is not! It is finally time to see this Truth, touch it and live with it every day.

And this is just the purpose of this book. Let me say it in a different way and possibly more clearly: the goal is to help you, the Reader, to enter, touch, experience and see for yourself what the truth is. So that you at least for a while (to start with) could experience the sweetness of His Love and happiness that He is. So that nobody will be able to trick you, claiming that it is otherwise. So that you become independent of all beliefs, religions and theories related to them. So that you experience what the truth is.

You do not need to believe – it is absolutely unnecessary. I say this emphatically: *faith has nothing to do with anything here*. Try and you will see for yourself. What is important is the direct experience, touch, and feeling of Divine Love.

The only thing that is needed to accomplish this Goal, to “carry” you, the Reader over these few steps forward towards Light, is your cooperation. What I mean by that are three simple steps that I would like you to repeat every time you reach for this book. These steps are easy and do not require any effort on your part.

Firstly, ask the loving Creator to guide your understanding of things and matters contained herein.

Secondly, open yourself onto love that constantly flows from Him, no matter where you are and what you do.

Thirdly, smile at Him! Life in Him and with Him is a great adventure, so wonderful that you have no idea of it today.

And now get to work and hit the road!

2. A Few Important Words from the Author

Love is the best path towards Divinity-who-loves-you. Come close and cuddle with your Father, the loving Creator.

Stay in love whatever you do.

And then become one with it. Learn this. I will teach you that. This is what this book is for.

It is my gift to hearts loving the Creator and asking for His support for many, many centuries. This is a special work, fully devoted to experiencing and approaching Divinity.

Have no doubt that the book you are holding now in your hands is one of the most important in your life – most important for many of you. I am here and I will prove it to you.

Let my words become a challenge for you. You will go through and experience the living Love of the Creator. You may still think and say today that it is not possible. Check and see for yourselves.

During the coming days I will show you not one but, many proofs while you read.

Remember then that Divinity is pure Love. God, the loving Creator is tender and pure Love.

All other states fade into the past.

Now is the time of Love, Joy and Bliss.

This book will lead you to a direct feeling of the living closeness of the loving Creator. Do not be afraid – one need not be afraid of the loving Father. He is the most affectionate and devoted Being in the Universe. Always remember that. Keep coming back to this Principle, when your first experiences appear. They may be accompanied by fear of the Unknown.

Religion instilled fear into you. This is a big mistake. One should not be fearful, need not fear and it is not worth anything being afraid of the loving Divinity. The loving Creator is pure Love; He is neither a stern judge nor a supercilious old man. He is an incessant outburst of the purest Love.

It is someone very, very dear and close to all hearts, whose name evokes tremors full of love and emotion. Showing and proving this to you is my task in this book.

And believe me, I WILL DO THAT.

Dear Master, I will allow myself to express my surprise at your firm and strong words.

The time has come for getting down to business. Everything that has happened so far was only a preparation for what I will reveal now. There are already many people ready to take a decisive step towards the loving Divinity. They have already matured and have been waiting. Nothing stands in their way to fulfil their request.

Master, I admit that I am feeling an amazing and deep joy flowing from your words.

And there is much to be delighted with. The centuries of darkness that you have stayed in are fading into the past. You persuaded yourselves and were made to believe a lot of falsehood about Divinity. The time has come to empty minds and purify hearts of all such false views. For many, many of you, there has come the time of directly looking into the Light, of touching it. The time of merging into one with Him has come for many, many people.

This is already the time. And I decided to tell precisely this in this book.

I decided not only to talk, but, in contrast to my other works, to act as well.

I decided to manifest more often as Love in the lives of all people who turn to me. Approach, get close, become one with Love that I am. This is the time. This is the right time. Today, here and now.

*I am in you and around you, under and above you. I am everything that exists. I am Love. **I am that Power you call God.** Would you like to learn what is hidden behind that Word? Now you have this possibility.*

No more barriers. Let Love and Lightness prevail.

Leave off books, theories and dogmas. You are entering the period wherein the loving Divinity becomes a direct Teacher and Guide for every one of you.

Get close. Take one step in my direction and I will take ten in your direction.

This is an amazing promise! Master, what will it look like, so to say, physically?

This book is an offer of cooperation with everyone who will decide to turn towards Love.

It is said: "Seek and you shall find, ask and it shall be given you". Seek love, keep turning towards it, and ask the Highest, the loving Teacher for it.

Begin working in this direction. And then start watching your life. I guarantee you will notice my actions.

Remember, events are signs, but are not any achievement. Your closeness to Love, living in it, staying in it, heading towards it and being guided by it are the achievements I want for you. I will teach you in this book how to notice Divinity everywhere it is. That is everywhere.

Events inspired by me are a sign and a preliminary to a greater closeness and closer cooperation. Love is what counts and so do head towards it.

Master, and what are the readers supposed to expect? What will be happening?

Let them expect love and a whole lot of surprising situations and many gifts from me. Life is joy.

Look, listen, observe. People tell jokes and it becomes cheerful. But there is a Being that can joke with situations.

Who is He?

*Knock, knock, knock! Someone is knocking? Who is there?
Orange.*

Orange who?

Orange you glad I didn't say banana?

Smile! A day without a smile is a wasted day.

Live with love in Love.

Love! Love! Become what you truly are – the embodiments of love. No matter how others treat you or what they think of you, do not worry. Follow Jesus Christ. Love for your own evolution and not for what others say. Do not imitate others. Cultivate your own life. You have your own heart, your own opinion, your ideas, your own will. Why then imitate? Imitation is human, they say; but creation is Divine. Follow your chosen path. Let your own experience of God be your guide and master.

Sathya Sai Baba [December 25, 1979]

*A deep enquiry will reveal that
Nothing equals Love in this world
Be it charity, sacred rituals, penance,
Wisdom, purity, or adherence to truth
And Sanathana Dharma.*

Sathya Sai Baba [Telugu poem, July 28, 1999]

You are born to experience love. Your life is full of love. But you are not able to understand this Principle of Love. There is nothing greater than love in this world. Love is God, God is Love. So live in love.

Sathya Sai Baba [July 26, 1999]

At the evening of your life, you will be examined in love. Learn to love as God desires to be loved and abandon your own ways of acting.

The further you withdraw from earthly things the closer you approach heavenly things and the more you find in God.

John Yepes [Sayings of Light and Love]

I will give a few meditations now that will help you see (what has been so far) hidden aspects of Reality. They will also help you get close to Love.

When the mind and heart change, the perception of God, oneself and the world also changes.

Changes in action follow the changes of perception.

You, the Reader, will be learning getting closer to me in a more orderly way. Let us get going, then.

When will we begin?

Why not at once?

Let learning of love to the Creator as a central subject of the program be the starting point.

Insert below a few pages from the previous book – those dedicated to meditation. The meditations on the closeness to the Creator constitute the first step on your path.

At the same time, it is the step to which it is worthwhile, possible and advisable to often get back to.

Meditation brings the sweetness of the Divine Presence into your lives.

A life without practising the meditation of love is a life wasted.

By which power of love the earth does rotate without axle or bearing,

By which power of love do the stars remain in the sky without falling on the earth,

*By which power of love do the oceans confine themselves to the limits without
inundating the earth,*

By which power of love does the wind-god blow the cool breeze in all the worlds,

That mighty power of love is verily the Atmic power.

That power of love is most wonderful, unique and all-pervasive.

The entire creation is permeated with love.

Sathya Sai Baba [October 25, 2004]

3. A Few Essential Words from the Master Before Meditation

I will tell you about a dozen or so meditation techniques in a moment. Some of them are very powerful and bring serious changes into the mind and heart despite their innocent appearance.

Approach them with open mind and heart as it is the only way to receive the many blessings they carry.

Approach them with humility since everything you do in life without humility becomes difficult and dangerous.

*Humility is the jewel that adorns foreheads of the true believers. The Master who watches everything sees your love and humility. There is no spiritual development without humility. I repeat: **there is no spiritual development without humility.***

Be quiet, modest and humble. Ask the Master from time to time for help in forming these great virtues in you. No matter what "achievements" you have got, if you do not have humility and devotion to the Creator in your heart, you are in the cold desert of ego.

Begin the day with humility and your life will be much, much easier. From time to time it is good to get back to the exercises described in the chapter about learning humility. Each of these will yield fruits within you.

In concluding this preface I will explain why I have gathered so many various meditation techniques in one place, whereas it is not recommended for students or seekers to change methods of spiritual exercises too often.

Firstly, know that in essence it is only one exercise that has many varieties. Your life itself is the exercise – one uninterrupted, continuous lesson that is happening every day, every hour, every second.

Every one of your days – Dear Reader – every moment is an unceasing dialog with the loving Divinity. You can experience Love constantly, every day, practically at any given moment. It can be as easy as breathing is today. Begin turning to the loving Divinity and you will see the effects quickly. I promise you that.

Secondly, you all have different spiritual needs and everybody needs something different for the Master to be able to give you more of his grace. Here, in one place, I am gathering the most important methods that are used by Masters guiding people towards Love and liberation.

Thirdly, know that if you ask I will show you which of the techniques described here will suit you best.

You will find traces and variations of the techniques described in every tradition that you call esoteric. Generally, they were not passed outside as they were based on the succession of disciples – usually a concealed matter. A part of these disappeared long ago and other techniques underwent unnecessary changes.

Some important techniques are missing here and they will be described in the following works. I am talking here about meditations taking your sexuality into account. They require more preparation, understanding and openness of the heart onto the loving Divinity and therefore I will tell about them later.

Remember that it is not the number of meditations that allows you to take another step. It is the Master's grace that allows the taking of steps. So do not pay too much attention to the methods. Keep turning towards Love and let all such methods constitute help on the path, and not an obstacle.

We begin from the meditation of closeness of the Creator. This was already described many times in the previous tomes. This meditation teaches devotion and staying in closeness with the loving Divinity. Humility, love and devotion are the right attitude in this. You can practise this meditation any time, only be careful to maintain the proper attitude. Begin from humility – this is the safest way. Continue towards love and stay in it; stay in the closeness of the Creator.

The second meditation is the meditation of unity with the loving Creator. We go one step further here and introduce learning of meditation in union with the Only One. This is a very important technique and quite difficult for many people at the same time. It is difficult because it requires much purity and devotion for it to proceed properly.

Before the meditation of unity ask the Master if it is the right time for it. Abstain from animal meals, alcohol, tobacco and all stimulants affecting consciousness. I am warning you, if you ignore my word there will be troubles. This meditation brings powerful, positive changes in the mind and heart; therefore it should be practised at least twice a month, even by beginners.

Remember to stop the meditation at any time you notice there are negative side effects. Leave it for a few days, for some time. Do not do anything by force. Meditation should help you in life and direct it on the right track, and not constitute any source of suffering or struggle. Take my words to heart. If you

think that something strange or improper is happening, turn with prayer to the Creator. Ask Him for help and hints what to do next. I, the Master, the loving Divinity may tell you "Don't do anything".

Many of you will meditate without having a qualified teacher beside you. Remember that I am everywhere and I am your Teacher. Be careful and reasonable. Keep constantly turning towards Love. Move constantly forward taking small and safe steps. Start early, drive slowly, arrive safely.

Constant, daily, (even though small) efforts towards Light are a hundredfold better than great spurts and a flash in the pan. Take a small step towards the Creator every day and you will surely please Him.

The third meditation is the meditation of humility. I gave a few exercises in this that you can do unaided. First begin from the real bows, later move on to bows in thoughts. From time to time come back to the physical bowing in the silence of meditation. This is a very good learning and reminder for the body and mind.

Remember that humility and devotion are the basis of spirituality and their opposite is capable of killing even the greatest spiritual gifts within you. The opposite of humility - insidiously creeping into your hearts and minds - has led to the ruin of thousands of people devoted to Divinity. It pushed them for long years aside from the spiritual path. Be smarter; learn from the mistakes of others.

Thanks to humility your path becomes safe, simpler and smoother. With real joy welcome disasters, humiliations and disappointments sent down to you by the world. This way it prevents dangerous qualities from developing within you.

Beware of pride that hides behind success – success of any kind. Learn turning in concentration and humility to the Master, asking Him for protection and guidance. Ask for warnings and guidance on the narrow path of perfection to the very top of the mountain.

These three meditations make up the basis of the path and it is recommended to limit oneself only to these for the first few years.

God is all-powerful; God is everywhere; God is all-knowing. To adore such a Formidable Limitless Principle, man spends a few minutes out of the 24 hours, and uses a minute before an idol or image or picture! It is indeed ridiculous, it is practically futile.

Adore Him so long as you have breath, so long as you are conscious. Have no other thought than God, no other aim than knowing His command, no other activity than translating that command into action.

Sathya Sai Baba [February 23, 1971]

4. First Meditation: Closeness of the Creator

Sit quietly away from the world. Stop thinking of any earthly things.

Imagine the Form that for you is the embodiment of the loving Divinity – pure and true representative of the Supreme God.

Picture it standing in front of you living, physically tangible. The Form is the embodiment of every good, all love, all tenderness, wisdom, happiness and joy that are in God. Imagine all this very vividly and clearly.

It is very important that you do not see Divinity in this Form not as a formidable and powerful Being, but as Love, as the closest, most devoted to you - male or female Friend. Believe deeply and know that the Form is the living embodiment of goodness, love and wisdom, and that beside these there are no other qualities in this form.

People have erroneous notions imprinted in their minds; therefore I draw your attention to the right approach from the very beginning. Remember this: only love, only joy, only happiness; all happiness, ecstasy of happiness – this is what the Creator is.

He is gentleness, love, subtlety and tenderness towards you, the very beauty and truth. Keep coming back to these words often and ponder on them deeply. Keep simply brushing aside all other ideas.

When we know already who we are in contact with, we approach Him (or Her), embrace and cuddle, like someone very, very close, loving and devoted to us, someone we love and who loves us.

Cuddle with your whole being, embrace your loving Father, your loving Mother, your closest Friend. And stay that way.

Getting close and staying close to the loving Divinity is the essence of meditation. It is learning of love towards the Creator, towards Love.

Let love be your guide in these wonderful efforts. The Creator is love and tenderness – be loving and very tender to Him. Very tender.

The described meditation consists of two parts. In the first part, try to imagine the Form of the loving Creator as fully as possible. Think of all the best qualities it has to the highest degree: think about love towards you, stupendous goodness, acceptance, tenderness and gentleness towards all the beings.

Think about this during the first part of meditation. The Creator is someone most beloved and also an exemplar in every respect.

Know also that there is not even one reason for Him to turn away from you. He has never turned away from anybody. I know, this is not what your religion teaches, but it only testifies against religion. The loving Creator has never shoved anybody away. Everybody has a chance to mend his ways and to turn towards Him. His Love is constant and not conditioned by anything.

The second part is becoming close to Him so as to be able to receive His Divine Energy of Love. You do not need to feel anything in the beginning. These experiences will surely come with time.

Turn to the loving Creator without awaiting anything.

Master, thank you for this wonderful meditation. It is like meeting someone we have not seen for a long time, someone we miss in the depths of the heart, who loves us, someone we come from and to whom we will come back one day.

In fact, it is so. You come from Him/Her and come back to Him. Thanks to the described meditation beloved children come back to their home, under the wings of parental and friendly love.

Master, I would like to ask You again about the form of the beloved Creator.

Choose the one that is closest for you, the one you are able to come to love, one that does not arouse your fear. The Creator is the most loving and loved Being in the Universe.

Can Jesus, Rama, Krishna, Shiva, Buddha, the Virgin Mary or Sathya Sai Baba be this form that represents the loving Divinity?

Yes, yes, yes. They all come from the Only One, from Love.

How long should such meditation last?

Let it be 10 minutes for the beginning. If you get well established in it then you can try to be constantly staying with God and turning to Him for love, inspiration and any help. Constantly, always...

You may begin right after waking up. Turn with love, then sit for a few minutes in meditation. Learn turning with a smile and love during the day to someone who, although not visible, is always Present.

Should you forget – do not worry. Simply keep coming back to Love – with joy, with smiles, in happiness and misfortune, in health, but also while sad and ill, in difficulty and very difficult situations, when everything goes superbly and when everything around you falls apart. Whether you walk or drive a car, while watching shop windows, when you are busy with work and when you sit in front of the television set, whether you eat breakfast or talk on the phone, you can always take a deeper breath and come back, at least for a while, into embrace of the loving Friend.

Always, always remember that there is Someone who is waiting for you with love and that you may turn to Him. He has always been ready, always waiting – always. Because He is a true friend. Love and tenderness shown to the Creator are a wonderful key to uniting with Him in love. Love is Divinity.

Imagine Divinity in the form that is closest and possibly dearest to you. It can be Jesus, the Virgin Mary, Krishna, Rama, Shiva, Buddha or Sathya Sai. Imagine approaching and embracing this form. Snuggle up to the loving you Creator. Be very, very close to Him!

Focus all your attention on Him and His closeness. Do it now – stop reading for 5 minutes and follow my hints. Then, with the feeling of live closeness, tenderness and love for Him, continue reading.

You may do so before every work you have to do. Read my book staying in the embrace of the Creator and constantly getting back to this embrace. Love will find the way to your hearts. I am always very, very close. I am Love.

Your True Friend has always been present. Keep turning towards Him with as warm feelings as possible.

God is love—tender and warm love only. Every man has a friend in Him, a trustee of his innermost dreams and a devoted counsellor. Imagine having someone like that next to you and that your life goes on in happiness and joy, imagine that you love Him and constantly think about Him. You think how to make Him happy, take Him by a wonderful surprise and show your love. Think this way about God. Think often and intensely about His goodness and love.

Treat God as the closest friend whose presence is a source of joy, elation and love for you. Embrace Him and cuddle Him to your heart as someone truly dearest to you. And stay in love. This is the highest kind of meditation. Love attracts love and intensifies it. Keep saying to Him "I love You" and try to arouse this feeling in your heart.

Turn to the Loving Creator in every matter. Learn saying: "Beloved Master, how am I to do this? How would You like me to do this? Please, inspire me with Your solution". Turn with love to Love and it will respond and assist you in every matter, and it will simply take care of many things itself.

The Kingdom has already come and has always been here – always, only you have not been able to notice it. The Kingdom of God is the kingdom of love, happiness and joy. Live in love, this is the way to God. The Kingdom of the Father is the earth of love – this earth. And Heaven and He are only a little step away.

Divinity is sweet and tender love. Learn turning towards Love, staying in Love and following its subtle voice every day. Learn it today, right now. And keep coming back to this exercise often. Very often.

Theory and practice are separated by one step only. Take this step, then another and another. Begin turning to the loving Divinity – be nice, affectionate, devoted; be close to Him, stay with Him as often as possible.

Man should fill his mind with love for God. He should forget all his worries and contemplate on Him. This is possible only through practice. Reading, writing, walking, talking, all these are learnt only through practice. Likewise, even in the path of spirituality, practice is very essential. Start practising love. That is the correct spiritual practice. Share your love with more and more people. You will experience oneness. Once you start sharing your love with everybody, then the whole world will become one family.

Sathya Sai Baba [November 20, 2000]

Live close and sit close by God. The benefit of both is that the Highest Bliss of God will then flow to us.

As close as you are to God, so close is God to you. One who realizes that God is omnipresent will recognize that God as closest to him and that he is nothing but God himself.

Sathya Sai Baba [108 Sayings]

I imagine standing next to You, someone so unusual, good and loving. I am taking your hand and freezing momentarily. For such a sweet love is flowing from You, so indescribable and wonderful. I know then, for a thousandth time now, that it is not imagination, that it is the truth.

So it happens every time. I think I could teach it.

You are already teaching – actually it is I who teaches. This is what my books are coming into existence for.

Thank you for having allowed me to discover You and thank you for letting me to stay so close.

Since we are one family my conduct is something natural. Each of you is my child and my pupil.

Get close to me, all of you, and allow Love to embrace you and transform you into itself.

Get close, embrace, and stay that way. Love will do the rest.

Do not praise Me. I like you to approach Me without fear, as a right. You do not extol your father. You ask for something from him, as a right, is that not so?

Sathya Sai Baba [*Sathyam Sivam Sundaram*, Part I]

5. Second Meditation: Unity with the Creator

Introduction:

In the first month actively limit the amount of information absorbed from the media. Stop watching the news, reading newspapers, looking through news on the Internet. You absorb enormous masses of negative energy from the media and your life becomes much more difficult, unnecessarily.

Similarly, limit the amount of social contacts.

Devote the time saved to getting close to loving Divinity, meditation, spiritual studies, reading spiritual literature or to professional development.

Meditation: the loving Creator is all that exists.

Firstly, know that everything that exists is Divinity. Everything you see and do not see around you is the pure, flawless essence of a loving God. It does not matter today that you are not yet fully aware of this fact.

Thus, both you and everything you get in touch with, see, feel, hear, touch and taste is Divine Love manifesting as the world – people, animals, events.

Take advantage of this knowledge the following way. Act exactly as I say. Sit comfortably, close your eyes, bow to the loving Divine Teacher and ask Him for protection and guidance during meditation and after it.

Imagine that loving Divinity is everywhere around – inside you, above you, under you, on the right side, on the left side, everywhere around.

Now we begin actual meditation. Touch your head, eyes, nose and lips with your hands. Say in your mind: "This is the loving Creator; it belongs to the loving Creator."

Next touch your neck, arms, chest, stomach, abdomen, hips, both thighs, calves and feet. Repeat each time: "This is the loving Creator; it belongs to the loving Creator."

Install Him in every part, in every cell of your body. "This is the loving Creator; it belongs to the loving Creator." Ask loving Divinity to be present in every part of your body and mind.

When you reach the feet think that the body and mind fully belong to the loving Divinity, that they are filled with and owned by it. Say in your mind: "The loving Creator is within."

With eyes still closed transfer your attention onto the world around you. Think: "The loving Creator is in everything that exists outside."

"Every man and every object are manifestations of the loving Creator."

Meditate in peace:

"The loving Creator is inside, the loving Creator is outside."

The second version:

Instead of touch, you may be imagining Light and the Presence of the Creator appearing in your body, beginning from the top of your head.

They flow slowly down filling in turn all bodily organs with the Light and the Presence of the Creator.

After a few minutes they fill the whole body and then it is a full property of the Creator and it is in Him and of Him himself.

Every bone, muscle, every cell are pervaded and filled with His Light.

The touch is important at the beginning, because it allows you to raise awareness of all places in the body and imposes a natural discipline on the wandering mind while moving down the body.

You may perform this meditation a few times in a row.

Important additional remarks:

First meditations should last up to twenty minutes, never longer, as side effects may appear and be difficult for you to handle.

Solitude is advisable in meditation. If it is not possible to achieve solitude for some reason, sit calmly without touching the body. Practise in the mind.

Do not force anything. Let everything be happening at ease. Always ask loving Divinity to guide you during this meditation and after it. Pray for peace and happiness for everyone.

Do not exaggerate with the duration or frequency of meditation. In the first three months, if you practise every day, do not have more than two sessions of meditation a day. The best is to have them in the morning and before going to sleep.

Keep a healthy, vegetarian diet – without meat in any form. Limit or definitely give up the habit of drinking alcohol. Cut down or quit definitely smoking of tobacco.

The possible side effects are irritation or emotional states. If these happen, break the meditation for a few days and shorten its duration on resumption.

It is advisable to find a qualified teacher.

Remember that you take this practice at your own responsibility. Your physical and mental health is a great value and you should appreciate and protect it. If your psyche is not stable or you have had problems with it earlier, it is advisable to meditate under the care of a qualified physician. Please do not disregard my advices.

*See with the eyes of Love;
Hear with the ears of Love;
Work with the hands of Love;
Think thoughts of Love;
Feel Love in every nerve.*

Sathya Sai Baba [August 13, 1971]

On the first day after meditation I went to the city. A few wonderful and strange feelings came in this time.

Love was close as never before – so close that it had dominated over external impressions. At times, I felt like I was in a film, a movie. Despite the crowds of people and cars around me there was calmness and love, literally as if the outer world had been moving on the arena of love. These were wonderful feelings. Now I only have to remember to smile more and to keep turning towards the loving Creator all the time.

You may undertake any type of spiritual pursuit, but love wholeheartedly. Love can eradicate any type of disease and act as a panacea for all afflictions. You must, in the first instance, develop love. This can be possible if you believe that God is the embodiment of Love. How can you develop love when you do not believe that God is the embodiment of Love?

Love is the perfect medicine. If you were to put a plant in a tin and water it, the plant would die in due course of time; but if you were to plant the same in the soil and water it, the plant would grow into a fine tree.

Similarly, God's name and form should be implanted in the soil of your heart and nurtured with water of love. This will ensure good results. If one cultivates love, one need not undertake any other spiritual pursuits.

Sathya Sai Baba [November 24, 1998]

A direct effect of the meditation You have described, Dear Master, is an ecstasy that accompanies contact with your energy.

Yes. This is just what I am. This is the proof for each of you.

Thank you that You are. Nothing matches your love, but You know that, don't You? More and more this feeling gets carried into everything I do, into conversations with people and into every work I do. And this is simply wonderful; it is divine. Life can be so beautiful and each day so unusual, amazing, prepossessing with your presence and the sweetness of your love.

Last night I went to the gardens to have a look at stars. The sky is fascinating in the night. I cannot unravel it. It is as if the stars were distant and close at the same time. A small hedgehog came by. It stopped by me for a while and then left to take care of its business.

I was looking at a brightly shining star above the trees and realized that the distance which, I do not know, connects or separates us, is filled with You. You are the space in which everything takes place – everywhere and ever.

Yes, I am that too. Space is a manifestation of Love. Everything happens in it. Consciousness and Love manifest as space.

As usual, there came a question about the sense of all this, but this time I felt the answer in the heart. You just are, I know, it is difficult to express it in words; You are so full of everything and at the same time so free and unlimited. You are not emptiness, but rather a dynamic, and abundantly full of life Being. And this world and possibly the Universe are your Work and your toy.

Yes, the world and the Universe are playthings in the loving hands of Divinity.

Then I also understood that You do not have to “divide” yourself, nor are You or have You ever been lonely, as some claim. You do not need anybody or anything for your Fullness for You are this Fullness itself. The world has not been created because of loneliness or out of boredom. I can only feel in my heart why You did this, but it is not possible to describe it in words. The only thing that can be said is that the world is your toy, an amazing and wonderful product of your creative genius.

This is also true.

And You are Someone so incredibly full of joy – beyond all comprehension.

Love, Joy and Happiness – these are the three Words that describe me in a human way. What is hidden behind them – and there is plenty – is Divinity.

There are doors leading towards Light in every part of the Universe.

And now you have the key to come in here.

If you listen intently to the voice of God within, it will tell you that there is no difference between you and God. And it has never been so. It was only your imagination.

The feeling of separateness exists exclusively in your mind. Separate “I” and God which should unite do not exist. Here always has been only One without the second.

In order to realize this highest truth do not think that you and God are separate. Always think: “God is with me, He is in me, He is around me, He is above me. Everything here is God. And I am God. There is nobody here except me. God and I are one.”

This is called self-confidence; it is confidence that you are Atma, the only Self.

You will develop this confidence through thinking constantly “God does everything; I do not exist without God.”

When you understand that God is not outside you, that He is not separated from you, then you will gain self-confidence. Then there is love, then there is peace, then there is truth, then there is God. Therefore, self-confidence and love for God must be first.

Sri Sathya Sai Baba

In the morning I meditated about unity in love with the Creator and then I went to have my breakfast. Every morning, during a meal, I put a video cassette on and play some film about Bhagavan Baba. I have been doing so for many years. I have over thirty films. Every one of these carries the unusual energy of Swami and it is good to begin the day with it.

Today, I watched a film I recorded some time ago from an Indian television program. An odd, strange looking man was speaking. I noticed that my attitude towards people has changed. Actually it was only today I noticed this. Instead of an “alien Hindu” approach, I noticed that, despite a different outward appearance, he was someone close to me, someone with whom I had much in common. It was a clear feeling in the heart, not coming from the mind, not any brief emotion. I clearly knew we were as close to each other as members of one family.

Our psychology knows very little about man. It barely touches the surface of the mind.

Today there is only one important thing that you have to take note of – give up the delusion that the Divine is in some remote place. Have the faith: “I am God.” When you have the faith that you are Divine, you are unlikely to go astray. You will pursue the right path.

Have the firm faith that the Divinity is present in the human form. Perform right actions befitting the human form. Eschew selfishness, the attachments and hatred arising from it. The way to get rid of selfishness is adoration of God.

Sathya Sai Baba [Nov 23, 1988]

The entire universe, right from the microcosm to the macrocosm, is permeated by Divinity. Sugar, sand, an ant, a mosquito or an elephant – all are embodiments of Divinity. God is assuming all these forms like different characters in a drama.

There is nothing in this universe which is not permeated by God. Everything in this universe is God. Everything in this universe is God. The entire creation is an embodiment of Divinity. In fact, He dons all the characters in this cosmic drama. All dialogues and songs are His only. Yet, the characters He dons appear to be different. Hence, whatever we say – everything is God. One has to realize this truth and conduct himself accordingly.

Sathya Sai Baba [February 23, 2006]

*Isvara sarva bhutanam (God dwells in all beings).
Isa vasyam idam jagat (God pervades the entire Universe).
Sarvam khalvidam Brahma (all this is Brahman).
Share love with everybody. Stand united.
Regard the entire Universe as one family.*

6. Third Meditation: Create a Strong Basis for Spirituality

After showing you two strong methods of pursuing uniting with the Creator, we are getting back to basics - since we should never leave them. I will reveal a few methods that will allow addressing hidden aspects of personality, which pose a threat to people following the path to God.

The threat from hidden qualities is serious, because you cannot see them insidiously taking control of your hearts and minds.

About the previous meditations: these can be compared to building a solid spiritual homestead, inasmuch as meditations and prayers for humility can be compared to cleaning the area and preparing the foundations for the construction.

If you do not take this step, after some time, negative qualities of a secular or spiritual nature will gain control over you and destroy everything you have received from the Creator so far. Take my words deeply to heart so that you do not have to start from scratch over and over again.

When you learn to mould humility, when your requests and prayers finally bring effects, your life will be much, much easier. Enormous masses of trials and tribulations that are an object of interest to the ego will disappear. The ego creates negative mental states and keeps its attention on them. You will see one

day how troubles and unnecessary thoughts disappear. They will be replaced by peace and love.

Meditations on humility towards Divinity and modesty in the world protect you from the negative influences of the world.

Meditations of modesty and humility are like digging through a hard ground. You hit the rock a thousand times in order to get to the source of pure water. A fountain of pure bliss spouts forth one day.

Now I will give you the exercises:

The bow before the loving Divinity.

Moulding modesty in secular life.

Let us begin.

The bow before Divinity.

Choose the Form of Divinity, an image of the loving Creator that is closest to you. Let it be an image full of love, close and dear.

Find an isolated place. Begin bowing before Divinity. Do not think about anything, only about devotion and adoration for the Highest Love.

Ask it to remove all obstacles on the path to it, to bestow on you an affectionate heart towards it and a mind willing to serve the Dearest One.

You may be touching the feet of Divinity in your mind – touching them with the hands, forehead.

Begin the day with bowing before the loving Divinity. The plenitude of problems you are stuck in will vanish in a miraculous way.

When you manage learning the bows and get to know well the state of mind that accompanies them, transfer this into everyday life. While working, talking to people or even if only while going to work imagine yourselves making a bow, nodding, touching the feet of the Loving One with love and respect.

You will quickly see how your day will change. Persist with your efforts.

Smile, do not be so serious. Humility without a smile is like food that is hard to digest.

Moulding modesty.

Speak less, speak much less and listen more. Do not look down on others, do not think you are in any way, for any reason, better because of any secular or spiritual reason. This is a favourite play of the ego.

Allow everyone to be who they are. Do not try to change or patronize anyone. Educate yourself first of all.

Learn holding back words, learn answering only when asked.

Stay in the background. The path of spiritual people up towards Divinity does not lead through building of importance in the world.

Do not judge anyone. Do not think about anyone as being good or bad. Do not condemn anybody – you do not understand people and situations they find themselves in anyway. Let this lack of understanding and acceptance of this fact become your everyday life.

Modesty is getting rid of one's own importance.

Modesty is the moment when you stop being the centre of interest for yourself.

Want to be smaller, not greater. Love will show you the way when you ask it.

The true spiritual path runs through the valleys of modesty. You will understand with time that only the valleys of modesty lead to the uplands of the Spirit.

Love is your guide. Ask it persistently for the possibility of moulding modesty and humility, for being cleansed from the pride and haughtiness that stay hidden in the depths of the mind.

May knowledge transformed into intense love directed to Sri Narayana (Vishnu), the highest Brahman, become mine, the Being to whom the creation, preservation and dissolution of the Universe is mere play, whose main resolve is to offer protection to all those who approach Him in all humility and sincerity, and Who shines out like the beacon light out of the pages of the Scriptures (Vedas).

Ramanuja Acharya [Sri Bhasya]

Ego likes to put itself in front. For a change find yourself a place in the back, behind all.

You all like being first. Try to be last.

Stand behind others. Stay in the shade.

Do not seek importance in the world – in any area.

Instead of seeking humility seek possibility for serving the loving Creator and the humility will appear naturally.

The essence of humility is the absence of pride. Humility is like good soil for sowing; an abundant crop of love will grow, thanks to humility.

Humility is not an intellectual state. It is not possible for one to become a humble person by just wanting and thinking about it. If you are ill, you will not recover by thinking "I want to be healthy" and "I will be healthy". You must go through a process of mental and heart changes. The best way to do so is to stay at the Feet of the loving Master until it becomes your second - and later - you first nature.

Imagine Divinity in the Form you love and worship. Approach it, give a bow and touch its feet with your forehead. Then stay this way for a long time. The exercise wipes away the mistakes of the past, it helps to live. This is one of the most powerful meditations I reveal to you.

The moulding of humility may be difficult for you and may drive some of you into troubles. Balance them with turns towards love.

Arjuna was both a servant and a friend of Avatar Krishna. Being a servant only may create unnecessary distance while being only a friend may lead to excessive intimacy and abuse. Remember that moulding of humility is like pulling out weeds and staying in closeness to the Friend and that uniting with Him is like the sowing and nurturing of wonderful plants of love.

Pay attention to the following thoughts:

*I deserve that.
I am more important than him or her.
I am more important than them.
I know the truth.
I know the spiritual truth.
I am first.
I am somebody.
I am someone important.
My words mean a lot.
Others should listen to me.
I know the best recipe for their problems.
I know the truth.
I know the absolute truth.
I am good.
I am the best.
I deserve the first place.
I mean something.
I succeeded.
I am better.
I am better than him or her.
I know it well.
I know.*

When you catch yourselves in the act of thinking like so, and having the state of mind that accompanies such thoughts, at once, start to laugh at yourselves! You will have a lot of joy – I guarantee you that!

Keep turning away from yourself and turning towards Love. Stay focussed at the Master's feet and stay in prayers of love. Do not contemplate failures and downfalls, but keep constantly coming back to the source of happiness.

Welcome humiliations as the sweet lessons of the truth.

Such a person who is in union with the Supreme Being becomes unattached to external sensual pleasures by discovering the joy of the Self through contemplation, and enjoys transcendental bliss. Sensual pleasures are verily the source of misery, and have a beginning and an end.

A sage is verily liberated by keeping the senses, mind, and intellect under control, having salvation as the prime goal, and by becoming free from lust, anger and fear.

Bhagavad Gita [Chapter 5]

The true spiritual path runs through the valleys of modesty. You will understand with time that only the valleys of modesty can lead to the uplands of the Spirit.

Love comes in silence, without fanfares, and when it comes every moment is sacred.

I was sitting in meditation and bowing to the feet of the Master. After a while I noticed sort of “leaving my body” – I raised my head, but it seemed as if the body had stayed unmoved. I had the impression that something old and arid in the shape of a body was lying in front of me – like a thick and hard armour.

The meditation of humility towards the Creator removes from you the old forms of ego.

A person is born not to go in quest of material prosperity. He or She is born to go in quest of their Divinity.

Sathya Sai Baba [108 Sayings]

To lose always and let everyone else win is a trait of valiant souls, generous spirits, and unselfish hearts; it is their manner to give rather than receive even to the extent of giving themselves. They consider it a heavy burden to possess themselves, and it pleases them more to be possessed by others and withdrawn from themselves, since we belong more to that infinite Good than we do to ourselves.

John Yepes [Sayings of Light and Love]

7. Fourth Meditation: Elation and Ecstasy of Adoration

When you get established in unity with the loving Creator the time for the next step comes.

Remember that humility towards the Highest is the only base on which the Master can put other spiritual goods.

Focus on the feeling of unity with Him in meditation, on the fact that nothing separates you and that you and He are one and the same. Imagine that it is not you, not your body, but Him who sits in the meditation. Think that He fills everything inside and outside with Himself. And that you are not different from Him, that you are the same.

The Creator is all Wisdom, Love and Power that are inconceivable to the human mind.

Think and know that the most affectionate, loving Creator fills Himself with all the cells of the body, the mind and the space around you to the farthest recesses of the Universe and even beyond.

Constantly direct towards the Creator all the feelings of love, devotion and affection that will come.

Allow yourself to be uplifted by Him, fully immersed in Him. Follow these highest, most tender and most perfect feelings. Stay in unity with Him, in His embrace.

Let the heart, and not the mind, be your guide.

Immerse yourself deeply in the Ocean of Light and Love, the Ocean of Divine Ecstasy.

Stay in quiet adoration, directing it towards the Beloved. You and He are unity in Love, unity in the ecstasy of Happiness that is Him.

The Earth, the Moon and the Sun do not exist. The sky and heaven do not exist. The Universe does not exist.

There exists only the infinite ecstasy of Divinity.

Devotion has infinite facets. Only pure, tender, tolerant, calm and loving souls, the very cream of spiritual aspirants, and the swans sporting ever in the company of kindred devotees, can understand its purity and depth.

Sathya Sai Baba. [Dharma Vahini]

What is devotion? Devotion is handing over your thoughts and plans in order that pure Divinity would manifest. When "I" disappears, love appears. "I" is the centre of self-interest, the centre of egoism. Try to act without self-interest listening intently to sweet tones of love from your heart, where Divinity resides.

Divinity watches your every step and knows what you want to do and where you head towards. It will, in its unheard-of love, help you in this task.

Devotion is like breathing. When it stops, life becomes dull and without greater value. Ego is like a spinning top constantly spinning around its own axis. Devotion is leaving off the whirls of ego and focusing on Divine Love.

Learn to act without paying attention to yourself, your needs, plans, intentions or desires. Put them aside, as you would put aside a book you lost yourself in. Although the mind will continue to get back to it with curiosity, try to stop this tendency. Immerse yourself in the divine sweetness of meditation and stay in it.

The sweet voice of love will lead you above matters of this world straight to the place, where you will find pure Divinity.

What you regard today as quiet, silent, subtle and distant is in its essence the most powerful force in the Universe.

It is Love that has no match.

The feeling evoked by worship must be sweet and melodious. It should be inconspicuously transforming low desires and lust.

Love towards God is devotion. Love towards the world is attachment.

Sathya Sai Baba [March 2, 1992]

While surrendering to Him and His Love you will soon hear a quiet voice that speaks. Be certain of that.

*The voice will lead you beyond this world to the place where your paths will cross
Divine paths.*

*You will see then that He pervades everything and that He is everything. The
loving Creator is absolutely everything – also the world as perceived by others,
which actually is His doing.*

*But for those who seek and finally find Love, He lifts the hem of the curtain that
hides the Reality. The Reality is Love and Light without limits.*

*Devotion and hate are as fire and water. Devotion and hate cannot dwell together. I
love those who feel no difference between grief and joy, affection and dislike, good
and bad. If hate, in whatever form, in howsoever slight a quantity, resides in the
heart, that person cannot be a devotee. The devotee must be convinced that all this is
Vasudeva (the Divine), as in 'Vasu-deva-sarvamidam (the Divine fills the entire
universe).' That is to say, one's own Atma is everywhere in everything. This truth
must be realized, acted upon and experienced. Hating another is hating oneself;
scorning another is but scorning oneself. Finding fault with another is finding fault
with oneself.*

Sathya Sai Baba [Geetha Vahini]

*Devotion means loving contemplation of God, repetition of His name, worshipping
Him and doing penance for Him. Service to the Lord is the highest expression of
devotion. There is nothing which is not attainable through loving service to the
Divine.*

Sathya Sai Baba [January 16, 1988]

*You stay continuously immersed in His love-filled Presence. And yet the curtain
drawn on the mind makes you unable to notice this most important fact. Ask Him
to lift the veil and show you what the Reality is.*

Ask Him with these old words:

*From the unreal, lead me to the Real
From darkness, lead me to Light.
From death, lead me to Immortality.*

*Asato ma Sad gamaya
Tamaso ma Jyotir gamaya
Mrityor ma Amritam gamaya*

Ask Him with your own words of love in your heart.

The Lord loves not the devotee, but their devotion – remember this.

Sathya Sai Baba [108 Saying]

God is an ocean of compassion and mercy. Just like the ocean accepts all rivers into its abyssal depths and does not become anything else, so Divinity accepts everything into itself and remains unchanged.

If you would like to have an idea about what Divinity is, then seek what lasts eternally when everything else disappears. What is That?

Devotion is one of the best ways of attaining His grace.

Each being is worthy of it as Love does not choose – Love gives, gives, gives. Find Love and you will find Divinity as It Is.

Surrender – leaving everything to God's will is the highest form of devotion. Whether we lose or gain, have pain or pleasure, our faith must be unshaken. Whatever happens, accept it as His gift.

Sathya Sai Baba [108 Sayings]

Do you want to quench your thirst for love? Yearn for His grace and worship Him. In order to experience bliss, develop love more and more. The more you develop love, the more you will experience bliss. Bliss cannot be attained without love. In fact, it is love that takes the form of bliss.

Sathya Sai Baba [July 28, 1999]

I remember you taking your first steps. I remember you learning, making your first decisions. I remember when the first raindrops fell on your head. I remember when you were first born as a human.

I remember everything and nothing gets forgotten.

Know that Love knows and remembers, but it does not judge and is free of judgement. God does not judge. Love does not judge. Love understands. Love is the highest understanding and the highest forgiveness. Its highest wisdom is expressed in these, among other things.

It knows and sees everything. It witnesses all deeds. It is a witness. Find the Witness and you will find Love.

It hides behind the thin curtain of words and concepts. Leave them and make your way towards love. The magic will vanish one day.

You will understand then that everything is the way it is, because it is just the way it is. Love will explain everything. Life is very simple when you know how to see with eyes of love.

Look at the loving Creator, who is all this, with eyes of love.

Listen with ears of love, think with thoughts of love.

Be in God and He will reveal Himself in you.

Reaching God is one of the most important challenges facing man.

Love, in other words, is happiness and blissfulness. Devotion to the loving Divinity is like a golden key to the door behind which you will find the most wonderful treasure of the Universe.

Devotion is like a breath of life and life itself. Devotion is almost a synonym of life.

Devotion to Love is the acme of the spiritual path, the crowning achievement, the wreath crowning all spiritual successes.

Ask for devotion. Let it come and stay with you. Devotion opens the way to the sweet ecstasy of happiness in unity with God.

8. Fifth Meditation: This is the Loving Creator

And now, dear children, I will tell you about a meditation that can be practised at any moment in the midst of daily events.

When you get established in the awareness of unity, try recalling it as often as possible during the day.

Stop during a conversation and notice that the people you are conversing with are forms of the loving Creator, even though they are not aware of it. Continue talking with them, but turn your mind towards the Love that is God present within them. Speak calmly and softly.

Whatever you do – cooking a meal, cutting grass in the garden, driving a car, carrying shopping, walking to work – stop in every activity for a moment and think that all around you is the loving Creator in His various forms – pure, immaculate essence of the loving Divinity.

Each object is a form of the Loving One.

When touching anything with your hands, think that you are touching the loving Creator.

While eating, think that it is the loving God who is eating the meal. And that the one who is eating, the flavour and the food itself are Him.

When hearing sounds, think that they come from forms of the Loving One.

Keep recalling the awareness of the loving Creator in yourself and around you as often as possible – whenever you remember about it.

All names belong to Him, be it Jesus, Krishna, Rama or Buddha.

Each of you is an embodiment of Divinity.

Everything is an embodiment of Divinity.

Every thought, emotion, each state, is His manifestation and Him himself.

A portion is the Whole and Fullness.

Say "John" but think "the loving Creator," say "Anna" but think "the loving Creator," say "dog" but think "this is the loving Creator."

Look at your wife or husband and think "this is the loving Creator."

Look at your child and think "this is the loving Creator."

Look at your parents and think "this is the loving Creator."

Look at your neighbours and think "this is the loving Creator."

Take a look at the television screen and think: this set itself and figures shown in it are the loving Creator. Exclusively Him.

Look at a politician and think "this is the loving Creator".

Look at a cleric and think "this is the loving Creator".

Look at a table and think "this is the loving Creator".

Look at a chair and think "this is the loving Creator".

Look at a cup and think "this is the loving Creator".

Look at a stone and think "this is the loving Creator".

Look at a car and think "this is the loving Creator".

Look at a tree and think "this is the loving Creator".

Look at a piece of clothing and think "this is the loving Creator".

Look at everything around and think "this is the loving Creator".

Look at a meal and think "this is the loving Creator".

Let awareness of the presence of the loving Creator superimpose, and later, overcome all other feelings and impressions that penetrate into you from the world.

The loving Creator is everything that exists outside.

The loving Creator is everything that exists inside.

You are the loving Creator.

I am the loving Creator.

Transformation of 'man' into 'God' and experiencing this ecstasy, this bliss is one and the only achievement towards which you should devote your life. The moment you surrender completely your mind to God, He will take care of you in every possible way.

You worship Divinity in images and statues. But you do not recognize Him in all living beings, in beauty, harmony, melody, truth and goodness.

God thinks, plans and undertakes decisions in all heads. He sees through all eyes, eats with all mouths and hears with all ears. Love God with all your might, all your heart and all your soul.

Love is a form of Brahman, the Highest Reality. Brahman is Divine Love. The union of human and Divine Love brings the Divine order closer. The one who is full of love attains states of Oneness with Him.

Sathya Sai Baba.

Do not think "this man," "this woman." Think "God." Think "Love," "Lightness." There is only the loving Creator, nothing else exists. Only Him.

Do not create separateness. Separateness is ego. There exists only God.

Love, love, love. Become the one you really are – the embodiment of love. Do not care for how others treat you or what they think of you. Do not worry.

Have love for your own evolution, and not for what others are saying about you. Do not imitate others. Practise your own life.

You have your own heart, own opinion, own ideas, own will. Follow the path of your own choice.

Let your own experience of God be your guide and preceptor.

Sathya Sai Baba.

When you become aware of Divinity within you, in everything around and in every being, you will also become conscious particles of the body of the Divine and soon also be aware of the union with the Highest.

Every impression, every mental experience, each trifle – everything is Divinity, the loving Creator, an offering to Him and Him himself. There will come the time when you will be aware of these truths every day, at every moment. Then you will be filled with love and joy unbeknownst until now and Divine happiness.

Each day is sacred. Every moment is sacred.

Live in Love, live in the Creator. The Creator is loving Divinity, tenderly and gently embracing the whole world with itself.

If you think you are God, God you are; if you think you are dust, dust you are. You become what you think you are. Think that you are God and be Him.

Sathya Sai Baba

The Kingdom of God is within you and all beings.

Leo Tolstoy

Don't waste time, which is a manifestation of God. Think of Him constantly – everywhere, incessantly, in every situation, keeping in mind that the only path to Him is immaculate and selfless love.

Fulfilment of worldly desires will bring only temporary satisfaction, therefore thoroughly analyse your desires. Remember that your goal is eternal bliss that lies latent in your hearts, which you may gain only through love.

Sathya Sai Baba

A volcano issues lava on the screen in a cinema, a dam bursts and the water released races towards the sea flooding entire lands; but the screen is not on fire and is not becoming wet.

The screen is the truth and the film is the illusion, no matter how realistic the illusion looks, no matter how true the feelings it has aroused.

The first stage is where you recognize "I am in the Light." Next when you realize, "The Light is in me," and finally you realize, "I am the Light." "I" represents love and light represents jnana (supreme wisdom). When love and light become one, there is Realisation.

Sathya Sai Baba [September 15, 1988]

Everything you see around you is a gift from the loving Creator. He gave it to you, the reader, and all of you for you to have a place to live and enjoy participation in this unusual play we call life.

Turn your mind inward, towards Divinity that resides there and enjoy peace. Stay immersed in this ecstasy.

The word liberation signifies freeing oneself from sorrow and experiencing unconditional bliss. Liberation is not an unattainable goal. It is enough to just give all the burden to God; then there will be no worries and problems whatsoever. It is enough to see every event as a play of God whom you worship; then you will welcome with joy everything whatever happens, for in it you will see His will.

Sathya Sai Baba

The Self is present equally in all beings. There is no one hateful or dear to Me. But, those who worship Me with love and devotion are very close to Me, and I am also very close to them.

Bhagavad Gita [Chapter 9]

One who understands the Highest Being will become the Highest Being oneself.

The prakriti (world of nature) we see around us cannot give us happiness. From moment to moment it is changing. The experiences prakriti gives us in the waking state get obliterated in the dream state, and those of the dream stage cease when we

wake up from the dream. The dream experiences are our creation. And so are the waking state experiences! What we see is nothing but our own creations. The vision-experience of the world is but a projection of our mind and the reflection of our own inner thoughts. As the thought, so is the vision. The colour of glasses you wear determines the colour in which things appear to you. If you wear red glasses, everything will appear red. If you wear green glasses, everything will appear green. Pure thoughts make the world appear as pure. If you view things with Prema—with a loving heart—the whole world, the whole creation will appear to you as a reflection of Prema.

Sathya Sai Baba [Dharmakshethra, 1981]

When I start thinking of others as angels, or as your manifestations or the loving Creator himself, I can see and feel how the aura surrounding the body becomes luminous immediately and begins to emanate more strongly.

Also, more pure and hot energy flows out of the heart somewhere into space.

This is how love works. Awakening towards seeing the reality brings changes on the energetic aspect of man and most of them become visible immediately.

I am talking here about a more conscious way of turning towards Love, about filling one's body and mind with it and about work based on the inspiration it brings.

Practise the meditation I have described from time to time, regardless of what else might be happening. Besides directing you towards Love, it also brushes away from you all the low energies that are so often a serious threat, even to your health. By now you are much more sensitive and respond to plenty of stimuli but most of them do not do you any good at all. Therefore, having the constant contact with Love is most essential. It will bring a strong and positive transformation into your lives.

Secondly, turn to me more often while meeting other people. See them as forms of the loving Creator. In doing so, you need not change your behaviour. Act naturally without letting others realize that you are meditating concurrently. This form of meditation while interacting with others is very strong and immensely influences the mind, the heart and the whole Reality around you.

Thinking is creation. If you think that Reality is full of goodness and love, then it will become just such with time. If you think that it is full of evil and traps, your life will be hell and in time, you will attract just such events. You do not have even a faint idea how your thoughts have a profound influence on what happens around you. Therefore, trust me today and turn towards the bright side.

Try to see the loving Creator, Father and Friend in everything and everyone around you. Your life will change almost immediately. Tests and traps will, of course, continue to happen. Part of them will be paying off your karma of the past. But do not give up since the shape and content of your life is your own choice.

Form your reality with power of your thoughts and feelings and the world around you will simply adjust. I do not want you to be taking my word for it. I want, and

I say it very forcibly, that you check for yourselves right away whether what I say really does work. Apply my hints in practice and carefully watch the results.

Will it be better? Will more positives appear? Will you be calmer? Will you be full of joy? Will your relations with others improve? Will there be more smiling around you? Will life gain a new, more beautiful dimension? Will it acquire an unusual flavour? And, of course, will love come along?

Why spend all that time trying to achieve control of the mind? Practise another sadhana – the sadhana of seeing the Divine all around you! Believe that the Atma in you is the same Atma that activates everyone else, and makes him live and love, wail and hail.

Sathya Sai Baba [July 23, 1971]

Think that the loving Creator is everywhere around, but be very moderate in expressing these thoughts and feelings outwardly.

Let the transformation that is taking place in you be unnoticeable outside. Do not discuss with anybody the contents of your meditations, nor your changes and discoveries. Remain modest and live the way you have lived so far.

Do not yield to the temptation to save others. You will not find your way to save them but only disrupt your own transformation. Do not teach and do not admonish others.

Keep to yourself and live like you have lived so far. Go on slowly changing your life to adjust it to what you see.

The Guru is the one who illumines the darkness of ignorance due to identification with the body. The body is only an instrument. God has given it to you to enter the path of action. It is a Divine gift. The body is the temple and the indweller is God. Treat all bodies as His temples and salute them. Salute also your enemies. Whomsoever you salute, it reaches God - and also - whomsoever you denigrate, it reaches God.

Treat everything you see as a form of Divinity. Think good, see good, hear good, talk good and do good. Only then can you attain Divinity.

Sathya Sai Baba

Master, the following question has come to my mind: I have the impression that You often ask and recommend certain actions, but You do not give commands. Why is that so?

You have touched on one of Mysteries of Creation, here.

Because of who I am, my commands get fulfilled instantly. So, there is no need for passing them on paper in a book.

This book is a help for you – a helping hand extended in a way you are able to receive.

In this world God asks you for a turn towards Him, towards His love, because this is the way it was earlier conceived and is being executed. In other words, such a Divine Plan we are implementing now and there is no need to abandon it. Obviously other Plans exist and they have different ways of execution and different realities. Our plan is as it is and this is both good and beautiful. Pressure and commands on my part would disrupt its superb and elaborate construction. And in this Scene I am the one who stays in the shade.

Come and stay in it along with me.

The world uses the sacred word Love in the context of relationships with relatives, friends, parents and children. But it is not true love; it is only its reflection. Experiencing love in family is only a faint reflection of the love that Divinity has for you. This love is true, and not physical or worldly love. Worldly love undergoes ups and downs. Divine Love brings only spiritual uplifts.

Sathya Sai Baba

9. Sixth Meditation: Flowing Light

Add this practice of seeing Divinity all around to your everyday tasks and your daily life will become better right away. The meditation I have described uplifts you high to spiritual uplands and allows you to stay there if you are conscious enough to control thinking and prevent yourselves from falling back to the traditional way of perceiving the world.

But this meditation does not end here. The second part consists in devoting oneself to love at any place and at any time. Simply stop what you are doing for a moment, ask the loving Divinity for help and proceed as follows:

Imagine Light emanating from everywhere, from each direction. Let it fill the scenery to the horizon, and next let it get through the top of your head into your heart. Let it stay there for a short while before coming back to infinity and radiating in all directions. Let such an exercise last as long as a short breath. Breath in – the Light is everywhere and is flowing into the heart through the top of the head; breath out – the Light spreads in all directions to infinity. You can practise this exercise as often as you like. It stimulates perceiving Divinity in everyone and everything.

The third meditative exercise aims to cleanse the mind. Begin with a relaxed posture and easy breathing. Concentrate on air getting in and out of the lungs – slowly, calmly. Then shift your attention to the top of your head, to the centre of energy that is there. Fill it with blue light; let it flow from the top of your head for about two to five minutes. Later, when the whole head is in this light, let it flow down slowly to the rest of the body. This is cleansing of the deeper levels of the mind. Pay particular attention to the heart area – let the blue light enter there also. Make sure that the heart area "soaks" the blue light right in. The human mind has innumerable layers and so it is necessary to activate them and gradually cleanse them of impressions and emotions – traces left by past events.

All meditations I have described are safe, but do not overdo any of them. Besides, one should not get attached to tools, but proceed towards unity with the loving Divinity all the time.

Remember that it is love that is most important, and not the technique.

First steps are always most difficult; afterwards it is easier and easier. Do not give up whatever happens.

10. Seventh Meditation: Details from the Book of Life

For thousands years people have been asking themselves the question what the meaning and the true value of life is. This is an important question and it has tormented you for a long time. You carry the answer to it in your hearts, hidden deeply under superficial thoughts. But it can be reached if only you take advantage of the new way of thinking that I will describe for you.

Firstly, it is necessary to fully "turn oneself off" the perceiving sensory or bodily awareness. Secondly, one should employ a special technique that I will also describe. Thirdly, it is necessary to take pains to discover the meaning of what you will see and hear interiorly.

Let us begin from the first step; turning off experiencing of bodily awareness. We will do it in three simple steps. Deepened breathing is the first step. Lay down comfortably dressed in loose clothes. It is important that nothing is disturbing you and nothing hampers your movements. Begin to breathe slowly and deeply, slowly decreasing the frequency of breaths. When senses get somehow quiet, imagine azure that is surrounding your whole body like warm and clear water. Concentrate on this sight; it is as if you were swimming in a beautiful swimming pool or between coral reefs amid beautiful plants and fish. All around there is this azure – clear, living azure. Let this part of the exercise not exceed five minutes in duration.

Now let the azure flow away. Remain in full emptiness for two to three minutes. Do not think about anybody or anything, simply surrender to the pureness of this state and the silence it has brought. If you do not have sense of time, stay in this state as long as you are conscious and aware of what is happening.

And now the third step. Imagine a point - a blue shining point - that grows in size as if it was approaching from a distance. Let it become big enough for you to be able to get inside it. Now imagine yourself flying in a blue tunnel straight to a very pleasant, very nice place. The trip may last up to five minutes. You will know when it ends.

You are now ready for the second stage.

Imagine a large tome lying in front of you. Human lives - including yours - are described in it. The book may be lying in a room, a temple, a grotto or in any other place beyond this world.

Now ask the loving Creator for showing you five most important pages from the tome. Only five – it will be just enough. The pages should apply to the meaning of your life and message He has for you.

Then slowly turn your gaze on the Tome. Perhaps someone will open it for you and disclose what it contains.

Look at the first page. Watch it carefully. You can touch the leaf, feel its texture. Observe the drawings. Do not hurry. Go carefully through illustrations – perhaps there are some there.

Do not aim to see or discover any particular thing. Leave everything to its own course. Remember what you have seen. The first page will refer to your lot.

Ask for showing of the next page the same way. Again, watch illustrations, you may spot some text there. Do not try to understand or analyse anything in this state – at this stage only look, observe and remember. Have a good look. The second page will be about your environment.

Next, move to the third page - having a close look. Ask the loving Creator to show this page to you. This page concerns the future and what awaits you then. Again, look without analysing.

The fourth page concerns hints for the present time. Watch what it contains. Take note of not only its appearance, but also of sensations that are reaching you in this state.

The fifth page is a Mystery; it is the page on which the Creator himself will show you what He considers appropriate and important for you. Again, look, smile and do not try to understand anything.

After viewing all these pages, thank your Guide and go on your return trip in the blue tunnel. Get back to the awareness of the breath and awareness of the body.

Now you can write down what you have seen. Again, write down without trying to understand or interpret, but faithfully render impressions you have experienced. Do not show your notes to anyone else.

Interpretation is the third stage. Now arm yourself with patience. Ask the loving Creator to reveal to you in His love what the images and impressions shown to you mean. Ask with love and devotion; turn to Him in the way that suits you.

The answer will come at the appropriate time.

You may use the technique of the blue tunnel for solving of any of your problems. You may or may not receive a valuable hint in this state. It depends on many things.

The technique, used in full, awakens the ability of taking advantage of the clarity of the higher spiritual mind and opens you onto higher inspirations.

You may use it as often as you wish, but you do not have to look into the Tome every time. You may just "drop in" there and see what will happen.

Remember not to get attached to anything you see and take care you do not develop the pride of so-called "achievements." All the information you receive is exclusively for you. And do not get attached to them either, not even in a smallest degree, because such behaviour involves numerous dangers.

The exercise itself is spending the time having fun, but a great power is hidden behind it as it is a chance for getting closer to the Creator. Do not ignore any moment of your life. Do not skip any chance of turning towards loving Divinity.

The goal of your life is one: to unite with the loving Divinity, to become one with the Creator who loves you intensely. Lots of work and changes await you on this path.

You will understand one day that everything that has been happening is a wonderful gift from someone who loves you very much. I guarantee you that, each of you.

Do not get attached to anything today. Free from everything and from yourselves, keep turning with Love towards highest Love. This is the goal and the way for each of you. This is the liberation and salvation that many of you seek.

Do not think of what will happen someday, do not think about what will happen after death. Keep constantly heading towards Love and you will soon see that it was worth doing. You will also see that the Creator and His Kingdom has been here all the time, only you have not been able to notice Him.

Liberation is perceiving God and looking straight at His face. It has always taken place in the here and now.

It is a great exercise, Master. Thank you for it. Although the effects were different from those I had expected, the whole thing turned out to be amazingly pleasant. Thank you once again.

On the first page I saw an illustration as if it was from an old book – a drawing of a ship sailing the stormy sea. There were a few people standing on the deck. They were looking at the sky.

The second page was unclear. It was something resembling a quay or a corner of tucked carpet. What a farce! The fourth was perfectly quiet water. Deep unmoved depths – not even a small wave rippled the surface. The fifth was a strange figure, a hexagon – grassy green inside, yellow at the sides (low walls?), as though walled with sandstone around. It was all so strange!

The first sight concerns the past. It is a twofold kind of hint. Firstly, the sea is a symbol of love, and omni-love here and the picture means that you have already headed towards loving Divinity many times in the past.

The second meaning is directly related to reincarnation (past-life), when you went on far and dangerous expeditions by ship. You sailed on seas all over the world, hence there are many relationships that have been established practically on each continent. Your past is like the Gordian knot. It is so tied with invisible threads to thousands of people that only I am able to handle the task of unravelling it.

If any of you thinks about a spiritual path and liberation know that it is an enormous work for the beings that are helping you. You remain in strong karmic ties with a huge number of people and disentangling you from that requires superhuman work. And there are also those whose lot and past require Divine intervention, because their activity in the past incarnations had a strong and often dramatic impact on many thousands - even hundreds of thousands of beings.

As to the second page, do this exercise again, but do not try to see anything this time. Excitement and desires cause the images appear vague and nothing is clear from them. A harbour quay or a corner of carpet? Interesting. I wonder what it means.

The fourth page is the future – quiet, clear, dark and calm water not wrinkled by even one wave. These are again symbols of the inner love, love that pours in the mind and permeates the whole being on all levels. It is clear, but dark like a mountain lake during the night. You will not guess its depths. The working of love takes place in darkness. Its effects are not visible right away and you are not able to see what is happening.

The fifth picture requires an extended introduction into the subject of human and divine energies and, for the time being, we will postpone its discussion.

See God in every one you meet; see God in everything you handle. Live together, respect each other. Do not let the seeds of jealousy and hatred germinate and smother the stream of pure Love.

Sathya Sai Baba

The true meaning of everyone's life is far removed from what the world claims. It does not fit the framework imposed by society, family, group you are in nor by your religion. The true meaning is hidden deep in everyone's heart. Follow the voice of love that speaks from there. Follow it beyond and high above this world.

Giving happiness to God is the goal of life. You may consider Him someone distant or separate from yourselves. There will come day when you recognize that you and I are one. Thoughts will vanish and all that comes will be Love that spreads to the farthest reaches of the Universe.

Omni-consciousness is Love. It has no limits. It has no limits – you will see for yourself.

Divinity does not need anything from you – not your prayers nor acts of worship nor devotion. Even more superfluous are temples, churches. None of them can match the vast field under the baldachin of the heavens, the true Temple of the loving Creator.

Divinity tells you that both – it and you – are Love. Head towards Love; live in it in this and the other world. Bringing happiness to Divinity and becoming one with it are the goal of your life. This is the highest goal of every person's life.

God smiles when man comes to the world. God smiled when you, the reader, was born in this world.

Make the smile stay on His face. Bringing Him joy is the goal of your life. Live in His happiness and His love everyday and He will constantly smile at you.

You must recognize that human birth is a rare occurrence. Consider time as highly valuable. The heart must be soft and the mind must be sweet. The human mind, which is supposed to be sweet, has become highly poisonous today, because man is allowing it to indulge in sensual pleasures, which are like deadly poison. Do not poison your nectarous mind by associating it with the objects of your senses. By doing so, you are making your soft heart also hard like stone.

Do not waste time. Time is the very form of God. (...) Have firm faith in God and not in your body. The body is impermanent. It grows and declines with the passage of time.

Sathya Sai Baba [January 1, 2000]

Past and future do not matter. Love is what counts – your love towards God and your path to Him. Let it constantly direct you upwards.

You will see that there exist three entities: you, the world and God. Consistently choose the loving Divinity. Keep turning to it, and not towards yourself.

If you see Divinity as silence – turn towards Silence.

If you see it as Love – head towards Love.

Whichever way you see or do not see it – head towards it.

You may not see it (although it is everywhere), but know that even if you do not remember it, it constantly remembers you. And even if you do not have confidence in yourself, it has confidence in you.

The ancient and eternal Divinity assumes human form in order to show the path of Truth to man. Just as the son is the rightful heir to the father's property, man has equal claim to God's property of love, truth, forbearance, peace, and empathy. The principle of Love is supreme. Love is the underlying principle of all human values. Love is God, live in love.

Sathya Sai Baba [December 25, 1988]

11. Eighth Meditation: a Step Towards Perception of the Creator

Today I would like to tell you about a new meditation - for special occasions - that brings about quick transformations and getting close to Love in order to become one with it. Listen.

Sit comfortably in front of my photo with your back straight. Breathe in and then slowly breath out. Do so four times. Do not hurry.

Then, imagine a stream of light flowing down from the top of your head onto your body. The stream penetrates the skull and travels down along the spine. After getting to the base it begins to expand and create a bigger and bigger sphere of light. The sphere grows until it enfolds the whole body. Stay that way for about 10 minutes.

Afterwards the sphere decreases until it reaches a diameter of a small ball that can easily fit at the base of the spine. Make it hang and stay there. Meditate about love at the time. Get close to me, take my hand, speak words of love to me.

After about fifteen minutes (the ball still remains at the base of the spine) try to lift the ball up and slowly direct it towards the heart. It is now a small dot of light. Imagine it penetrating your heart – into the very spiritual core – where you have constant contact with me. Let the process of lifting and placing in the heart last for about three to five minutes. Do not hurry or urge it. Let everything go its own course.

Then let the sphere expand again until its Love is embracing the whole body and enclosing it in itself. Let this stage last for about ten minutes or somewhat longer. After that make the light ball get down to its previous size. Let it stay in the heart for a moment in the form of a small spot of about three centimetres in diameter.

After that move it slowly into the third eye area. Let it stay here for about ten minutes and then expand again enclosing the whole head first and later the whole body while flowing down. When the whole body gets enclosed with the light, stay in it for about 10-15 minutes.

Later let it get down to the size of a ping-pong ball again and stay for a while hanging in the vicinity of the third eye, inside the brain.

This exercise awakens perception of me as the Highest Being in everything you see. I, myself, will be stimulating your senses to working in entirely different areas than you have experienced so far. There will be both, more love and more goodness. This exercise removes many unwanted mental and psychological blockades; it makes the barriers carried for centuries get burned to nothingness. Practise it once a day, best during early morning time. It will help you put the day in the right perspective.

Master, but one more thing – how to end it?

Let the small ball of light stay in the area of the third eye inside the head for about five minutes and then stop paying attention to it.

I did as You said. I imagined a stream of light flowing down on the top of my head and then slowly down along the spine. It was accompanied by a slight feeling of touch, a cool current along the fingers. I felt uneasy while creating the sphere and not seeing You around. I like seeing You during meditation, otherwise I feel that the meditation is empty. You sat next to me and I took your hand. And it was wonderful. It is fantastic to be with someone you love and who is the very tender and loving Love. As usual, I am lost for words to express what I feel.

After a few minutes of calming down the sphere shrank and moved to the heart. Here I saw something like a hand with a big jewel. Suddenly the jewel burst with light and began to sparkle and vibrate. Nevertheless, I kept concentrating on You and your closeness. After the

time for this part of the exercise has passed I moved the small ball to the centre area of the brain. “Now it will be more difficult,” I heard. And it really was. I spend much of my time on intellectual work and so surely have many blockades But I feel that some of them began to dissolve and disappear.

Master, do You have any comment to this exercise?

Yes. Placing a favourite form of Divinity inside the light ball, in its centre, is a good supplement to the exercise. Divinity should always be in the sphere of your inner perception. It is a guarantee of better decisions resulting from clearer reception of Divinity itself.

If you become aware of the God in you and the God in all else, there is nothing to equal the peace and joy that you get.

Sathya Sai Baba [October 16, 1964]

Fill your every breath with love. Love does not know fear. Fear draws man into falsehood, injustice and evil. Love does not desire any prize. Only those who do not have love in them desire reward and fame. Love is the reward itself. When you want to make a sacrifice to God, let it be love, and not only material objects. Love is not merchandise; do not try to make a good deal in it. Let it flow from the heart as the stream of truth, the river of wisdom. Do not let it emanate from the head or the tongue. Let it emerge – full and free – from the heart.

Buddhi (intellect) revels in discussion and disputation; once you yield to the temptation of dialectics, it takes a long time for you to escape from its shackles and efface it and enjoy the bliss which comes from its nullification. You must all the while be aware of the limitation of reason. Logic must give way to Logos and Deduction must yield place to Devotion. Buddhi can help you only some distance along the Godward path; the rest is illuminated by intuition.

Sathya Sai Baba [Sathya Sai Speaks, vol I]

12. Ninth Meditation: I Am Not That

Awareness of one’s own limitations is the beginning of wisdom. True wisdom flows from the heart and does not need to be expressed in words. The situation changes, the spirit matures and in this process it is being helped by love that silently directs every situation onto better and better courses. Love leads out from darkness towards Light. Love soothes all wounds, opens spiritual eyes and leads towards itself in the fastest possible way; towards Love, towards unity with the purest Value, the bright Creator, shining above all the worlds like billions of Suns.

If you want to meditate, sit in solitude and ask the Highest for help in the journey. Breathe evenly for some time and then imagine the Universe as an enormous sphere, in which your planet is only a small dot.

Then lift your eyes even higher – see a giant Sun beyond the Universe shining with an unheard-of glare. Think of a fiery beam flowing out of it and touching the top of your head. Pure and luminous brightness penetrates the whole head and as if focused by a great lens, concentrates in your heart. After a longer while, let the Light flow from the heart to all parts of your body, mind and soul. Let this part of the exercise last for about ten to twenty minutes. It might be accompanied by various phenomena, but do not worry about them. Regard them as small gifts from someone who loves you very, very much. This is a good meditation before going to bed.

Meditate having - sort of imagined - a golden sphere of the Universe in front of you, and the luminous Form of the Creator – pure, flawless Light unceasingly sending its rays in all directions. Become One with it.

Many beings of the Great Cosmos have achieved liberation thanks to this meditation. I am passing it on to you for the first time on this planet. This is a special gift of my Love to everyone who sincerely looks for love and wants to go along its paths.

I am not the body, I am not the mind nor spirit.

I am not word, act nor gesture.

I am not thought, feeling nor conclusion.

I am not impression nor trace in memory.

I am Being, Awareness and Bliss.

I am the loving Creator.

I do not belong to human beings, alive or deceased.

I have nothing to do with being born, life or death.

I am not a demonic being, I am not a Divine being.

I am Being, Awareness and Bliss.

I am the loving Creator.

I am not a created being.

I am neither silence, noise nor what is between.

I am neither Earth nor Universe.

I am neither goodness nor evil.

I am Being, Awareness and Bliss.

I am the loving Creator.

What you see and hear is only pretence of Reality and not it itself. The true Reality is the Ocean of Light, limitlessly spreading over the whole Universe and far, far beyond it. The human mind comes into contact with it only after dropping of the corporeal body and even then only to a lesser degree.

Spirituality does not mean performance of ritual worship. It calls for the removal of the animal traits in man. Only then will sacred feelings arise in him. That is real spirituality. Regard all beings as children of God. Bear no ill-will towards anyone. It is because of hatred and ill-will that mankind is plunged in violence and bloodshed.

Vices like lust, anger, envy and pride are the outcome of bad food and improper associations and are products of external factors. They do not arise from within. Qualities like love, compassion, consideration for others arise from within one's self. These are human values. Forgetting these values and following animal qualities, men are leading an animal existence. This is wrong. Men should lead lives based on their human estate.

Sathya Sai Baba [November 23, 1993]

Sri Aurobindo was arrested for the second time by the British police on May 4th, 1908. It was then - during everyday exercises in a prison yard in Alipore - that occurred the spiritual experiences which brought a change of his consciousness. He began to see Divinity in every being. This kind of perception did not disappear also during the six month trial. In his own words:

I looked and it was not the Magistrate whom I saw, it was Vasudeva (Krishna), it was Narayana (Krishna) who was sitting there on the bench. I looked at the Prosecuting Counsel and it was not the Counsel for the prosecution that I saw; it was Sri Krishna who sat there, it was my Lover and Friend who sat there and smiled "Now do you fear?" He said, "I am in all men and I overrule their actions and their words."

Sri Aurobindo [*Uttarpara Speech*, May 30, 1909]

When the Divine is omnipresent, it is foolish for man to search for God in some place. Hence the destination for man is the realisation of his divinity (the original source). This realisation must come through the Vedantic process of exclusion ("Neti, neti" "not this, not this"). "I am not the body. I am not the intellect. I am not the Will. I am not the antahkarana, the inner instrument." All these are only instruments. Man should realize: "I am the Master of all of them." When by this process of elimination man realizes his true Self, he is freed from sorrow.

Sathya Sai Baba [January 1, 1992]

13. Tenth Meditation: Bathe in Energy

Let us continue on the subject of meditation of Light. Light is all that exists. There exists another Reality beyond the reality your eyes perceive, the true one. Life is

like a film being shown on the screen of mind. When the mind is silent, space and truth come into view.

Today I will talk about techniques of awakening of the consciousness that so far have been secrets of spiritual orders. I will do it, firstly, because the time has already come for passing them over, secondly, the time is approaching for the integration of everything what has been passed to you so far and what constitutes the heritage of many cultures. Human consciousness matures and it is time to bring together the spiritual riches into one whole that everyone would be able to use.

There are no secrets in the Universe. The only limitations are imposed in order that those unaware do not harm themselves and others by getting down to things they do not have the faintest idea of. Today the time has come for handing out new material and moving on to the next stage of development of the human consciousness on this planet. And I will help you in it. I will be speaking more and more often to everyone. I will be appearing in your life more and more often. I will make you begin to wake up and slowly get out of the spiritual dream. The decision has already been made about each of you; this is also the decision about this planet. It is time then to get to work, to new work that will bring you all much, much happiness and love. There is no way to overturn this decision or any effects related to it.

Master, what You are saying is very exciting!

The words are beautiful, but you will see what the results will be. Wait and you will see!

And now let us get back to the techniques. For centuries, various traditions have been passing on many methods of concentration, contemplation and meditation. Many of these have been and are effective to a certain degree till today. However, many of them trigger off undesirable side effects or are not adapted to different mentalities and mental structures.

Meditation techniques used five hundred years ago are not appropriate today and it happens that they constitute a barrier for their adepts to taking further steps forward. I encourage everyone reading my words given here to begin asking himself - in the deepest depths - if what he busies himself with now with is destined for him. Ask the Highest Love, the loving Divinity or the pure and spotlessly bright Mind, depending on what you believe in. Ask That what Is whether what you currently do is the right path for you. Your Highest Self, which is Love itself, will be what will answer you. Follow its voice.

You might ponder why I tell you all of this here. Well, there is a simple reason. For many centuries you have lost the ability to distinguish between what is good and what is harmful or needless for you. This soft voice became drowned out by the intellect that thinks that it knows better. Come back to the basics. Come back to what is. Come back to Love that you are – along with me.

You would like to take next step forward, but you do not know how. You are not sure if you are heading the right direction. Ask the Highest Divinity inside. Ask that I be the one who would take care of your matters and development. Ask that it be I who shows you the best way.

I have already given a few meditations in this book and I will still give more which will help you shake off the burdens of the past. Let us then get to work.

The next meditation that I will describe has been passed on about five thousand years ago in India to a group of sadhus who kept passing it over until the eighteenth century when its last adept passed away. This meditation involves activating certain energies that have been practically unused since then and it is time to utilize them again. There exists one Master beyond this world who takes care of these energies and whom you may always turn to. Just sit quietly and do exactly as I say.

First imagine a beautiful meadow somewhere deep in inaccessible mountains. Bring this sight so that it appears lively in front of your eyes.

After roughly a minute of quietness think of green colour – such as the fresh colour of grass in the spring time. Think about it for about two to three minutes. This colour opens certain abilities and prepares the man's energetic system for receiving new energy.

Then, ask inwardly the Master I mentioned a while ago for His blessing for you. Stay and wait quietly for what will happen.

After about ten minutes thank the Master, even if you have not felt anything. That is all.

The energy I am talking about is a fruit of turning towards Divinity which lasted for centuries and many of you will feel its vivid blessing. This is the gift of powerful Masters who abandoned their bodies centuries ago and have immersed themselves in the Beloved One for good.

This meditation constitutes the first step. After getting through it at least thirty times, we move further.

Now, after a moment of silence, ask the Master for sending you energy of an orange colour. Focus on this colour. Let it be vivid and intense – fresh, pure, vibrant orange colour. Stay in its energy up to twenty minutes and then thank the Master for His help and care.

Do this meditation at least fifty times. Remember the day you started. Meditate once a day and move further only after fifty days (at least).

The third step has to do with golden energy. Again, turn in silence to the Master and this time ask for filling you with the golden energy. Strengthen this state by imagining being on a beach and resting on lovely golden sand. Let the golden energy flow in from everywhere and heal all wounds. This energy can very quickly cleanse you of the mental dirt. Therefore it is recommended to perform the described exercise at least once a day for two months. The whole thing, including silencing, should not last longer than twenty minutes at a time.

After two months, or at least sixty times, move on even further.

Now we sit in peace, ask the Master of Love for protection and move on to meditation of purple colour. Do it the following way. Imagine a purple dot on the forehead, if you can. Let it take the form of a purple, nine-pointed star. Place a golden speck in its centre. Now we ask the Master for sending the purple energy through that speck. The whole exercise should not last longer than three to four minutes – no longer than that. Open your eyes after the exercise and then get into meditation again. This time let a golden mark of 4-5 centimetres in size appear on the forehead. Place image of Divinity that is closest for you in its

centre. And ask the Master again to lead you through the exercise sending you His energy. This part of the exercise should last no longer than ten minutes.

The aim of this cycle of energetic exercises is to stimulate the human energetic system to self-cleansing and proper work. Each colour has different task and each of them affects a different energetic centre. It is important to do the whole cycle exactly the way I have described, without omitting any stage, since all those after the omitted one will not bring proper effects. The energies the Master will send you will successively stimulate the work of centres of energy exchange with the physical and spiritual environment.

O sweetest love of God, so little known, whoever has found this rich mine is at rest!

John Yepes [Sayings of Light and Love]

14. Entering the World of Energy

The time has come to end the part describing meditation techniques. I will close it with a few comments on the subject of the workings of subtle energies.

Firstly, know that every thought and every feeling is the primeval energy of love focused by you. This energy can be compared to multicolour plasticine. You do not realize this, but your mind constantly keeps "moulding" spheres of energy, shaping them and sending out into space. This energy precipitates on objects creating their "energetic coatings". This energy travels through space with a speed greatly exceeding the speed of light. This energy can heal or help, but it can also be bad and even kill in special cases.

Secondly, once set in motion energy comes to live its own life. It gathers and creates clusters resembling swarms; like particles that are attracted by magnetic force, these decompose and collate forming complex structures. Many energies lay dormant in that way waiting for the moment to be set in motion and freed.

Thirdly, the golden age of humanity is coming, the light era is nearing. It is also the time to cleanse planes beyond this world where old energies remain stored for centuries. These are what constitute today the basis for many new energy forms, both good and bad. The time has come to offer both of them to the loving Divinity and to neutralize them. This great repository constitutes a reserve bank that keeps you supplied with karma and ties many of you to this planet.

Fourthly, to gain access to the energies described herein, one must be well prepared, so that their power could be neutralized and prevented from turning against you. Only people having at least a few years meditating experience may take part in this undertaking.

Fifthly, before taking on a task you should always, I repeat: always, precede it with a meditation of closeness with the loving Creator and during the work you should keep imagining touching His feet. This is a very important point. The bow before the loving Creator protects you against all negative influences from within and from without, because it opens your energetic system onto His highest energies and these block all others.

The meditation neutralising energy may last a few minutes in the beginning – no more than ten. It may be extended even to a few hours as time goes.

God is more pleased by one work, however small, done secretly, without desire that it be known, than a thousand done with desire that men know of them. The person who works for God with purest love not only cares nothing about whether men see him, but does not even seek that God Himself knows of them. Such a person would not cease to render God the same services, with the same joy and purity of love, even if God were never to know of them.

John Yepes [*Sayings of Light and Love*]

15. Guide to Mountain Peaks

A guide is needed in mountains, especially these highest. A very good and experienced one is the best, otherwise we risk a lot. It is difficult to find good guides nowadays so it is worthwhile considering another possibility that has always been available here. It is a path that has been hidden for many centuries and yet many have been unconsciously following it. I will tell more about it today so that you may take advantage of it again.

The path I am talking about is the path of Love. God Himself is the guide on it. It is partially present in every great spiritual movement, yet covered by erroneous teachings, rituals and traditions. Understanding of a few main points is a key to following this path:

Not only are you God's child, but you come from the same place as the loving Divinity and, to tell the truth, you are one with it. It has never been otherwise and never will, only the world and you kept persuading yourself for a long time that it has been.

Your relationship with the loving Creator is so close, so tender and intimate that you need no middleman between you and the loving Creator - which would have to explain to you intentions of the Father.

It does not mean, however, that you do not need a guide on the path. You might need him and the guide could be of great help to you. A good guide is the one who directs you towards Himself, towards the loving Creator and towards uniting with Him in love. He teaches confidence, devotion and turning trustingly, with devotion and love towards the Source, which is loving God, the Light of all Lights.

A good guide points to the fact that the true Master is within, not without. A good guide teaches that the materials of the world are love and light. They are concealed today for you by improper upbringing, erroneous thinking and faulty judgments based on opinions of others.

A good guide leads to discovery of That which is on the peak of the mountain and teaches you how to live with That uniting with Him more and more.

A good guide is the living embodiment of Divinity.

Divinity is what counts, not what is outside.

Divinity is what counts, not the guide.

The loving Creator is within, the loving Creator is without.

16. Message from Masters

An image kept coming to my mind for some time. It was so unusual and persistent that finally, when I sat down to the evening meditation, I pointed my attention towards it. Somewhere in far-away mountains - perhaps in the Himalayas - in a big room, possibly in a mountain grotto, about twenty monks were sitting, dressed in bright orange garments. It was these whom I noticed first.

Suddenly I was there among them. The image was accompanied by the impression of great calmness and silence, which was strange considering the number of persons present. They were all facing something like a podium. After a while a door at the right side opened and Masters began to come in. I had absolutely no doubt about it. They were dressed white. What was unusual, an incredibly strong bright light issued forth from them, as if they were illuminated by strong lamps. But there were no lights; it was they who emanated such strong white light.

There were nine of them. They sat behind a long table. I was sitting at the side. I bowed to the ground and folded my hands as for prayer. One of them turned to me, that is, no one made a move, but I could clearly hear a voice that said:

Hello Daniel. I welcome you to our assembly. We have been meeting here for about two hundred and fifty earthly years, already. You are witnessing this event since we have a message that we want to pass on to our pupils through you. The message is as follows.

I welcome you, dear friends. Many of you have once experienced the joy of being among us and many of you were our pupils and friends for centuries.

The time has come for you to more consciously begin taking part in the work of transformation on the Earth. We wish to pass to you our support on your spiritual path towards the Only Master, the God of Love.

Many of you are already prepared, at least partially, to taste his goodness and Love. And therefore we are passing on to each of you the ray of his Grace we were once, ages ago, blessed with. This is a message to every one of you, especially those who have had already a contact with us. We come in dreams and visions, we are invisible guests while you are busy. Time and space are no barrier to us. You can always count on our help – just turn to us with your request. We will never deny.

Great calmness was coming from these words. There was something so soothing and nice in them. After a while the Master continued.

We are here for many of you who are already prepared to taking next step on their spiritual path. Many of you have already been our pupils and we have met many of you. Know now that we exist and assist you constantly. If you quieten

down your minds and direct them towards us, you will immediately receive our support coming in the form of energy and inspiration.

Remember about us while you are going through hard times. We will help in every situation.

Now the Master stopped and there came even stronger and very tranquilizing energy, so tense that something begun to creak in my head.

The assembly was immersed in meditation. Everybody there kind of disappeared and vast space came.

Master, what an interesting meeting!

Yes. The purpose of the meeting was to pass on to you and others the message from the group of Masters taking care of spiritual goods on this planet. Everyone who turns to them with a request for help will certainly receive it.

Master, how are we to understand the fact that many of us have been their pupils in the past?

Directly. You were connected by the preceptor – pupil relation. Now, that the Preceptors left and will not come back to Earth and the pupils dispersed all over the planet and cannot remember the past, it is good that someone reminds you about the spiritual bond. These Masters left, but it does not mean they are not active and do not have an influence on what is happening. It is often a much greater influence than it was during their lives.

Many of you studied in the past under their guidance. These relations still exist today, only you do not know anything about it. Secondly, much of energy at Masters' disposal waits for you. It waits for your turning upwards. The Masters can immediately assist you.

Remember also that the Masters are only representatives of the Highest so never place them above Him.

There exists only one Master.

I just turned to the Masters putting in the request to allow me taste this energy. After a while, literally after some 10 seconds I felt constriction on my head and in the heart. It was as if some warm currents were moving around the head, and I felt strong pain in one place of my head for a moment. I have had this kind of feelings earlier already as the effect of energy inflow. The energy is very warm and nice; it brings calmness, cheerfulness and mental balance.

Master, may a man have many Masters?

In the outer world – of course. But really, wherever you look there I am.

A perfect answer. Thank you.

Wherever you look you see me – nothing but me. Love is all that exists. The loving Creator is within, the loving Creator is without. Remember this.

A few days later the image of the Masters appeared again. This time they were sitting quietly and chanting a mantra; a subtle vibrating power was flowing from them. I could feel its effect clearly within the heart area and in the head. I opened myself up to it and it was as if the whole world drifted away after a while. Deep silence, calmness and love descended.

It happens so every time I turn to them. They are there, they act, and their love is real.

Love has no reason. Love is the essence of love. Only such love leads to God. Any other spiritual practices give fleeting joy only; they do not give eternal bliss.

Only love can recognize and understand an embodiment of love. Where is such love? It is in you, but you are limiting it.

We have various sweets but all of them contain the same sugar. Similarly, divine love is within every being. There is no human heart in which there would not be love.

You must see love present in each of you. Krishna was showing the path of love. When human hearts get dry due to lack of love and of right conduct, God incarnates to soak them with love and sow the seeds of righteousness.

Sathya Sai Baba

It was afternoon when I went out to the garden and got busy with work. At some point I began to think about the Masters who had been helping me. Suddenly one of them appeared in front of my inner eye. It was Dede from Turkey. The Master had told me once that at one time I was related to a movement of dancing dervishes. Now a Teacher from these times appeared.

He was not saying anything and I was just looking at him. It seems to me that Masters have a lot in common. In Dede I saw detachment from the world as well as being lost in inner reality. Although he was not interested in me, very strong love was flowing from him, which embraced me. It was wonderful feeling, a blessing from a friend and Master, under whose supervision I was turning to the Highest so often.

His love was very strong and very clearly felt. I also understood that Masters are kind of bridge between the Highest and us here. They bring heavens closer to us and turn us towards them. I know that there are different opinions about the roles of Masters and Preceptors in our life, but now I understand that we would not accomplish much without their help. Without the Master I would not achieve anything and would be nobody.

Learning to see Reality properly is the most important thing nowadays. Reality is the unity that underlies the basis of everything. This is the common Source we all originate from. The loving and caring for everything Creator is this Source.

Nature is the child of Divinity. The world of unity is hidden under the world of differences. You see, if you have brothers and sisters then you know that you are one family and there are more similarities than differences between you. Likewise, you all are one family and virtually all are connected, but you do not see that. You like paying attention to insignificant differences and because of that you forget the fundamental truth about unity.

You are one family, with a common Father and Mother. When this essential point becomes understood there will be no room in you for any other feeling except love. Think about it for as long as you need until the understanding dawns upon you. And then begin putting a new way of seeing things into effect.

Keep changing your viewpoint, keep changing inside, but do not demonstrate it in any way outside. All that is new requires maturity to become a lasting part of your mentality.

The Creator is everywhere; he is inside and outside you, in everyone you meet, in every animal, plant, stone and in the space around you.

In order to learn how to notice Him, it is necessary – beforehand - to do meditation full of love for the Beloved.

Imagine Him being someone most beloved, closest, and most trustworthy. Imagine this very vividly. Stay in His Presence as long as possible.

No one should consider himself as insignificant or unimportant. Everyone, small or big, is a vital part of the whole and is essential for its proper functioning like all the parts in a rocket. Any small defective part may cause the rocket to explode. Likewise, in this vast Cosmos every being has a significant role to play to ensure its smooth functioning.

Sathya Sai Baba [November 23, 1992]

The reality of the world is similar to the reality of a film that disappears from the screen, when the show ends.

Master, please let us pause for a moment at this statement.

Go ahead.

What is the reality we perceive?

What you "perceive" is a creation of the mind. There is no independent being that would be external to your mind. The world you "perceive" is a product of the mind, a bundle of desires and thoughts.

Each of you has his own "world" of ideas. You communicate with each other and create common opinion. This is how the collective world gets born, the dreamy trance – common to all peoples – in which you move.

It is difficult to understand it.

It may be compared to swimming. You have no idea what water is until you jump into it. One cannot describe this experience. Insight into the reality is like the jump into water and direct experience of its "wetness" and whether it is cold or warm.

The Reality is different from what you see. What you see is not the Reality. It appears to you that you "see" something, but you really look at your own imaginations, not the Reality.

Vision (seeing) limited to the senses and your brain processing sensations is not enough – it is not all. There exist other senses, more interior, with which man can perceive much more. And beyond all senses there exists the infinite, bright Divinity that does not manifest within this world of phenomena, but it itself is this world.

The Reality is Lightness that is present always and everywhere – in every place, in the here and now.

The Reality is the Creator who is present inside and outside.

The Reality is the Presence.

The Reality is constant Presence of the Creator.

There exists only the Creator.

An'al Haq (I am God)

Mansur Mastana

Master, let us stop for a while on your statement that each of us has his own world and that we communicate and make these views common to all of us.

It is so. This is how the mind works. It creates images and concepts based on sensations. Parents play a key role in first years of life; later you are shaped and moulded by your school, your peer group, etc. You assimilate new concepts and confirm them in interaction within the group. This is mostly an unconscious process. Concepts are strongly anchored in the collective consciousness of the group a person belongs to, although it can be entirely incomprehensible or even senseless for other groups.

The mind is like a vase. It contains within what you place in it – you or others you are in contact with. In this world of thoughts and imaginations you spend all your life. Some of you think they are Poles, others – Russian, Mexican or American. The society that you live in gives you hundreds of proofs confirming these "facts" and usually puts a lot of effort into forming and maintaining the mentioned concepts in your minds. It is a common inheritance from animal ancestry, when herd group organization dominated. Nationality is just the herd instinct carried over into human world.

I see that immediately questions and doubts arise in your mind, as to concepts being useful; that they allow protection of certain values such as the right to life, the right to possession, the right to free choice of language and the culture you live in and your personal identification.

*Firstly, I do not interfere in your way of thinking. You can mould it the way you like. You can be doing it your way. **And here is just where the trap is.** It was already chosen for you by raising you in a certain culture and nationality. You have no choice; it has already been made. Whether you like it or not, many ideas, judgments and superstitions were crammed into your mind. So far nobody has told you that you have a choice. You have not had this choice until today. Now you have it.*

Inherited nationality and identification with these "values" is like some sort of illness. By accepting it you agree to entering a certain arena of concepts and surrendering to their influence. But all of them were invented by others; they do not come from Divinity. They carry in themselves neither love nor good. But they are so strong that most of you cannot resist their impact.

You consider yourselves to be German, English, French, Chinese and American but I tell you point-blank: France or Poland do not exist; nor does Germany. America and Australia do not exist either. The whole Earth, all of the continents up to the smallest grain of sand belong to Divinity and it has never been nor ever will be otherwise. Hence people who love Divinity in a natural way abandon attachment to this world of dreaming and stand in love before the Beloved.

They lose their racial and national affiliation. In fact they do not lose it since they understand that they have never had it.

Master, how then are we to think about ourselves? What should take the place of considering oneself a citizen of this or that country?

Do not think "I am a citizen of this world," "I am Polish," "I am an Indian," "I am Canadian," as it is a part of the dream this world dreams.

Think that the loving Creator is everywhere.

Think that the loving Creator is everything.

Think that the loving Creator is the earth, sky, sea and space.

Think that you are His child, and He is the only owner of everything around. Think that it was He who has given you and others this wonderful place for temporary use.

Think that He is in you and that He is you and you are Him.

Do not let any other thought interfere in this understanding.

Samsara, the transmigration of life,
takes place in one's own mind.
Let one therefore keep the mind pure,
for what a man thinks he becomes:
this is a mystery of Eternity.
A quietness of mind overcomes good and evil works,
and in quietness the soul is One:
then one feels the joy of Eternity.

Maitri Upanishad

17. Inner Voice

The inner voice has always existed in man. Your culture and science has been trying to squeeze it out of your consciousness. Religion – which was to direct you

towards the loving Divinity – also gives its doctrines and judgements precedence. This shows just how far it (religion) has left the purity and understanding of Divine laws. The voice of Divinity has become a threat to it; it is threatening its material possessions, its power over minds and its absolute rule.

The inner voice will lead you towards Love, towards the loving Divinity, towards true freedom from the world, its lies and mistakes. The divine voice will lead you towards freedom from yourself, into regions where the corrupted world has no access.

The inner voice comes from the regions where you are in unity with God. Normally you are not aware of these regions. It was the task of religion which has failed all along.

Essential to activating the inner voice is the grace of a Master who will create the necessary inner conditions and will provide support on the way to recognising and developing it.

Master, thus it is so that your grace is needed for initiating it?

As it is needed for everything. Remember that it is not you who decide on the form of this world and Universe – not you as people.

The inner voice manifests as an inflow of subtle thoughts or quiet words. Therefore, meditation and concentration are needed in order to hear it.

Distinguishing between thoughts coming from me and those of your own making is a certain problem for you. The presence of other beings from the spiritual sphere, which sometimes like to pose as Masters, Angels or spiritual teachers is also an additional "danger".

As regards the latter problem, the solution is quite simple: a quiet life, meditation focused on the loving Creator and calm personality – with its desires minimised – dependant on the Master; this will remove all dangers. Equally important are requests directed to Love, to the loving Creator to surround you with care while you are turning to Him.

Many blessings come from listening intently to oneself and to the voice that is speaking sweetly.

Firstly, the peace surrounding you intensifies.

Secondly, your life shapes up differently right away and you begin to build inner trust in the loving Divinity.

Thirdly, the trust in love and wisdom deepens the peace and feeling of joy in life more and more; most of your problems and uncertainties disappear. Then you know – not only believe – that there is someone who takes care of everything, even if you do not care about it.

By experiencing the care of the Beloved you become calmer, full of deep joy and positively thinking people. Life opens its depth for you and you learn how to take advantage of it – for others, for yourselves, for everyone.

Divinity is selfless goodness.

Master, most of schools dealing with the subject claim that your voice never gives commands nor forbids anything. It points out, but does not order you around. But in my own practice I heard very often – currently much rarer – your strong words prohibiting different decisions.

Yes, it is true. Everything depends on a man. He gets what he needs. Strong words are sometimes the only advice for a man in order that he does not step onto the "wrong" track and not suffer any unpleasant consequences thereof. I know the unpleasant consequences; you do not, yet. We once agreed that I say and you do, and this is the right way.

Trusting me simplifies many things, and as you know I do not get in the way of good things. I destroy exaggerated desires, burn to ashes attachments and constantly direct you onto paths of Love. Your happiness and awakening to clear sight of the Truth of who you really are is my goal. Have trust. Trusting Love and Divine Wisdom is the armour of man on the spiritual path protecting him against adversities of all kinds.

My children, I will be speaking to you more often and will be manifesting more strongly in your life, whether you want it or not. Expansion is my goal and as you know I am the only Force; no other can stand in its way. Love will win its quiet and gentle way.

Master, what means do you use to communicate with people? In other words, how could we define your voice?

It comes as quiet words in meditation, a fleeting impression in response to questions, the quiet and sure knowledge that flows from within your being, a sudden flash of insight, a sudden arriving at a solution, inspiration for words, reflections, deeds. It is love that comes and endears itself when all questions and answers fade away.

*It comes in the form of meaningful dreams, life situations, unexpected turns of fate, events, all events. **All events.** Turn to me within and you will understand what I am talking about.*

Master, many people take “hearing voices” for the symptom of mental illness. What would You say to those who think like that?

"Hearing voices" may be – and often is – a sign of psychic disturbances and these kinds of beings should not be paid any attention. The sign of contact with Divinity is mental health, composure and self-control, love and balance manifesting in life and action. This is the first hint how to distinguish between illness or disorders and a genuine ability to contact the loving Divinity and its voice.

Secondly, note that I mentioned at least ten other forms of contact, words being just one among them.

Thirdly, do not look for answers outside; everything is in you. And the outer sources, whatever they would be, are only signposts directing you to turn within. Keep turning towards God and His love, not towards people.

Fourthly, people who do not allow the possibility of direct contact with me have limited experience and limited imagination. Human history is full of good examples of contact with the Beloved, just reach for it.

Fear about what they could hear about themselves is another serious problem.

Fear, ignorance and aversion to learning are problems you must manage.

Do not blight natural talents in children. Children who were not subjected to intense indoctrination often have access to the pure spiritual regions they came from. Do not drown out their natural state of spirit. If you have someone like that around and have influence on his upbringing, teach him love towards the Creator and the results will exceed your wildest expectations. Trust me and allow to direct development of your offspring from inside, where I am.

True education is based on what there is, and not on what you think is right.

Today, real education has more to do with forgetting than with learning new things.

The entire world is filled with Love. The world is Love and Love is the world. In every human being love is present as effulgence which shines in his feelings. Love is life and life is love. Even as the power to burn is natural for fire, and the power to cool is natural for water, love is a natural trait for man. Without it he ceases to be human.

Sathya Sai Baba [December 25, 1993]

Be silent concerning what God may have given you and recall that saying of the bride: My secret for myself [Is. 24:16].

John Yepes [*Sayings of Light and Love*]

Unexpected situations requiring quick decisions will be happening in everyone's life. Try not to react emotionally in any of such situations and do not make decisions driven by emotions. Step aside, try to calm yourselves down – deep breaths are one of the best methods. Turn to the Master inside you asking Him to suggest what to do and to direct the situation so that it settles itself.

The inner Master can find a solution to any situation, or direct it to the most advantageous ends.

A response could come in the form of a thought, inner voice, premonition of what to do, subtle feeling of rightness of the chosen path, fleeting impression, insight or flash of intuition. The response may not come at the given moment at all; it may come later. The situation will shape up without your action or irrespective of it.

Follow your inner voice regardless of the resistance of ego. The goal of calming down is to quieten the mind and help you listen to the subtle voice of the loving Creator who is always present.

At any time, especially in so-called difficult times, know that your Friend is in you and around you. Your Friend is pure Love. Your Friend will not fulfil all your expectations but will do whatever is possible in any given situation.

Try to establish contact with the inner Master, the loving Creator every day during your time of calming down, relaxation and meditation. Life consists of moments

and each of them is good for turning towards the Loving Divinity. This contact will help you later in more difficult times when you will really need help.

Be patient. In the beginning the inner voice is barely audible. It becomes clearer with time and with progress in proficiency of meditation. Open your minds; what you will hear may depart from your beliefs and do not fit your plans. Be open; consider many possibilities without getting attached to any. And let Love be your guide.

What makes sense for the mind may be completely pointless for Love. The reverse statement is also true. Become directed on the paths of Love and follow it.

For a long time – often a very long time – an uncertainty as to whether what you hear really comes from me will be accompanying you. Learn humility and patience and let uncertainty become your ally. It does not allow whispers of self-confident ego to come to the fore. Absolute certainty is the domain of personality; love is the domain of Divinity. Do not live in certainty, but in love.

Do not live in certainty, but in love.

Strive to experience love.

Keep turning to it and it will come. Be positive about it.

The Creator lights up all of Creation.

Faith, hope and Love. Love is most important of these three. Love will connect you with the Highest and the other two are only states of the mind which are conducive to the turn towards Divinity.

Come to me and I will console you. I am the source of all good states of mind. Lack of contact with Divinity is the source of all suffering and confusion.

Call me by any Divine Name and I will immediately become close. In fact, I am here all the time. Look around. It is me. Today you may not yet feel the love, but there will come a day when it appears.

There is no place in existence in which the loving Divinity is not present. Everything around you – and you yourselves – are pure, shining, loving Divinity.

What you see around and everything you feel and think is a film. For quite some time, you have forgotten about this great truth. You are not participants but actors who play the roles in the film with dedication.

Turn to the Director for guidance how your play is to proceed. In doing so you will make Him very happy.

The world is a form of Light.

I listened to You, Master, thought over many things and took a look at myself. I see myself being an ordinary simpleton who for years has wasted your grace by pursuing his desires and ideas.

You are present, You speak, You support me and You bestow love on me. Few people in the world, I think, could say that they constantly receive as many gifts as what I receive from You. And yet I still happen to act in the manner far removed from your teachings. What more can I say? I can only ask You one more time to help me change this state of affairs. Perhaps I should get further away from this world, and not busy myself with the work and spend more time with You? It would presumably do everyone good. I could then, for example, write more books. The work I have does not give me any special joy nor does it get me closer to You. At least, it seems that way to me. But maybe in wanting something else, I am again asking for too much. I do not feel lost but only see the disappointing dissonance between what is and what can be.

We are dealing with a few things here. It is the time of intensive transformations and change of outlook. It is natural that old forms cease to suit you. Thanks to this discontent you are changing yourself and your conduct. This is a very good way of transformation. An alternative to this is the path of experience and the suffering connected with it. If you learn and follow lessons given to you by the Preceptor then life becomes more simple and you accomplish its objective.

It is true that your goal is very high, much beyond what people may wish for. But also my support is much greater. Do not worry about how you perceive yourself and the discomfort you feel. Replace your worry and discomfort at once with getting closer to the Divine Perfection. It is able to manage all problems and negative traits, whatever they could be. I am preparing further changes, so wait quietly for what will happen. There will be less work and more peace.

Whether you want it or not, this is the way your life goes on. It is both, paying of karma and opening up new possibilities – not only for you but also for thousands of other people. I will not explain this yet, today, but in a few years you will understand exactly what I meant today. Work in peace and have confidence in the loving Creator. Come close to Him, embrace Him and stay that way. When you notice that you went away, simply come back. Your task is to show people how to love Divinity and live ordinary lives at the same time.

It cannot be done by someone who lives in solitude without contact with everyday life and the poison of this world. People would say that you fare well, but I do not see it that way. You live, work, solve typical problems and this just how it is to be. It will change one day, but why to talk today about the future?

Let us talk about love as it and the turn towards it will bring the greatest and most positive changes in the future, and not the knowledge and insight into what will happen. The past is gone, the future is uncertain. Focus now on what will make the future be the most beautiful of futures possible, that it will become a never-ending song of love towards the Creator in union with Him.

It is not worthwhile to care too much about yourself, the future and the world. Turn towards the Loving God and He will sort out your lot His way.

Keep your spiritual experiences hidden. Only a few have the task of talking about them loudly for others' sake. And even if you belong to this group, wait at least ten years with all you want to utter.

Silence is the only language of the realized. It is only in the depth of silence that the voice of God can be heard. Silence stills the waves of one's heart.

I recognized Him.
I saw Him in the depth of the heart
I am inviting you to the tavern of ecstatic beings.
Join us. Come in.
Let your every movement come forth from the centre of joy.

Mansur Mastana

18. Key to the Door of the Secret

Many things escape you because the human mind is too weak to cope with the challenges of Reality. You live in a simplified world in which material matters and low instincts play a dominant role. It is these that cause you to focus your attention on outer, sensual matters so that you are not able to reach towards the inner love. Yet the light that is inside never stops being itself and constantly directs you onto the best path. Turn towards it, and it will show you the way towards itself.

Prayer and love towards the Creator bring about the sublimation of lower states of mind and spirit. If you want to find sense in each day, strive turning towards the loving Creator as often as possible. This will help you change yourselves as well as most of the conditions you live in. You will stop having problems with yourselves and your environment. Love is this Force that straightens all lower states out and directs them through natural evolution towards Divinity.

Do not neglect work as there is a deep meaning hidden behind it. Work brings changes within you as well as in your environment. Work offered with love and devotion to the Highest is the highest form of action. It liberates from karmic debts and builds a basis for the future prosperity for all.

It is Love that is the main driving force of your actions, although today you may think otherwise. With time, progressing with meditations and experiences of Divine love, you will understand this fact very clearly – so clearly that it will become everyday life – and will be as natural as breathing.

Touching things with your hands, think that it is the loving Creator touching Himself, pure Love dressed in material form. When you are talking to people think that you are talking to the loving Creator who is also them.

Divinity is everywhere and in everything. Look through the window – it is there. Look around – everywhere, everything is it and it only. Silence is its language. The rustling of trees and the songs of birds are the Words that it has spoken for millions of years. Listen intently to the quiet rustle of trees, to the quiet singing of birds.

There is a deeper level of Reality behind that what you see and hear. Love towards the Highest will take you onto this level.

Thought makes a poor imitation of Reality. Learn listening with the whole self to the tones of sweet love and devotion that keep flowing through time and space. They are always present – always – now, here.

Learn listening to the silence; many secrets are hidden in it. The highest form of silence is silence of the mind. You can hear the Unheard and see the Invisible in it. The secret of Divinity is Love. Each of you has the key to the Secret. That key is treading the paths of Love.

True transformation can only come through Love and turning towards it. This is the path for you all. Follow the paths of love towards the new goal – union with loving Divinity. The Creator, in other words, is the Highest Love.

Love is the fire that burns the mistakes of the past which otherwise would bring you much suffering. Time and space ring subtle tones of Love. Listen intently to Love; listen to the loving Divinity.

Touch the affectionate Creator, the one who is always present in you and around you. Divinity is love and goodness. The world is its material manifestation. In order to see it, learn looking at everything with your heart and mind full of love. Love will show you all secrets and will help you understand them.

Love is something you cannot grasp, but also something that comes when you turn with request to the Loving One.

God is Love.

Divinity pervades all that you see, hear and feel. Being in the constant company of such an all-pervasive Divinity, why should you worry and fear?

Sathya Sai Baba [April 14, 2001]

Master, I have a question.

It is nothing new for me. Ask.

You told us to turn to people as to the loving Creator while talking to them. It seems to me that if I wanted to do so, my behaviour would look at least bizarre. I surely do not fully understand what You have said. Therefore, I am asking You for further comment.

This is a good remark. Remember that wherever you are and whatever you do, you deal with the loving Creator everywhere. Try keeping Him in front of your inner eye and while talking to anybody; continue turning to Him and at the same time be engaged in normal conversation.

Normal conversation means more or less what you would say in an ordinary conversation. It is not about behaving somehow differently or, still worse, oddly, e.g. flinging your arms around everyone. Love does not need such ways of expression.

When you are living among people, behave like others. The turn towards the Creator will not be noticeable outside for a long time. The inner love works slowly; it transforms deepest layers of the mind and heart.

Do not mix up the outer aspects with love. With time your character will soften and your mind will calm down. True and lasting transformation comes from inside. For many people these processes last for hundreds of years. Today you

can significantly accelerate them by acquiring the skills of getting in union, in love with the Creator. What happens inside is essential, not the outside.

The inside is being focused on Love, on the Creator, and the outside is living normal life.

Turn to me and what I have said will become clear and simple with time. I will explain everything to you.

19. The Past that Affects the Present

The times when you lived in India are not as remote as you think. It was a holy time. You were born in a modest Brahmin family and, at a young age, became a monk under the supervision of one of the tantric masters in central India.

The Master died when you were 15 years old and you were learning alone from that time. Thanks to the techniques he had showed you as a child, you quickly learned crossing the barriers of time and space and continued your lessons on the other side of life.

This Master has been your main guardian and counsellor on life matters. At that time in India you did not yet know the most important thing, that the one who had chosen you was an emissary of the Highest. His task was to help a dozen or so persons – pupils – in crossing the limits of consciousness.

The Master had found you all in the river of time and made all of you incarnate during the same period of time. You were his last pupil. Knowing that he would not have stayed in body long he had passed on to you gifts, thanks to which, you were able to communicate with him after his departure. Thanks to one of these gifts, we can freely talk today.

Master, I do not know what to say.

Do not say anything, just listen. After the Master's departure you had continued single-handedly studying for twelve years. At the time you were already known as the silent sadhu. We talked many times. I could not get the conviction about unimportance of the body out of your head. You were negligent in body life and saw not even the least point in it. You thought you knew better than I. You used to spend years on end travelling and looking for holy men. You met me in many of them. You do not remember any more what I was telling you then.

You will recall everything. You did not want to listen to me. Unnecessarily, you kept turning away from the world, listening to the voices of others. Your place was in the world and outside of it at the same time. It was where you were supposed to see perfection of Lightness and pass this knowledge on to the world. The world is not anything separate from the Creator. The world is a state of the mind. What you think is the world, becomes the world. Today, it is very difficult for all of you to comprehend how big a Secret I had revealed to you.

In your early thirties you had a handful of students who – under your supervision – were learning the techniques of uniting body and mind through breathing. If you want, I will show you what these consisted of. They are not appropriate for people today due to too much confusion in minds and hearts. Yet in those times

they allowed one to quickly set free from the consciousness of the body and to immerse oneself for long periods in the sweet currents of shining Infinity.

Those were very good times. No thoughts about material affairs, all the senses in order and subordinated to the higher mind, constant contact with the Master who constantly kept telling you what you should be doing. Also from that time was the second gift – willingness to act and comply with spirituality. This is a great gift. Without it you would be one of those who say a lot and do little.

Everything man can do comes exclusively from the loving Divinity, and surrendering to its sweet will is the highest state of existence in the body.

Then came years when you were wandering around the country and occasionally teaching the communication with me. At that time it had consisted in concentration with breathing on the centre of the heart and slow recitation of certain mantras. Passing these on makes no sense today as their power is no longer active.

One night, in a region that belongs to what is today called Andhra Pradesh, you meditated at a lake shore. At the time you thought it was time to say goodbye to your own life. Hence the choice of the location.

You thought that if you had not left in a natural way, sooner or later animals would have come out from the lake and finished the work. I do not negate this way of behaviour; I understand it. You lived in a dilemma on the brink of two worlds; life in the body meant nothing to you.

A huge reptile came out of the water and laid down beside you. It took you four days to get out of the state of super-consciousness and to come back to life. This crocodile made you not rise up, not leave the body for good. You had sensed the presence of another being that needed your help and you finally decided to stay.

It was a decision fraught with consequences, for since then you have rushed to the aid of other beings many times; you helped people and animals in need. This sensitivity has been in you until today. However, time is short and it is worthwhile to change this into something else. It is time to stop answering the calls of creatures and fully devote yourself to listening to the enchanting tones of Divinity in your heart. It is time to break free from the world and its problems. I would like you to make the decision about the future and all needful changes yet today before midnight.

A few years later you had settled permanently in the southern India and taught tantra. The technique I gave a few chapters back contains best elements of practices of that time. It is suitable for everyone regardless of religious affiliation, views and all possible differences. It is strong method connecting all planes of mind and heart with the basic energy of the Universe – Divine Love. It is not anchored in time nor does it constitute property of any tradition. Property as you know it does not exist in the Universe.

Similar techniques are called Guru Yoga today. People are taught focusing of attention on their human gurus and imagining union with them. This is not good; it unnecessarily binds the fates of people together. Man should get involved with the Creator, with the Highest Divinity. He originates from the Creator and goes back to it. The only and the most important Guru is God – the loving Creator, only Him.

Only pure manifestations of Divinity can serve as exemplars and objects of meditation and worship. Avatars and Divinity in its chosen Forms can be counted among this small group.

The Supreme God is the only Guru – exclusively. Only He is pure Love, Joy and Happiness, no one else.

Your stay in forests was a time of pure devotion, without a slightest trace of any thought about yourself. You were then doing everything for me, without the smallest of hesitations. As a result of these actions you had gathered tremendous spiritual power that you used to pass on to pupils. This power is still present today and is available to anyone who asks for it.

Master, I would like to avoid situations, when people would ask for something. Today I am offering this power back to You in full today; I am putting it at your exclusive disposal. If someone wishes, he may turn to You with the request, not to me. If you permit, I would like to be through with this chapter.

Oh no! It is not that simple! Remember about people who trust your words to this day. And if you have an opportunity of supporting anyone on the path towards Divinity then you may and even should do it. Besides, this is your job that you should do until all the effects that have their origins in the past expire.

Today comes the time to put the power in motion and direct it towards tasks it was developed for. Use it to benefit others; this is why it exists – only for this reason.

Thank you, Master, for this experience. Some very nice energies came. Moreover, I was under the impression that these energies were glad of that fact, as if they had waited a long time for this opportunity. There was much joy, like when meeting old and beloved friends! And also this: they are very pleased to be able to work again and do good, for which they have been brought to existence by You. Thank you for these experiences. I am under an impression that there is a lot of that energy.

Yes, plenty. Love opens ahead of you and, thanks to your help, ahead of others as well. My words will serve as a bridge for you all.

Get to work; start today. Love lives by giving, unceasing giving. Give, share and there will be even more to give, till karma runs out and the Universe will release you from its embrace.

Master, here You have told me many extremely interesting things. But I have certain doubts whether all this should be included in the book.

And what importance does it have? Do you know the future?

No.

Then let me decide what I want to place here. Sense and logic of events can be known only when the greater and fuller picture covering the perspective of many incarnations is seen.

Using your cycle as an example I am showing some new spiritual relations people have not known anything about till now. And it is time for this knowledge to reach some of them through this very book. This, among other things, is what our conversations serve. Knowledge, Power, my Power that accompanies it and Love that is the goal and the end of transformations.

These who are ready will understand. Every being that takes this work in hand will profit. I will tell you what to do for the book to emanate even more of My Energy of Love.

And this is what it is about, that as many people as possible receive something good through it – something they are not able to get any other way.

What is more, every reader who knows about it, can ask you in thought for assistance on his path. Then the energies will show up and bestow their blessing.

Master, I do not know if it is not too much.

What does the problem consist of? Define it and you will understand it yourself.

I see possibilities opening up, which belong to spiritual Masters and not to a dimwit such as I am. Moreover, writing about it in the book may make many people turn against me – they will find yet another reason to give me a hard time about something or other. I do not feel good as the centre of interest, regardless it is whether positive or negative.

Is there anything else?

No, I think this is all.

So now please carefully read what you have written and see what really is hidden behind these doubts.

I see lack of understanding.

Yes. And also laziness, reluctance to take on the responsibility that serves the path towards me. Ignorance comes first. I am giving you here a chance of paying past karma off, so that you would be able to practically painlessly, with only a little effort, do a favour to people you owe something by virtue of your past activities. You know that this debt exists. I am giving you the chance of compensating for it and, additionally, of performing many selfless deeds, deeds good for others. You have no other opportunity to do it.

Believe me, what I give is the best way out of your situation. So far, in your previous incarnations, you have influenced so many beings that are currently spread all over the world, that there is no better means of untying of karmic ties than just this way.

Secondly, do something for your friends. You will not deny them, will you?

Yes, I will certainly not deny them and I am glad You give me such an opportunity of serving You.

The opinions of others are yet another issue. You thought for a while about what others would say about what you have written down.

Yes, indeed, such a thought has flashed through my head. I have already met with certain negative reactions to the previous book. There are people who cannot understand the simplest things, and additionally, they consider themselves as “spiritually educated”. Obviously, the number of books read proves nothing.

You know what, Master? It really is not my business what they think; this is their private matter. Only You and your word counts. And let others be happy in their own ways.

This is a proper and praiseworthy attitude. One should not move away from opportunities to do good things only because somebody else does not understand and recklessly judges them. Remember, only a fruit-laden tree attracts the hail of stones.

Your role is to tell about many things which have been so far concealed from people, which have existed in many spiritual traditions but are not being passed on to people due to their limited impact. There will be more of such secrets revealed.

It is time to free oneself of the past. It is also time for the spiritual teacher you have been to leave into the past along with all limitations that are associated with this state.

The only problem is the fact that my person arouses the interest of others.

Each of you has a certain task and this is just the one you have got. It has its pros and cons, but it is also a great opportunity for doing plenty of good things, so you understand yourself. Even now, if you got lost and fully plunged in the foolishness of this world to the end of your days, the amount of things that have moved forward thanks to my books is so great that it can be said that you have fulfilled your life task many times.

So much love has appeared in the world, so many people have turned and still will turn to me, so many will find Love, that you have already more than accomplished your task—much more. And because we still have the possibility of action and making a few steps forward so we seize the opportunity and go.

After the memorable stay at the lake you had come back to the ashram, where, until leaving the body you had been writing down my words I was passing on to you at that time. These works have become the foundations of one of the schools of Tantra, but today all of them have been cloaked in oblivion and misunderstanding.

The techniques consisted in concentrating the breath and moving of the life force along energetic centres in order to stimulate them to harder work. All of you are not pure and calm enough today to practise these.

Mother Kali in the form of a bellicose and fearsome Goddess was the protective deity you used to turn to then. If you recite Her mantra today Her energy will come along immediately. You are Her child. Call the Mother and She will come along and bestow Her blessing on you. Utter Her mantra.

Om Kalikaye namaha. This mantra has strong cleansing power. It may be of invaluable aid for you all in difficult moments.

Call the Mother and She will immediately surround you with Her care.

Thank you, Master, for your words full of wisdom.

You should not give in to neither yourself, your thoughts nor to what is coming from outside. Remember that it is Divinity that is the source you should be turning to and drawing from.

Neither the opinions of others nor one's own fears or doubts serve development. The source is inside, not outside. You as the mind – are not the source.

Keep turning towards the Creator's Love, not towards yourself nor the opinions of others. This hint is not a remark in passing. It is the central point of my teachings.

Make focusing on the loving Creator become THE focal point of your life.

The spiritual path is not for weak and wavering people. It requires responsibility, perseverance and often discipline. Without work you will not reap any fruits. Grace does not accrue to the lazy.

There is only one royal road for the spiritual journey – Love, love for all beings, as manifestations of the same Divinity that is the very core of oneself. This faith alone can ensure the constant presence of God with you, and endow you with all the joy and courage you need to fulfil the pilgrimage to God.

Sathya Sai Baba [January 13, 1970]

Perhaps driven by stubbornness I keep coming back to the impression that there is too much about me and too little about You, Master. Unlike You, I am not any interesting person. It is You people should be paying close attention to, not me. And the mind likes getting attached to things it is capable of understanding for they are close to it. This way there will not be much left of your teachings.

Do you know what? Would you be so kind as to leave the matter of teaching others to me? Do you think that I made a mistake by telling about the past? Everything I say helps you understand relationships you have been in deeply for thousands of years. My words are the basis on which I am building trust in the highest values – in Love and Wisdom that are Divinity.

You are not capable of understanding many things yet. What you write appears to resemble a map to you, on which there are more blank spots than readable parts. But I am assuring you that, in a few years, you will see the Divine precision and importance directed by Love in what has happened in the past.

All of you still do not know today why you need to be going through certain kinds of events, but it will become clear in time. This will happen at the time when there will shine within you the inner light of love and accompanying this will be the light of spiritual wisdom.

Stay in trust that I know what I do and that everything is in best order and that it cannot or even should not in practice be different.

And now let us move on further. I will tell you about a few other incarnations – which are well known and admired today. But this in a minute. You must mentally prepare for this step. As always – everything in my time.

In the past you had an enormous influence on thousands of people. Today we are straightening all this that became slightly distorted as time went by.

It is not possible to close the chain of incarnations with the luggage of debts to others that are required to be paid back.

Past ties have also a good aspect as the readers carry within them traces of contact with you – and this is why what I say today – is much closer to them than if somebody else was doing it. Simply, many knew and respected you and they carry traces of these feelings deeply inside. Let us then follow the blazing trails already laid down.

This way we change the burdens into the field of new joy and the royal road to liberation towards happiness and love for all.

Humanity is on the eve of great spiritual transformations, deeper understanding, both itself and the ties connecting you with other beings, the Earth and the Cosmos. You are now at the threshold of understanding yourselves as particles of living and loving Divinity. Words in this and in many other books are preparations to the qualitative jump in consciousness. In order for this to take place deep inner transformation is required.

The Love that you will turn to will do all this.

Thank you, Master, for your words full of wisdom. Thank you for letting me think of what had happened earlier as if it was to my credit. All the good came from You and all the distortion from me. Such, as it seems to me, is the truth.

Let us leave this truth for the time being. It does not matter too much now. It is not the time for looking back into the past. Now is the time for looking into Divinity – into Divinity and into Love. All the rest is of lesser importance.

I thought, however, that in some time the book may give the readers a false impression of the proportions in the spiritual life. There is much information about me in it, about our relationship, as if the world was revolving around me, and yet it does “revolve” around You, Master, and Your love.

This is a good statement. Yes, we really talk a lot about you, which might suggest to the reader that you are sort of a rare phenomenon or an unusual person. People might think that, since I talk about your past and give many details, you are someone important as well as your past is. This point is worth clarifying. It is not so.

The stories we are describing have happened in the past and they are of no significance on the spiritual path, and this for a number of reasons, also.

Firstly, this is the past; the past is something already outdated. The past is something you cannot come back to as it is established and closed.

Secondly, interest in previous incarnations could evoke pride in man, as he may have been someone well-known in the world. And as you know, the sense of

superiority is very much destructive and very dangerous on the spiritual path. Do not be important; do not think you have ever been important. Be modest. Think that you have always been modest and devoted to Divinity. It was just so – regardless of what you have been doing. You will understand it one day.

Thirdly, focusing on oneself, on the past, and on past incarnations takes away time that you could devote to turning towards the loving Creator. In this manner you put yourselves in the limelight instead placing Him and His Love there. It is as if you were collecting garbage and stones on the beach instead of diamonds that the sea has brought out from its depths.

Time passes and never comes back, whether you fill your life with something valuable or with the junk that the mind takes delight in.

Fourthly, man does not get born and does not die, and the mind gets born every moment anew with every thought. If we break this process, we will live in continuous Presence without the prompts of the mind and without interference of the past in what is now. This way we will give Love easier access and will assist the transformation of the lower "self" into the loving Divinity.

One should not block the light of Love out with memories from the past.

The past becomes paid off, accounts are got even, wrong deeds are forgiven and the whole lot becomes forgotten because there is nothing more important than love. All of you remember this please.

20. Blessing of a Master from the Past

Master, I have a few questions concerning the past.

All right, you are just ready for a few answers.

You told me earlier about my incarnation in which I used to deal with Tantra. This subject came back again a few days ago, and in addition the meditation You have described in this book matches, well, one of branches of tantric tradition.

Thanks to your earlier work under the tantric masters' tutelage you have access to these energies and abilities today. What is tradition? Is it not love cemented in forms? Let us turn towards love, not towards tradition. Without the inside – that is Divinity – tradition has no value.

You had many masters in the past. One of them bestowed on you a special blessing that gets carried through centuries. This gift is the ability to hear my Voice. This is gift; it has not been developed, but received. Your master was a very powerful man and had got you out of trouble many times. He watches over you unto this day. You will see him one day.

Master, does he live on Earth now?

It is difficult to say where Masters live. At the moment, although, he does not have body; he is able to use any body he would like.

Master, what You say is somewhat unusual.

It is unusual when you learn about it for the first time. You have learned and taught in the field of spirit many times – from ancient Egypt and Babylon, to East and West. You taught others and were getting close to me this way yourself. This is noteworthy and commendable. Today you reap fruits of those accomplishments and can share them with others. And indeed, this is exactly what they are for. Sharing is Divinity in action. Sharing Divinity with others is the highest form of work here. Therefore, share me with others and direct them onto my ways.

Master, but how can I do this?

Simply be in Love with Love. You do not have to do anything more. Words will not substitute for the Power, and only the Power of Love is able to introduce necessary changes. You will all be calmer and happier when you turn towards Love. You will not find anything that matches Love.

Let us get back to the story about the past. You were both a Brahmin in India and a priest in the temples of Egypt.

Master, I know it does not matter now, but it is You who count. Temples are empty without You, words are dead. It is sort of a play of life. It makes no sense without You; afterwards there remains only emptiness.

It is true; this is why willingness to getting to know me took you right up to here – to this situation and this day. You reap the fruits of your accomplishments and grace of the numerous Masters who used to take care of you. It is time to pass these blessings further on because they are there to be shared with others. Let others also taste the sweetness of being with me in spiritual union, a union full of love. This is your task in this life – sharing Love and me with large group of people who have already been waiting for the opportunity of taking next step on their path. They are already waiting and you are just getting ready to undertake another task I have for you.

Master, what will it consist of?

You will learn at the appropriate time. Why deny oneself the joy of surprise?

Yes, life is so cool also because you do not know what will happen next moment. And knowing the future only ends up in falling prey to difficulties and the machinations of the mind. It is really better not to know.

And this is a good approach. It is a hundredfold better to turn towards Love than to be tangled in endless plans and thoughts. Reality will be what it will be and you cannot help it much. The true transformation comes through the turn towards Love.

Set thy heart on Me, become My devotee, sacrifice to Me, bow down to Me. Then shalt thou come to Me. I declare to thee truly, (for) thou art dear to Me.

Bhagavad Gita [18.65]

The golden life of man should be tested on the touchstone of the Lord's name. Instead of following this easy path, man involves himself in multifarious troubles and wastes his precious life. Man is not merely a human. Verily he is God. He is submerging his inherent divinity in worldly desires. He should utilize the pure and sacred thoughts that arise in him to turn away from the transient attractions of the world and to set him on the path towards the Divine. [...]

Man today is like a horseman riding two horses at the same time. He aspires for the Divine, but also yearns for worldly pleasures. He forgets that the creator contains the creation. Forgetting this truth, he goes after the phenomenal world, regarding it as different from the Divine.

Sathya Sai Baba [February 12, 1991]

21. Practical Hints

Dear Baba, what topic would You like to address?

Your attitude towards the world. You see yourselves in the world as separate individuals, you chase external matters whereas everything inside and around you is yours. Everything is Love that manifests in this significant way around you and gives itself to you.

Yes, Baba, if we look at what You say from your point or a spiritual point of view. However our daily experience tells us something else: that we live in this world, that we are separate – and additionally – living in accordance with your spiritual rules is more difficult than taking care of our ordinary lives, our own business.

By saying and thinking so you reject the highest value you are here for. If you look at it somewhat deeper, beyond commonality, one cannot help noticing the deep disappointment at so called "everyday life." For many of you it is either too boring or too empty. Yes, empty, as you cannot see value in it. Values give you the opportunity of deeply experiencing your presence here and reaching deeper and deeper towards the Creator. Only in this perspective we can talk about fulfilled life; other ways of life are vegetation. Think it over well.

Yes, many people are really in a quest for "something more."

Searching is a part of the process of changes, of turning to higher and higher values. It is followed by the change of the sense of meaning of life. For some, this process progresses as far as to discover me.

It is very interesting, what You say. What does such a process depend upon?

On many things. I am not saying this to brush you off, far from it. You do not need this knowledge, none of you needs it. We began today's conversation with a sort of intellectual warm-up in order that you get used to clear reception of my words again. The last break was a little too long. Dedicate some time every day

to writing down my words then subsequent changes will take place in you and you will be receiving me even better and clearer. Love is already waiting for you to take another step towards it.

Indeed, while writing I realize the limitations I have recently acquired. There is the excessive mental burden that arose because of a mountain of work. Conversation with You brings me back into the area of sweetness, of something very nice, what I construe as sweet subtle love, joy and the elation that accompanies it. This is a very, very nice feeling and I thank you for it.

But this is only the beginning. Start the day with love, fill the day with love, end the day with love. This is the way to God.

I see it today as a very practical hint and, of course, would like to ask You how to do it, how to do it better than so far.

You simply forget a lot. Begin the day with the turn towards Divinity. Remain in its closeness. Ask that you will be able to keep turning towards it every hour, every moment, that it inspires you to its ways and ways of solving your problems. You will see how much easier it is to live then.

Write it down on a piece of paper and hang it in some visible place, so that you will remember about me and do not focus on the work only.

Allow me to embrace you with myself and accompany in everything you do.

Thank you for these words. I have got here, if you permit, a practical question.

Ask.

My work consists of two kinds of occupation. The first one is meeting people, conversations and presentations. The second consists in sitting in front of a computer and conceptual work. How can I be closer to You in these two kinds of activities?

The first type requires focusing on me before and in the course of conversations. The more often you do it, the more often you turn to me asking for directing matters my way, the better everything will go. It does not mean you will achieve everything you want, but you will do everything I designated for you much better.

Ask for my participation, for me to take care of an issue, for me to be the one who speaks out. This step will bring more inspiration and things will go smoother. You will learn how to better harmonize your actions with my hints. We will cooperate more often and thanks to this you will be happier.

While talking to people you have two ways of proceeding. You can use your knowledge and experience or constantly keep turning to me. In the first case your answers and solutions may be good but may miss the point, because you will not be able to say too much without deep assessment and analysis of given situation. And even with proper assessment you run the risk of failure because the depiction found may change due to new factors or new hidden forces may emerge.

The second possibility is taking advantage of my hints. Here, of course, I will not guarantee that you will always receive the most brilliant hint. It is simply not necessary. But in general the number of failures will considerably decrease, as well as amount of work put in.

The way to initiate the second way is learning to focus on me – first in silence, and later in every situation which requires it.

Believe me, this world has not much to offer you. Most of the people pursuing desires chase mirages in the desert. Happiness is somewhere else. Happiness is in God and in cooperation with Him. The sweet ecstasy of happiness – there is nothing above it.

Life, your life, is like a film. Realize it finally. I, and only I, am your partner. I can set every matter in thousands of ways. I want you to cooperate with me and find the path towards me. Wherever you are and whatever you do, I am always with you, in you and beside you. Learn playing this game – a wonderful game full of meaning.

This step, and not meeting any desires, will bring you all the lasting contentment and happiness. The pleasure derived from having or living up to ambitions is temporary. By turning to me and allowing me to participate in your life you get on the path to lasting happiness and deep satisfaction in life.

As regards the conceptual work, the second sphere, you also need my inspiration. Turn to me and ask me to write and pass on what I want to come into being. You will see that it is much better this way, the work is more enjoyable and the effects are better.

You should realize the fact that I am everywhere. I am everywhere. I am EVERYWHERE.

Cooperation with what is and not pursuing your own ideas, is a recipe for happiness for every one of you. Satisfying desires will not give it to you. But love towards the Creator will. There is a plan we are carrying out here. It is nothing great – simply life. Turn towards me and find your part in it and you will be much calmer and happier. Life is a great adventure. It never ends.

How are we to do it? I can foresee many people thinking of joining or coming back to some church – or something to this effect.

Remember that spirituality is the activity of lively contact with the Creator, not with people or any institution. Speak with me, ask, pray and love – love first of all. Love attracts love.

All institutions imply a go-between. But who can be the middleman between me and me?

Being aware of this, know that I am here and now and I am co-participant in your work. I share every gesture with you, each thought, each breath. You need not look for me as I am already here. And your whole life is permeated with spirituality and Divinity.

Remember, turn to me and ask for help. Ask for participation or simply for my taking care of the issue. Then watch what happens. Learn, look. Gain experience, so that nobody could deceive you by some old or new theory. Gain life experience based on building and observing the effects of your relationship with the loving Divinity.

What can you feel while turning towards the loving Divinity? Do not let the world created by human minds stand between us. Religions are part of this world. Immerse yourself in love and Divinity, not in religion.

Master, I see certain problems in the workings of the mind; in the fact that we are distracted, we cannot focus and remember about You and cannot apply your directions in life. It requires a lot of attention and work from us.

Do you know what? You are making me laugh. You are not fully aware about what and to whom you talk. In these brief conversations we are touching the core matters of life, its meaning, and death – issues that constitute the pivot of your being here. Do you want to say that you do not have time for it because there is a new episode of your favourite TV series? Because a newspaper wrote about the launch of a new car?

Reflect on your relations with the world as they are too strong. I am not talking to people who yearn for entertainment as I am not entertainment. You will not put me among other things adding the note "to be taken up at a later time." I am the central cause, the principal, most important and most serious cause you have ever dealt and will ever deal with.

That I try to persuade you to turning to myself, that I show benefits and give the energy for this step, does not mean at all that I am to any degree dependant on you. In fact it is the opposite. It is you who are totally – and in a way unimaginable for you – dependant on me. I do not need to ask you for anything nor do you do me any favour. On the contrary – the opportunity to work with me is a tremendous favour bestowed on you. It is a great gift from me – the greatest you could possibly receive. I repeat: the greatest. Reflect on this for a long time and deeply. Do not take my goodness and love for my weakness.

I am Him who Is.

It is natural that cooperation with me becomes a part of everyday life and grows stale with time. This is a good sign. I would like your experiencing and living in My Love to become such an everyday thing.

This is possible. Work and you will see for yourself. Keep turning towards the loving Creator in every spare moment, at any time when you need support and inspiration, at any time when you do not know what to do. I will help you for sure. Convince yourself. Put me to the test.

If you truly miss meeting God

If you truly miss meeting God

focus all your love on Him.

Burn your ego in the fire of love
and rub the ashes into your body.

Holding strong the broom of love
sweep out from the heart all traces of separation.

Keep collecting the dust of dualism
and throwing it on the prayer mats.

Abandon prayer mats, rosaries and holy pictures.

Let your religious books sink in a river.

There is no need to fall into traps of empty ceremonies
only hold tight hands with divine messengers
and be their devoted servant and friend!

There is no need to punish yourself with fasting and resolutions
nor with visits in a mosque to bow and pray
nor to weaken oneself with empty, calculated rituals
Only do not stop drinking the wine of Divine Love

This Love is your food and drink
never neglect it.
Roaming free, in the inner ecstasy
keep burning your separate ego.

Do not become priest of Islam
nor Brahmin
Why to worship dualism?
Here is the order of the ruler of everything:
Repeat "I am God! I am God!"

Fakhruddin Iraqi

I was to have a meeting a few days later and thought that it would be good to try, or rather put into effect the words that the Master had passed on to me. It was a business meeting. A client, general manager of an international corporation had serious problems with workers and the situation was very tense. Thus, the conversation was about difficult situations and was hard in general. The client was asking a lot of questions and I was trying to answer as well as I could based on the analysis of the situation that had been prepared earlier.

At some point I began to recall the Master's words and realize that the loving Creator is both inside and outside of my interlocutor. My perception of the situation had changed in a way difficult to express. I suddenly understood that the analysis of situation alone is not enough and that we should work on finding the solution, perhaps a few solutions. After all, it is not only the understanding of the relationship that the company boss is interested in.

After a while I realized also that we have a communication problem as usual. It is a typical situation during conversations. Both sides hear the same but have different associations, thus discrepancies and inadequate understandings develop. Soon it came to me that just because I was not sure whether the client full well knew what I meant, I should ask the Master, firstly, for help and that He conducts the meeting and voices His opinions, and secondly, that he makes use of our meeting to carry out what He considers appropriate.

So I began turning to Him and spoke less, but it looked like it made more sense. I gained distance from the whole situation also, and saw it in the context of events that were to take place as a result of our meeting.

In addition to the above I ceased being sure of my ideas and opened myself onto suggestions and signals coming from the interlocutor. To sum up, I know that thanks to this approach, I was expressing my opinions in a more balanced and mature manner. Such conversation now led quickly towards the goal of our meeting, which we had previously lost sight of a bit – that is – finding a way out of a difficult situation.

A few days later we were again on our way to the client. Everything was prepared and, with a great calmness, we gave ourselves over to a conversation and polishing the details up. I recalled Master's words about turning to Him and His Love. I began doing so and love

appeared almost immediately. Then I would turn my attention towards the conversation and the love would disappear; when I remembered it again, when I turned towards Divinity, it appeared again. Thus, it is true that one can constantly live in love and have access to the wonderful inspiration and life motivation it brings. Love is always accessible.

It seems to me that this ability was given to me. That is to say, I worked it out to a certain degree, but it is still not enough for Love to come. It comes as the Master's gift, His grace. This is how I see this. Earlier – let us say a year ago – it was not as easy as it is now. It is proof of truthfulness of the Master's words for me. I put lots of work and my heart into this path and now the fruits come as if from nowhere. Not from nowhere, of course, but from Him. Yet He had not used this to appear and announce the changes in any special way. Instead, He gave me His favours and I just noticed their presence one day.

The lesson that can be drawn from that is that one should not get discouraged and should constantly heed His direction, get close to Him, towards His Love and it will appear for a short time the first time, then there will be the second time, the third, the tenth, the hundredth. Perhaps it will happen very quickly for many people who are interiorly more pure and more devoted than myself and love will come and stay with them permanently. This is what I wish for them with all my heart.

Master, what will this third book be about?

About Love in action and this is how you should title it.

Yes, I heard this title from You a year ago, but then I did not think there would be another book.

There will be, and not only one.

All are one; be alike to everyone. The world is one; be good to everyone.

Sathya Sai Baba [108 Sayings]

My neighbour was driving his nice, new car. I was standing on the porch and my thoughts turned to him. I was under the impression that he was a decent and good man, an outstanding physician. He was dressed in a nice colour-stripped sweater. I guess a thought crossed my mind that he was doing well – such a sweater must have cost him about a hundred dollars. This thought made me look more closely.

My eyes stopped on the nice pastel colours and suddenly I noticed light showing through them. He had a ball of light in his heart. It clearly emanated towards the outside, very clearly. I had never seen such a phenomenon, even on a picture. It made me go outside to have a better look, but he was already gone. His wife followed the car to close the gate. I looked into her heart. The ball of light was there too, just different looking, less bright.

Master, can I ask You for a comment to what I have seen?

No, not now. Look, observe. The time for explanations has not come yet.

Leave the reality of mind and enter the Reality of Love.

The ancient and eternal Divinity assumes human form in order to show the Path of Truth to man. Just as the son is the rightful heir to the father's property, man has equal claim to God's property of love, truth, forbearance, peace, and empathy. The Principle of Love is supreme. Love is the underlying principle of all human values. Love is God, live in love.

Sathya Sai Baba [December 25, 1998]

22. Theory and Practice

Hello Master. Over the past few days I have picked up the book “Love without Limits” a few times and heard You telling me to open it onto page number 72 in the Polish edition. The part in question always makes a great impression on me. It concerns your general hints about life and business in particular. I see that in my current situation it applies to me.

Correct.

Can I quote it here? I would like to ask You for a comment.

Of course, you can.

I was just thinking that You could suggest me a series of bets and by then I would know how to use them. It would suffice to know which shares will go down and which go up. Starting with a small capital of ten thousand, for example, you can exceed one million within two weeks...

Yes, and even more. But tell me for what would you need this money?

Well, I did not think about it, I have just hit upon this idea.

The idea is good, but not quite. It has a crucial gap. People would have far more resources if they knew exactly how to use them to a good purpose. Then, at the appropriate time such hints are possible provided there are no karmic obstacles.

[...]

Will assuring You, that money earned – down to the last cent – will be used for a good purpose, draw or can draw closer your hints?

Yes and no. It depends on the situation. You cannot consider only a part of the whole, like "I will give money to a shelter for animals; I am waiting for guidance to earn one million dollars in a week." If you live a decent life and suddenly receive, for example, five million dollars and even if you spend it all on the intended purpose, your life will never be the same. If someone learns of it, for

example your family – you may add the rest yourself. After such a step you will have even more trouble than before.

Unless one will keep a part of the money for himself.

There is another legal precedent for this case... But I can see all of your intentions. Also, it may surprise you that I can see the future and I know how it will end up in the tiniest detail. You can deceive others, you can deceive yourself. I am the only one you will not be able to deceive.

So You rarely suggest.

Not as often as I wanted and could.

Does it mean that you would like to do this more often?

Yes. Do you see anything unnatural in it? If your child does not understand or cannot accomplish a task because it exceeds the child's capacity, do you not wait long and give advice or solve the problem yourself?

Does that mean that You want to prompt us in different matters?

But of course, I do!

It is not written anywhere that I remain silent and indifferent. The truth is that I am sensitive and loving, and if a man asks me, he is provided with special care. This is written in each of your holy books.

Well, but so far I did not think that one can simply use your tips on such matters as dealing in a stock market.

You can, for I am there in order to make your life easier. Just ask me.

The stock market is not any unusual place operating according to some special rules. There are people everywhere and they need Love everywhere.

Perhaps the problem is that the Stock Exchange markets involve strong and low emotions, such as lust for possession, fear of losing.

My help is needed there all the more, and sometimes an intervention in order that a man does not lose the capital of his whole life as result of events that are in store. People do not listen to me, their eyes being fixed on their own ideas, fears and plans. And know that I speak and very often, also. I give hints what to do, when to get on the market, on which one, and when to withdraw. It is only that people believe more in their own theories and analyses than in what Divinity tells them internally. But I am not going to force myself upon you. The effect is that many investors end up bankrupting their careers. This is not necessary; many people do not need it. Turn towards Love and hints will appear themselves, as if from "nowhere". Let us begin to cooperate.

Learn putting a ceiling on your desires. Learn how to put a stop to the lust for profit, greed and all low instincts. Allocate part of resources to selfless service to others. It is movement, and not accumulation, that the secret of success lies in. Accumulation alone only causes stagnation; therefore, learn doing something good for others. Learn to give.

I think that this subject will arouse many people's interest.

We will continue this at some time.

While reading a passage from the previous book for some time yesterday, I suddenly understood that there is something improper in my approach to work, to business. There is too much involvement and concern about what I do.

Despite of my education, I have a bent for trading. My blood circulates more jauntily when I prepare sale strategies or send an offer and negotiate the terms. I like doing this! Yet I understood yesterday that this is the problem as this engagement moves me away from You. And this means to step back.

It is so indeed. We are getting back to the topic of reincarnation and your previous lives. What you call "a bent for trading" came to existence many years ago as a natural evolution of other abilities.

You used to find a great pleasure in fighting, in expeditions around the world and exploratory activities. You sought adventures and, often with arms in hand, were imposed with new orders which were far from mine. In effect, after numerous trying experiences you turned away from violence and became directed towards more civilized areas of activity. You were also a merchant carrying goods between India and Holland and this is also where your relations with the two countries come from.

Now the time has come to offer everything you do to me, and also your professional and financial matters. Already, there exists a limit beyond which you should not go, even if you feel like doing so and it entices you when "something is happening." Always ask me for an opinion – this is the simplest and easiest way. In this way you will move forward the quickest.

Recall what I told you today.

Excuse me dear Master, in what matter?

About clearing accounts of your past and about what liberation is.

I apologize again; my memory sometimes fails. Here I am, you told me that liberation towards Love is not only the meditation, but also full settlement with the past. Then, I was curious whether it was possible to burn out this karma some other way, so that one could devote oneself to You and your Love only. You answered that what is necessary must happen and there is no cancellation of it, and that everything serves me and my progress, thus it is better for me to work and take on tasks that confront me. It is the best way of taking another step towards You.

I understand that I have to be on guard and not enter further karmic ties, but to turn towards You in a greater degree as well as follow your suggestions.

Yes, this is what I referred to. Add to it often asking me for an opinion about every issue you deal with. Ask what exactly you need to do, how to behave, when to take action and when to draw back. More listening to me than letting things taking their own course. Do not act any more like you have so far – not as you like, but according to what I tell you inside. This is a new task for you.

Leave yourself and come to me, and then all problems will disappear.

Thank you for these wonderful words. I will take appropriate action at once. I will write it down so as not to forget and will be putting it into effect.

Love is truth, love is life, and love is the goal. Love is second to none; love equals love alone. Only through the path of love can you reach the embodiment of love, which is God. It is not physical or worldly love. It is not "love of attachment," which is external, but it is the "love of detachment," which is eternal and Divine.

Sathya Sai Baba [August 14, 1998]

As usual, theory differs from practice...

Do not view making changes as an isolated event. Such as making a decision and getting an immediate result. It does not work that way.

You take a few steps in the right direction, then something happens, and you fall into the trap of desires and go backward. After some time you sober up and turn towards me again. It makes sense.

Do not worry about so-called "failures" – they are inevitable. You learn another aspect of yourself, your limitations and continue the march. In the meantime, the transformation constantly goes its own way.

Today's reflections led you to interesting conclusions. You have noticed something essential. Let us talk about it.

I suddenly realized that there exists a certain dissonance within me. I earned quite a lot yesterday on one transaction and it was charged with intense emotions. Today, while analysing the situation I noticed that, on one side, while dealing with business I am rather radical, if not tough, and, on the other side, under your influence I am becoming more and more gentle and nice.

Thank you, Master, for the possibility of having the choice which way to turn. I was not aware of this, earlier. Now, it seems to me that I can always be gentle and calm, without being attached to the outcomes of my actions – at least as much as I can. Until I fall into something else again.

As I have said, this is a process, not a single event. We are taking small steps in the right direction. It is based on meditation supported by love towards the Creator plus integration of the new vision with everyday life. New situations will come soon and we will take up something else and you will take another step towards me. This journey really never ends.

This dissonance was sharpened by the strong contrast between nervousness and emotions during the transaction and love that accompanies turning towards your perfection, towards your Love. I wonder whether it is possible to always remain turned towards You and to never leave this state.

Yes, it is possible. Keep trying and one day you will wake up and it will be there. It will become everyday life.

Everything requires maturity.

These days I have continued to come across this particular passage as though by “accident”. I am preparing another project. It will probably make a handsome profit. Practically every day I open the book in this very place, thus it cannot be an accident. I see that I should ask You for a broad comment. Master, how should I spend the money that will come?

This money, in the part I will specify, you will spend for others who cannot do what you can. You will lend them a helping hand as they find themselves in need and they lack resources for their basic needs. At the right time you will learn whom to pass them on to. For the time being do not think about it. But remember that we have an arrangement in this regard.

Master, in this case I would like You to tell me how much money, or what percentage, and till what date I should carry out our agreement.

*Within three months give out twenty percent for purposes I will name. Use the rest for other purposes we will talk about later. Many people ask me for help and I decided to help them in just this way. They need to be helped without awaiting anything in return, simply to do them a favour. While giving money or anything else think that you are giving it to me. After all I am **everything**, am I not?*

Such behaviour does not carry karmic effects with it; everything comes from me, through me and gets back to me.

And what do You, Master, think in general about the projects I carry out now? There are four of them at the moment. I know this is a bit too many, even for me.

Everything will get settled at the right time – you can be sure of that. Commitment is the only problem that arises. You become absorbed in what you do too much, but it is not necessary at all.

Give me back all the results that will be brought about and stop worrying about them.

There will be what is to be and it will be fine, regardless of what will be. Nicely said, isn't it?

Yes, of course, a cool sentence.

Everything in due time, everything in my time. There will be what is to be and it will be fine.

Put Love in the first place in life.

At every moment and every place you have a door right next to you, the door that, when you open it, will lead you towards Love.

The world you know is only a part of the truth and there is that part of the world that is a lie. This is the world created by minds distorted by fear and lust.

Do not stop on the outer world; pass by culture and religion and make sure that they do not have their shattering impact on you. Direct yourself towards Love. Leave the rest out of the way.

Your focus in life is on yourselves and family, but take into consideration the fact that you are Divinity that is not attached to anyone or anything. As children, particles of the Loving Creator and as Him himself you are always free.

It is the improperly shaped mind and warped character that make you identify with the body and the world of matter. Scenes from life are being played on the arena of mind and the mind follows them and mistakes them for reality.

Point the lens of the mind towards Divinity and, with time, you will discover who you really are.

Learn to act as a representative of living Divinity on Earth.

Master, as I understand, You are calling on us to perform a specific action, but tell us please what “pointing the lens of the mind towards God” means. How should it look like, technically speaking?

Love for the loving Creator is the best route. Do not think about special techniques, they are good but only for a certain time.

Keep turning to Him with love, every day, every moment if you can.

Ask Him for a chance to turn towards Him.

Ask Him for bestowing on you love that you could offer Him.

Ask that He blesses you with His grace of transforming you into a man devoted to Him and His Love.

Be blessed you who seek Love. The Sweetness of the Prize surpasses everything else.

Liberation is just the awareness of Truth, the falling off of the scales of delusion from the eye. It is not a special suburb of select souls; it is not a closed monopoly of expert spiritual seekers. Like the river Godavari losing its form, its name and its taste in the sea, liberation dissolves the name and form, aptitudes and attitudes. You are no more a separate, particular, individual. The rain drop has merged in the sea, from where the drop arose. Of course there was no bondage, at any time, and no prison; there was only a fixation in the mind that one was bound, that one was in prison, that one was limited and finite!

Sathya Sai Baba [March 2, 1965]

Coalitions and oppositions criticize each other. These who govern manipulate and exploit others. What is left for the opponents is to show anger within generally accepted norms or beyond them. Society sympathizes with one of the sides and

either succumbs to manipulation or draws satisfaction from blunders and negative assessments issued by more courageous opponents.

This is politics. Where is room for love here?

You either support those who manipulate you for their own ends, certainly not for the highest good; or get angry at them and are in opposition. Which of these two groups do you want to belong to?

Therefore, I tell you to leave politics, leave watching it, listening, reading and talking about it. The quality of your life will improve right away.

Keep turning towards the loving Creator and His love, and not towards the world and politics. Politics is like partly spoiled food. It appears to stimulate and cause strong reactions, but in the final analysis it always brings harm. As time moves on, the Creator will let you have a look at the politics and the pathetic state of people involved in it with His eyes of love.

23. What is That?

When I turn to others as if it was to You I feel strange. I have recently had an experience with a kitten that got ill and passed away. I buried him in the garden and went home. First I got emotional, but after a while I heard:

You are crying over the corpse. He did not die.

I did not understand so I began to ask what it was all about. You explained then what I had loved in the animal was not the body, but something else, the breath of life that was enlivening it. When this essence had left the body, it was all over – only a costume remained. The costume has never been alive by itself – like a home without occupant, a car without driver, shoes without an owner.

This event pushed my thinking towards what a soul is and who we all are, who I am. And also, who You are. Are you the sum of all souls? The sum of what enlivens this Universe?

Baba, You are not saying anything.

I am listening to your thoughts.

Dear Baba, how is it really?

Would you like to learn the Truth?

Yes, of course yes.

Love is the truth you look for. Whatever you learn may satisfy your knowledge hungry mind for a while, but remember that this is not everything. There also exists the heart and it needs love.

If you turn towards the loving Creator then He will show you in time what He decides you may know. Be aware that today, many experiences do not fit the tight 'corset of concepts' of your world.

The final day comes and after a while you see that you are outside of the body but that you are still alive, and it is a plain fact.

You can travel to the farthest extremities of the Universe and even beyond its limits, and it is a plain fact.

You may meet great personages of the past and of the future, and it is a plain fact.

You feel wonderfully expanding love, in which feeling of any separateness disappears, and it is a plain fact.

You meet the Creator face to face and experience His love. And it is a plain fact.

It is no small challenge to explain experiences of one world with the notions and words of another world. For example, try to explain to someone the idea of water being wet. It is rather difficult even though it concerns strictly physical experiences. The difficulty is even greater when you describe experiences of one world with the conceptual apparatus of another.

But also the other world has many layers that differ from one another.

The journey does not end after leaving the body – it only just begins. And my travel agency is the best in the whole Universe.

If you ask "Who man is?", then I can answer you the following way: go out on the road and listen intently to the wind. Listen to it for as long as the message it carries reaches you.

What can you hear?

Wind is a gift of God's heart. It touches everything around with extraordinary softness. It blows and does not blow at the same time – it moves and remains in place. It is a gate to another Reality, the world of Light and love. Wind opens the door of Mystery. It is sweetness of Love and the touch of Divinity.

Each of you has the golden key to the door of the Mystery in his hands. The ability of turning with love towards Divinity is that key. Love breeds love and there is more and more of it. The Creator is the most loving Being in the Universe. The Creator is everywhere, also here and now next to you.

Keep turning to the loving Divinity and there will be more and more Love in your life. This is the most important message that is worth stressing.

You do not need to believe in anything, you do not need to be believer of any religion. You can and should check everything. Begin now and there will be no end to unusual discoveries.

The loving Creator is within. The loving Creator is without.

The loving Creator is everything – also here, now. What you are holding in your hands is a gift from the loving-you-Father, and even the gift of a part of Himself.

The loving Creator is everything. Keep imagining this fact intensively, until one day you will see the reality the way it is. You will see Him, the loving Light that will shine from and through all things.

The sea is very quiet at the night time.
Stars glitter brightly above the water.
Silver waves sway at the feet during summer's evening.
Love is within the arm's reach.
Everything is unreal.
Do we float or is it love that gently rolls?
And flows through the Universe.

When man disappears
Vast space appears.
It is filled with love.

We can attain liberation even while performing worldly duties, if our mind always remains immersed in Divinity. Whatever work we may do, do it as offering to God.

Sathya Sai Baba [108 Sayings]

Baba, if so then who am I and what am I doing here?

You are.

I am.

This is the crux of the Matter – the being.

My mind does not grasp it.

Ask yourself the question what this mind is.

I meant to say that I was trying to understand who I am, to grasp the meaning.

It is a futile effort. Do not ask yourself about the object, ask about the subject. What does it think? Where do thoughts come from? Then go further and ask the question about the nature of the mind. What is it? What is That. Do you understand the question?

I do; You know I do. All the time – in silence and in focus, in noise and in lack of concentration – *That* is what it is all about. The whole Universe is that question – what is *That*?

This is good question: what is That?

Central and most important question.

Yes.

And what should the answer be?

Life is the answer. But only a part of it since there is something else, Something that is the Essence.

Yes, that which we call Life is the Answer.

But we still do not know, I do not know what it is.

Putting of this question is getting onto the threshold of the Mystery. The Mystery means stopping of the mind. Do not look for the answer using the mind as you will find some notion, a word, a sentence that will calm the mind down and give satisfaction of so-called "understanding".

Where to look for the answer?

In me. The answer is blowing in the wind – the wind of Love.

It is what is expressible and what is inexpressible.

You will be closer to the truth if you say that there exists only That which is inexpressible.

Pay attention to the movement of the mind. This is creation of moments. There are words and there is creation, happening of moments, events and expressions. What is their basis? Do you see the limitations of the mind? Can you see through them?

The whole world appears and lasts in the mind. Without the mind there is no independent being.

But go even further, or rather go in a different direction. Love is above and beyond the mind. Do not seek cheap answers in the world of notions. Seek Love, seek the loving Creator and the necessary answers will come from Him with time. But even they will not be important – He and His Love will. Come close, cuddle in His radiation, in His boundless Light. It will enlighten your further journey.

Stay in love.

Love is beyond questions, doubts and issues. Discover Love and learn getting to it from the dry fields of the mind. You will find solace and rest in it. You will find Yourself in it one day.

What is personality then?

It is clothing in which Divinity appears on the Earth.

I delude myself that I would understand some more by asking You questions, but it looks like a futile effort. The difference between us is inconceivable for me and I am starting to doubt if even the question itself makes any sense. Perhaps I am not able to comprehend the question, not mentioning the answers.

The question makes sense since it points the direction out of the deadlock in your world. Many things are unclear today and this is a natural situation. It is

worthwhile to ask since with every question and turn to me a transformation comes about.

Satisfaction and dissatisfaction are the result of actions of the mind. Put them aside – Divinity is even further.

Go towards it regardless of satisfaction and dissatisfaction. Get close to the Creator and stay with Him in the sweet unity of love. This step will give you liberation from questions and answers.

The Universe is a film that is being played on the arena of mind. There exists only the loving Creator. He is inside and outside.

Oars evenly go into the water.
We row lightly through the morning mist on the lake.
World around is waking up from sleep.
Love is everything that exists.
I thought I was a part,
but I realized it was not true.
There exists only the Whole. He.
Love has shown this to me.

During the summer, the land gets heated up and is completely barren. As soon as there is a rainfall, things begin to sprout and the land looks green. Wherefrom did the sprouts come? Before sprouting the seeds remained in the earth and when the rains came, they began to sprout. If there had been no seeds earlier, the sprouting would not have occurred. Likewise, karma (past deeds) is the seed for human birth.

Your present life is a reaction, resound and reflection of your past actions. Therefore, you are advised to, "Be good, see good and do good."

When you perform any action you do not think about the long-term consequences. You are preoccupied with the concerns of the moment. But when the final results come you are frightened. Whether results are pleasant or unpleasant they are inescapable.

If sugar is dissolved in water, even if you think it is poison, it will only do you good. But if poison is put into water and you drink it, thinking that it is sugarcane juice, it will be fatal. If you regard something bad as good and act on it, the results are bound to be bad. The results are based on your actions and not on your fancies.

Sathya Sai Baba [October 2, 1988]

24. Who Is Man?

Many years ago, when I was still very enthusiastic about the possibility of contact with the Master, I had the following experience.

I was talking to a friend who told me that evening times, just before going to sleep, out of the blue he keeps getting images of far Siberia, empty tundra, where he builds a house. He goes to bed and after a while sees himself mounting heavy wooden beams, windows and doors, building a furnace. These clear images and action he takes part in last for about 10 minutes and then he falls asleep.

At that time I was learning how to talk to the Master according to the scenario wherein I open a door of a house in the wilderness and there is somebody standing behind the door. It had always been the Master of course. I told the friend about it and gave him all the details so that he could complement his own exercise.

There was another friend of mine who used to teach me contacting the Master and who knew well the first friend. I told him about the other friend's problem. Later the Master told him that what I had done was not right, because this was the way the friend was building a protection from the outer world in his consciousness, which would allow for him easier and smoother inner maturation. He added that his time for direct contact with the Master has not yet come, and that it may not happen in the present incarnation at all.

I met again with the first friend about a week later and an unusual situation arose. We sat opposite each other and at one point I saw a strange thing: a column of energy had come as if from somewhere high and it "entered" the friend. Then that "Someone" said, "What you told me was wrong."

I was under the impression that some very powerful Being was messaging to me in that way. "Yes, I know!" I answered.

After a while I noticed that the friend realized that what he had said a moment earlier did not make sense in our conversation. Coming to his senses he said "Hang on, what was I talking about...?", after which we had continued the conversation.

Master, could You comment on this experience?

It was supposed to show you that what you see daily is not everything that exists, and that there are regions as well as forces you have no idea about. It was a very good experience. It is good that you still remember it today.

[...]

A true Master makes people become Masters, not disciples.

25. Lessons on Trust

I am thinking about a new project based on research and conclusions therefrom. I would like a book to arise from it.

Let me hear the question then.

Just so! I would like to ask You what You think about it and how to change or supplement this project so that You like it more. Perhaps I should give it up altogether? I hit upon the idea today during mediation. I presume that this is an effect of thinking about similar things lately.

Let us organize everything in order. You have a problem with the fact that the idea seems to you to not be fully fine-tuned. And this is really the case.

The research you think about is an interesting idea, yet you still need to wait for some additional events to understand what I mean. Everything in life requires maturity. Right now you are maturing towards my way of solving the issue.

Be patient and everything will become clear with time. Today some pieces of this jigsaw puzzle are still veiled, but be sure that they will be unveiled at the right time.

That means I should calmly wait for what will come. I feel that I am already substantially ready with many things.

Yes, it is true. But the time of seeing the matter fully is yet to come and you should not speed it up.

While pondering about it for a while I came to the understanding that I miss some sort of pivot in it, something really positive that could be done for people or for You, something that will bring some good, uplifting effect.

You are wrong. You do not see the whole. Direct your thinking towards me and towards what I would like to include in it, not towards what will give you satisfaction of "seeing the whole." So far you have done many things without deeper thought and understanding of what is needed behind-the-scenes, including the spiritual aspects of things.

Know that you are not able to understand many things and, to boot, it is not necessary. Believe me, a greater part of your thinking process is an obstacle to clear access to what I tell you inside.

More confidence in me, more reliance on my Love and Wisdom than on your own ideas.

You know the solution – approach the Creator and stay with Him. Did you leave? Learn coming back then. With time it becomes as natural as breathing.

Thank you for these words. I realize I have become too enterprising in my plans and perhaps have not given You the place in them as I should have.

This is the key to the whole riddle of succeeding and not succeeding in undertakings. More turning towards me, more harmony with me and everything will go much easier and will be closer to my perfection.

There is no need for so much trouble, confusion and effort to achieve a good result. Remember that I am taking care of everyone and everything.

Remember also, my dear, that every event is a lesson allowing you to get closer to me. Learn love, learn sacrifice and devotion to Divinity. These are the most important lessons for you here – the most important.

Love and devotion – ask for these two wonderful gifts of the Highest.

Master, if You were to point out three or four qualities You would like people to possess, what would these be? Is this kind of approach reasonable at all?

Yes, it makes sense of course, and the answer is simple.

The great four qualities or abilities are:

*the ability of turning towards Love,
devotion to the loving Creator,
patience, and
selflessness.*

Master, I will ask You yet another question of the “silly” kind: is there any simple recipe to develop these qualities?

Yes, of course there is. I have been talking about it since the beginning of our meetings. Approach the Creator, embrace Him, nestle in His hot radiation. With time, everything what is good will surface. With time, everything that is negative will become apparent, will burn out and disappear. It may take a few months, a few years or a few lives. But the effect will be incomparably stronger than that achieved any other method.

In addition, ask Him in warm prayer for these four gifts. They will come. He will not deny you.

I realize that having eyes fixed on the future and upset by the fears it portends, I have departed from trusting You and succumbed to ordinary thinking about problems and my ideas of overcoming them.

The lack of trust makes life harder and something that could go the short route must take a detour. More trust. Learn to trust.

Master, I have an important question at this point. To what extent should one rely on his own experience and to what on trusting You? This question might be formulated somewhat wrongly, but You know what I mean. I also would like You to answer: How far one can go trusting exclusively in You?

Finish what you wanted to say.

Following your voice.

Oh, now the picture is full.

Firstly, let us take a look at the relationship between memory and the future. Memory and experience relates to the past and is its result. Except for very rare cases you do not have any insight into what will happen in the future. At the same time, acting based on complete trust in me seems to be difficult for you and often unreasonable.

Thank you, Master, this is exactly what I meant.

Secondly, the most important problem you touch on here is fear. You are afraid of the unknown, you are afraid of indeterminacy. Confronted with these, you become unsure and careful.

Yet without trust every work, every step forward is very difficult. If you realize this and start slowly departing from your fears and build trust in me then your living will be better and easier.

I demand a certain degree of resignation from your own plans in this regard.

Be aware that you will not force me to following your ways. It is you who should follow me, not I who should follow you.

Surrender to the course of events with confidence that regardless of what they will bring you, you are on the right track. Sometimes it is difficult to understand this, so for the time being simply accept it the way it is. Assume that the result, the final effect of all events will be positive.

Master, I will take the liberty of noticing that some events are difficult to accept as positive in our world. Examples are financial ruin, suffering and death of kith and kin.

Nevertheless they happen.

I could be answering your questions for months on end, but it will be a hundredfold better if you yourself think up a situation, in which each event you mentioned brings an element of good.

Secondly, should everything be the way you want, nobody would even ask the question "why." You would be living in a sweet delusion without any possibility for development.

But let us not stray from the main thread. You may begin to learn to trust me right now.

Firstly, try to understand that trusting the Divine Father is very much needed on the spiritual path. Keep coming back often to the matter of trust in the love and power of the Higher Force. Make the trust the lasting element of thinking and action.

Secondly, keep turning to Love, so that it settles situations its way. Not everything will always go your way – it will often be different. Learn accepting this fact. Learn accepting reality the way it is.

Allow the loving Creator to act.

After each experience you may ask Him for pointing out what you can learn from the past events. A hint may or may not come.

Love me and my uncertainty. Even learning is not as important as love.

And you are just one step away from love. It is enough for you to get close to me right now. Do not let me wait too long.

According to what I just heard now, I postponed working on the project for an unspecified time.

A few days later I was sitting and talking about the project with my friend. We sat there, I was telling something. I do not remember what I had said when suddenly I felt as though hit by a thunderbolt. In one momentary flash I understood that the project I was thinking about is not only pure business. As it concerns research on human behaviour, it applies to life and therefore all of us, to a degree.

While describing this insight today, I cannot see any logical reason for it to cause such a strong mental shock. But at the time it had happened I knew that I was touching the very essence of life, something so elusive and absent in our culture and yet, incredibly powerful and very nearly Divine.

For many days I had felt as if I was touching living – and difficult to describe – Divinity in everything I came into contact with.

Now I know that nothing is marginal and of lesser importance. Everything we do affects Life, that is, in some inexplicable way, the whole Universe. These words should not be treated as an exaggeration. In a simple fashion I know this to be universal truth, but am not able to explain it more logical way. And I do not even attempt at undertaking such a task.

Back to the project: In the following days, especially during meditation, new ideas used to occur to me which supplemented the earlier ideas. The whole thing now looks more mature and less amateurish. Also, new aspects of the project appeared. Earlier I did not know how to solve certain issues – and now the solution is obvious – it comes from a different approach to the whole matter. And the project that initially was to be almost a strictly business one, gained depth and value, perhaps even in the spiritual aspect. Thank you for it.

If all of you were only ask me to take care of your matters, then, firstly, many things will become easier, and secondly, the depth of viewing them will appear more often than before. Make me more involved in your efforts. Offer me their fruits and be free of them.

Dear Baba, I have heard this many times; now I have an additional question. It is usually a long journey that leads from theory to practice. I work and do some things for money. At least it seems to me that it is the main motivation for my actions. This goal drives me to making efforts and doing more work. Thanks to this, it seems that I am more venturesome.

What is the question, then?

Yes. Please comment on this way of thinking, since according to the spiritual teachings something is not right here. What is not right? And perhaps, how could I change it to be closer to You?

You are in one of the phases of inner transformations. Many things appear on the surface of the mind. They appear just to dissipate into nothingness in a moment. They are being replaced by new – closer to God – thoughts, habits and qualities.

Firstly, you should not burden yourself with anything, nor make a fuss about how you think. There is no point in adding yet another problem to those that exist.

Secondly, the recipe is always the same: once you notice that "something goes wrong," turn to me so that I take care of the matter. Do not create barriers and

do not turn towards yourselves. Love knows well how to find the solution to every situation you are in and it will either show you the way out or will lead you out of it. Let there be more trust.

The general conviction that you are able to manage everything you are faced with is a mistake of today's civilisation. This is a characteristic feature of people in the early stages of spiritual and social development.

When you begin to understand more and see more, then you find that you are not able to do much and nor can you do anything. And that you really do not need it at all for there is another way. The learning of trusting in the Divine Love and Wisdom is that way.

Ask me to direct you to works in which you would be most effective in carrying out of the tasks you came here for. Ask for my hints and care. Ask for love for and trust in the loving you Divinity.

More trust in the loving-you-Creator, more love towards Him – this is the way to God.

Learn to trust. Learn to love. Learn to smile at me. Life then will be a lot better for us all. I am happiness that waits – and wants - to be able to touch you with itself.

These are words of extraordinary beauty, Master.

The reality that stands behind them is what's beautiful. Enter and touch. See how living in closeness with me looks and feels like. Words are only words; words are only a signpost. Do not pay so much attention to signposts, but get in close contact with the Goal.

Love, joy and happiness are real. Just reach for them.

Such wonderful and moving, such untold energy flows from your words alone. There is so much love in You. It is wonderful.

I know that you want to ask me a few more questions about the practical side of what I have talked about lately.

Yes, because I would like to have sort of a practical guide that would form a bridge between your words and everyday practice. It would be a set of guidelines helping to put your words in effect and get close to You. And even better, it could be a complete programme of learning in practice of what You say, preferably written out in the form of a calendar with monthly, weekly and daily entries, in order that we better know what and why we do what we do. I believe that this idea makes sense and would be very useful in practice.

You are laughing. Yes, I know, it is You I should be asking for an opinion, and I should not to follow what comes to my mind.

Yes! Indeed, it is me you should ask for an opinion. I will fulfil your request and give a kind of more advanced programme, but only later on.

Note that my books are just such a programme. A little bit of teaching, some examples from life and a few not very strenuous exercises.

Life is too rich in its manifestations to try to encapsulate it into one set of rules. They all wither with time and become limitations. Therefore we will take another route – one that opens rather than closes, one that shows the direction and helps on the way, but does not define it hundred percent. Whether you go left or right is not as important as you're going hand in hand with the Creator.

Remember that neither words nor concepts from the book are this route, but what is happening at every moment between me and you, is. It is love that flows when you are actively turning towards me – now, here.

This is a very important point to note: the spiritual path is the relationship between you and Divinity.

Remember: the spiritual path is the relationship between us. It is a relationship that does not require a middleman. It is a unique and intimate relationship, a relationship whose base and purpose is Love.

All that is outside is just help, but it may become an obstacle. Books, churches, clergymen and traditions were supposed to help, but have become a source of barriers.

Love is beyond this – above and beyond.

No religion has any rights to it – no religion, no rights.

Each being has the full right to Love.

Love is that which flows between us, between you and me, and not between me and an institution or an organisation.

Love is me and you.

Leave religion and tradition and come to the living and loving Divinity.

Religion with its dogmas and tradition, with its rituals, is already the past. Love is the present, Divinity is the present. Find it. It is here and is waiting for you.

It is within an arm's reach.

It has always been here.

It will always be here.

It has always been available.

It has always waited for you.

This message is just for you.

Master, while reading this book I am under a vague impression that, in some way, it restricts thinking and directs it towards certain mental constructions, and therefore it limits too.

This is a very good observation and remark. It is really so. It is not good and in a moment I will explain why.

Human minds like to shape their outlooks, get attached to them, and most of all they adore everything they consider an ultimate truth. Then they confirm their beliefs, fortify and finally, ossify.

This way all groups, sects and religions come to existence.

Let us do it differently. Depart from what attracts minds. Abandon further processing of data and drawing conclusions. We have had it already; it has brought what it was supposed to bring, but it is time to move a step farther.

Therefore, instead of believing in a new theory I am suggesting an entirely new approach: exchange thinking for action towards the Creator.

Think that you are separated from Him by certain distance to go. You will take no step forward by just thinking about the path and the journey, or wondering about what happened to others on their paths.

Your situation is a hundredfold more important than other people's experiences and discoveries. You will start taking steps on your path when you begin to turn with love towards the Creator, when you begin to meditate and put the inner vision into effect.

You do not need any new religion. You do not need any new organisation. Get out of the world of thoughts and enter the world of love. Philosophy and thinking do not matter there. Leave them for others who derive pleasure from them but will not find happiness.

Open yourself onto the loving Creator, open yourself onto the Being, onto what is. And simply forget all the past. Live in the eternal Now, Here, in eternal love in the Presence of infinitely loving Divinity.

In view of this task, getting attached to any book, theory or philosophy makes no sense. Printed paper and all this literature is only helpful at a certain stage, then it hampers and later even disturbs.

Turn towards Love, trust it, allow being led and soon you will live in a natural way organising your day according to Love, in Love, and with Love.

Life is the only Book worth studying. You may not believe me today, but each its page is about Love. Life is the most wonderful gift from the most beloved Creator for all beings.

My message is clear. Here and now is the time for your turn towards Love. As time goes by you will clearly feel and notice its answer.

Master, let us stop please at this point for a moment. What are we to pay attention to, what to observe? What effects will appear? I would like You to tell us about it, so that we are a hundred percent sure, firstly, that something is happening and, secondly, that it does come from You.

All right. The first question is what to observe. First of all calm down, sit in a place where nobody would bother you. A few deeper breaths will not do harm, they calm the mind down. Now ask the loving Creator for help in your quest. Ask Him to come close with His Love in a while, when you begin the exercise. Then begin watching yourself. Become aware whether you are calm or not. Pay attention to bodily sensations. This step is to test the state "before" the exercise.

Now, still watching your feelings and mental state, imagine having before you the loving Creator in your chosen Form. Come close to Him as to someone very close and dear and embrace Him. Hug Him close.

In doing so, observe what is happening with your psycho-physical state. Does the calmness intensify? Are there any special feelings coming? Is there any change in your mood?

Watch without naming. Simply note what is happening. You may not feel too much at the beginning, but be patient. Clear feelings will appear after some time, and Love will also be appearing along with them.

It is so in my case. Feeling You is very clear, but I have been doing these exercises for some time now.

And that is good. One more remark at the end: treat this exercise the right way. If you want to see what will happen then it is OK, but do not create a situation where you would be using this exercise for research purposes only. This is definitely not enough. It will show you, and later teach, love towards the Creator. This is its goal, not the research alone.

But you asked so I answered. Learn love. Learn what impressions and effects it invokes in you and around you. Teach yourselves and learn love towards the Creator. And then dwell and stay in it for ever and ever.

26. When Love Opens the Door to the Past

A lot has happened lately, but I actually want to ask You, Master, about something else. Why are You laughing?

Well, such is my nature.

Are You laughing at my way of asking You questions? Or at certain disorder prevailing in my mind when thought jumps from one topic to another to finally ask yet a different question?

Questions are good as they allow us to establish a dialogue. Begin.

Well, I want to ask You about the past, about previous incarnations. I think I heard from You on several occasions that in one of my previous incarnations I was a theologian and a mystic. I heard the name today in a dream.

What you have heard is most certainly true. Indeed, it was one of your previous incarnations.

I unearthed a few books that were written at that time. I am really surprised to see this striking resemblance to what You are telling me now. I did not know any of them earlier. Frankly, I do not know what to think about all this. I know, You do not say anything without

a reason so there must be something important in this information, but I cannot figure out what it is.

You do not need to figure anything out. Just ask. This will be the easiest way.

Master, please tell me what it is about, why is it that You told me about this matter just now?

Many years ago you asked me a few questions. The meaning of your being here was one of those questions. Know, then, that this meaning consists in passing the content that you carry in your heart on to others, passing on of what I have to say and by doing so directing people onto the path of Love. Today's dream and the information that has appeared in it emphasize the importance of this task. It is not the first time you are carrying it out.

We talked four hundred years ago too. You wrote a part of those conversations down.

Knowledge about the past reinforces a strong determination within you toward taking on this solid task of writing down my words and teachings that I direct to people. You will receive help from very many people and very many will turn to me and find Love thanks to what I will pass on through you. For now we have the time of a new handing out of Love, a new sharing of Love.

Live in love – all of you.

So this is my role here, my task?

Yes.

I know, I am picky, but You said earlier that this writing is paying the past karma off.

You are picky. This does not contradict the other; everything has its own meaning.

Actually, I do feel it, although I cannot express what I feel and see. This is a distant vision, a hunch about harmony, sense.

Harmony, sense and love are what dwells in man's heart. Your task is to express it a way that is close, accessible and understandable for thousands of people. This is the end of your journey, a summary of all previous incarnations and the last leaf in the book of life. Fill it with writing of my words of love.

It is a wonderful answer. Thank you for it.

I feel strange today while walking the same streets, seeing the same buildings and churches as four hundred years ago. I also have this hunch – verging on certainty – that most of people I got to know here lived at that time and that I also knew them then. We are something like a big family, a wide group of friends. Yet, the short memory prevents us from carrying this knowledge over subsequent departures and rebirths. We all are old friends.

Yes, this is also true. Masters have actively aided you in all transformations you were going through in this life, as in all the past lives. You could manage many matters thanks to their grace. You also gave others a lot. The current life is the fruit of all the previous ones. That is why it is so rich and multifaceted.

Also your profession is not accidental. You do not teach people spiritual life, but have contact with many of them and you are able to pass my blessing to others through conversation and exchange of thoughts only. Many – practically most of them – are outwardly still too weak to understand and carry the spiritual truths into effect. But they already need Love, my Love, so you and I appear.

Do not resist meetings and work. This is the most important thing at the moment – to bring my Love into these difficult conditions people live in. As time goes by this necessity will disappear too; you will work quite differently. I will show you everything. Today, you have no idea about man's capabilities.

Thus, could You, please, give a few tips what to do, so that what I do would become more important for You. This perspective of four hundred years demands a completely different notion of what is important. It seems to me that at that time it was love towards You which was most important. And it is this testimony that has survived over centuries. Love builds bridges where it seems impossible. Love brings together and unites.

Love is all that exists. Neither time nor things, neither past nor future exist. Only Love, Light exist. Only God exists.

The perspective of four hundred years is to draw your attention to the fact that there is yet another level hidden behind ordinary life. This hidden dimension contains deeper insights into the meaning of existence. Only in this perspective you can understand the significance of events and what you are still to meet with. Only in such a picture you will be able to at least partially grasp the rules of the game.

Understanding of the law of cause and effect leads to liberation from the circle of life and death. Many of you are already prepared to take another step towards Love. I will open the past for you so that you can take advantage of the knowledge and conclusions drawn from it to more fully turn towards Love.

Without the knowledge about reincarnation you are not able to understand neither yourselves nor the world. Love will open all the doors for you.

But remember that it is not the past that counts, not what you used to be nor what you were doing. It is only a context to which there is no return. Love is what counts most of all – Love here and now.

Begin cooperation with Divinity. Do not create new limitations. Learn getting rid of old ties and not creating new ones.

Hand your ideas over to me. Give yourself, the mind, the body, the past and the future to the loving Divinity. Give your notions, plans and dreams. Get close to the loving Creator, get into close contact with Him. Get into unity with Him and stay that way.

Do not go down, and if you do, come back right away. Love forgives a thousand times.

And when you see the past, leave it again and forget it. Offering it to Love, close it for good and leave it behind.

The past comes to people in dreams, visions, during meditation. Watch, observe, turn towards Love and later forget and be free of it. Do not get attached to whom you were in the past. It does not matter today.

The teaching you will receive should raise your awareness of different approaches to creating karmic relations. You should be much more careful in this regard. You do not understand it; you think your life is about relationships.

Life is like a great empty space which you try to fill with pictures from the past. I encourage you to a better move: leave the space empty and turn towards the loving Creator. After some time, maybe in a month, and perhaps even today, Love will appear and will be coming more and more often.

And one day it will not leave and will stay with you forever.

Love directs all of you towards itself. Follow what it brings with itself. Go together with Love and follow it.

Love is the Creator; it is you – the real you.

Agree to new events and new phenomena and surrender to their course. Divinity is everything, Divinity is everywhere – in you, above you, around you. Everything is Divinity loving you without limits.

I asked You for an insight into previous incarnations and the result came almost immediately. In a dream, I was entering one of rooms of a big landed estate. It was in United States of America. A few men accompanied me; we were armed. After a while we took five or six soldiers of the Confederacy captive. The Civil War was coming to an end and these people fled before armies of the North. They came to my property where we captured them.

Then there were images of life from those times. One of prisoners milked cows but as a result of an argument with one of the managers of the estate he got very excited and spilled the milk on the ground. I tried to calm these people down. I did not feel hatred for anyone and did not want any row.

One of women, young and very pretty, fell on her knees and pretended to have eaten grass. “Now we have no milk and will eat grass,” she said. It was her protest against the way the prisoner was treated.

I was standing in the field. It was the beautiful autumn time, all around; the gold of grains, the redness of leaves, and the ripe greenness of the oak wood nearby. There was so much love in that scene! It was present everywhere, omnipresent. I was happy. Just beside me, on my right side another woman was sitting. I bent down and whispered to her ear “I love you.” I met her in India in that life. Then the scene disappeared. Only the feeling of love, elation and happiness remained.

Dear Master, it is impossible to express what I feel for You. You are so beloved, someone really most beloved. Thank you for finding me and for teaching and helping me for years. Why do You do this? I would like to ask You this question before inquiring after the past. I love You – You know this.

Love is what we have in common and this is actually everything I have to say. Love does not require many words – you know this. I am Love and have always been it. I am pleased with your discovering this.

This discovery is the source of great happiness every day and there is more of it every day.

And this is only the beginning. We are unity in Love and Happiness. Human life leads to the point where everyone can and should discover this fact. For fact it is.

Get close to Love, fill yourselves with Love. Let the loving Creator dwell within you, in your hearts, bodies and minds. Time of great Liberation is approaching – Liberation towards Love.

I know that I do not write this book for myself; I am writing it for You. I think that the readers would like to know what they can do in order to get close to Love and become one with it.

This is a very good question. Firstly, with due consideration, they should turn to me asking to help them on the path towards Love. I will not deny anybody, and some of you will shortly become aware of my actions.

Secondly, meditate – following the meditation I have described, asking the loving Creator to dwell within every cell of your mind, body and spirit. See everything around as His manifestation.

Thirdly, begin cooperation with me. Ask me for support and to take part in everything you do, regardless of the character of your work.

Fourthly, offer me all the events that will happen as well as the fruits of your work – any work.

Fifthly, smile more and more often at me as well as at everyone around. Nature is a meaningful and wonderful Work of the Creator. It is the Work as well as Him Himself.

Sixthly, give yourself with all your soul and body over to Love, so that it can lead you towards itself, towards Light. Do not be afraid of tears, do not be afraid of devotion, do not be afraid of all these sweet feelings that will come.

Seventhly, keep turning towards love, towards joy and happiness and brushing away all other states of mind and psyche. Ask "Does this state get me closer to Love?" and if the answer is "no," turn immediately upwards entering the sphere of Love.

Eighthly, be yourselves; do not pretend to be someone else.

Ninthly, be quiet and modest. Live forgetting about yourselves. Do not try to be in the centre of events. Do not try to be a centre of attention. Be last. Let there be nothing more important than the Creator and His Love.

Tenthly, know that I am everything, in you, with you, above you and below you. Wherever you look you see only me and expressions of my Love. The loving Creator is within. The loving Creator is without.

The one with the divine quality will be a Brahma-nishtha or one engaged in the contemplation of the Atma within and will enjoy Atmic bliss and sanctify every moment of his life by doing good deeds. He realizes that the same Atma is in all beings as the Antharatma (Inner Self) and leads a blissful life, discarding selfish thoughts. He is a Brahma jnani or Atma jnani, a realized soul, who is aware of the truth that revering others is revering the Lord and hurting others is hurting the Lord. Such persons radiate divinity though they are in a human body.

Sathya Sai Baba [December 25, 1992]

Dear Master, please comment on those events of the past. They were kind of snapshots, very beautiful moments, and perhaps bearing testimony to your Love having always been with me. But I really do not know what can be the meaning of the events I had seen. And I do not know how I could draw anything valuable from this information today. Perhaps I simply do not realize it.

It was one of the incarnations in today's USA. The estate exists to this day and your descendants live on it.

This is no time for returning to those days; this matter is closed. As to information, it showed you one moment from that time, the moment when you had put everything aside and devoted yourself to love. Nothing else existed at that time. This was the most valuable time. Its essence came to you today and it was love that you had felt for everything and everyone. You were very close to the loving Divinity, for it is just that.

Then came other times. You got busy with work and feelings of love disappeared for some time. They came back at the end of your life, during its final years. You have found me, or rather it was me who had appeared in your life and you had become aware of the loving Presence.

Perhaps one day notes from that time will fall into your hands. You will again be surprised how close they are to what you write now and how close they are to what you had written a few hundred years earlier. Thanks to turning to Love in the final years of your life, you had helped your friends who used to live around you. They had changed, touched me and I had become their companion.

Love comes in silence, without fanfares, and when it appears, every moment is sacred.

Love links all past and future events, allows extraction of their essence, their meaning, and to take another step towards the loving Light.

There will come the day, the reader, when love will be accompanying you at every moment. Be sure of this today itself. This text may look as if I were talking to someone else, sometime, but this is only appearance.

At the moment I am talking to you who are reading these words. Turn to me and I will let you feel who I am.

Would you not like to try and check? If yes, then there will begin the most exciting journey of your life.

Smile.

Conscience is this quiet voice which tells us that someone is watching.

Anonymous

Master, have You ever lived on the earth?

Yes.

Yes? And who were You?

Everything.

Well, I see I am asking silly questions. It is obvious, You live in India as Sathya Sai Baba.

No, I am not Sai Baba. The one you call Sai Baba is a body.

I am Everything. Everything that exists.

I have no words, Master, no words.

Thank you for the beautiful explanations of visions from the past. There are still other incarnations from the past I would like to ask You about. I know I had lived in Egypt hundreds years ago. I was a priest there also.

Yes, it is true, if it can be said so.

This is a strange answer, Master. What does your love mean?

Do not think about yourself as of someone limited, someone who lived in this or that body at this or that time. These are only thoughts on the arena of mind.

You are Love that appears through these bodies – not a form, but the Content. Man is not the body. Man is Love, he is Light.

Now I do not know how I should be thinking about the past. What would You suggest?

Oh, it is very simple! Think about the past as about a good film you took part in, playing this or the other character, like today.

And then too, as it is now, the Creator was inside and the loving Creator was outside. There is no future, there is no past, there is no present. There is only the Creator, the loving Creator.

Life is wonderful, isn't it?

Oh yes! Life is beautiful, exquisite! Especially when You are close. You are the Source of Love and Happiness.

Yes, this is the Truth which is always worth having in mind.

Check it, experience it and become it.

During meditation I saw something like a big room or hall in front of me. It could have been some kind of office. Many people were there. They were standing and looking at me as if waiting for something.

They are already waiting for my Words given in this book.

They know the Words will become a gateway to Love of the Creator for them.

Nothing needs to be said here anymore.

God that is hidden becomes cognizable and close to creatures who are His reflection.

Angelus Silesius

Welcome, Master. I had two strange dreams last night. The first one was about me walking with some woman along a wide rail track. Nothing has run on these rails for a long time. The station was quite empty, probably abandoned. We reached there and met two persons – a woman and a man.

The man showed us a pendant having an interesting shape. Inside a golden triangle there was a silver shoe – such an old one – with shoelaces. The whole thing looked very original: a golden triangle as a symbol of Providence and an old shoe beautifully modelled in silver in the middle! I remember that I wanted to buy it for my female companion, but the owner said that he was attached to it and that the pendant was not for sale. It was quite an original dream.

In the second dream I was driving quickly through a cemetery. People, a lot of people were gathered right behind the fence. I saw graves at the rear, behind them. They were standing and watching me with attention. I could feel them looking at me. There were many people. For some reason it was a very depressing view.

Both dreams are connected to each other. The rail track from the first one symbolizes human minds having habit to move along beaten tracks. Here I am talking about your religious doctrines. The choice apparently is large, however these are tracks, ruts from which it is impossible to get out.

Most of today's religious doctrines are like these rails – there is one limitation after another. You enter an abandoned station. You have a feeling that all is being put into liquidation. And it is most legitimate.

The man with the pendant symbolizes people. The triangle with an eye inside is a symbol of Divine Providence. Worldly religious doctrines supposedly concern Divinity, but actually they continuously revolve around corporeality, materiality. Your religions in a majority of cases are the cult of the body. The spirit remains indiscernible and mostly absent.

The shoe is a symbol of the body and corporeality in general representing the lowest, and the least subtle cover of Consciousness.

Human doctrines focus too much on worldly aspects of religiousness and spirituality, but these are least important. It is time to understand that events from Teachers' lives are only a context. Much more important is their teaching, and most important is Love that is God.

Your religiousness stands upside down. You have mixed up spirituality with politics and mores. You called it Tradition and believe in it like sanctity.

You celebrate the birth of God every year by mass killing of animals in order to eat them. What nonsense. What a barbarity. What is the sense of believing in the Immaculate Conception? What kind of value does it bring into your life, into your minds? What do you count on while believing in supposed sanctity of one or another religion? I would like you to try to explain it to me one day. I am extremely curious what you will say.

Your religions are these empty railway tracks surrounded by walls of concrete. Elaborate rituals, hundreds of doctrines and multitudes of alleged saints are like battlefields bristling with concrete anti-tank barriers. Do not overrun.

Believing in the Immaculate Conception does not matter, like hundreds of other ideas. Do you think that Divinity cares about these kinds of things? Do you think that Divinity is so petty-minded as to take offense at you for not performing some funny ritual, or because you do not believe with dedication in some thought up theory?

Most of your modern spiritual teachings are poisons – they poison minds and souls.

It is time to put an end to it. Turn to Divinity above all doctrines and all beliefs. Ask it to bestow on you the fresh feeling of its Self. Love is most important; the rest does not matter.

The shoe as the symbol of corporeality took the place of Providence and Love. That is what the achievements of your religions and the results of hundreds of years of effort by earthly teachers look like. It is time to regain sight and come back to the Source.

Divinity is love and nothing, nothing, nothing else. Forget about everything and everyone and turn towards Love, towards the loving Creator. Build your life based on love for Him, and not on religion and belief. The rest is not important, and is even quite irrelevant and often harmful.

God is not narrow-minded. He does not care about external rites and accomplishments. He loves like a friend, a parent, a child. Love is indifferent to skin colour, creed and race. Love remains love surrounding everything and everyone with love. Such love is the touch of Divinity.

The second dream is connected to the first one. The cemetery is the world and part of the so-called beyond. People observing you used to once see a teacher and spiritual leader in you. Today they are waiting for my words, because they can see a possibility of moving a step forward in their journey towards me. Some of them are currently on Earth; others are waiting on the other side, disembodied.

How am I to understand it, Master?

They have been waiting for my words that I will tell through you. I have done it many times in the past and they know about it. They have been waiting for you to fully immerse yourself in me for they see in it a hope for themselves. By merging with me, you become one of the true spiritual Teachers, passing on living words of my Love.

I must admit, Master, that I still do not fully understand. Do you see me as somebody doing public work? It seems to me that neither this time nor situation is conducive.

What do you know? Consider the following situation. There is a car parked on a mountain slope and the passengers have fallen asleep. The brakes give way and the car quietly begins to roll down. The passengers are still asleep and it is not getting through to them that they are in grave danger. What should be done?

Cry out like a madman and throw stones at the car.

Collect some stones and go on the street to practise.

Master, I love your jokes.

And now think through what I have told you.

I sat in meditation for a while and asked the Master to point out of these aspects of the situation and those hints that will serve Him best. Images of temples and some high buildings came. I had no idea what to think about it.

Temples and buildings are symbols of worldly achievements. They are symbols of religion which concentrates on the external splendour and economy, which builds monuments of its achievements, monuments of pride. Your path is different, because it consists in quietly turning towards Love, so that it can appear, stay and celebrate a quiet triumph every day.

Leave the rest for me. You do not need to go anywhere or organize meetings. It is not necessary. Live your life and only keep doing what I say. My words that you write down are absolutely sufficient in place of any other work in the world and for people that you could do.

I gave you the task of experiencing and then showing others and describing how to tear apart the veil of the mind and stand in the light of the loving Divinity while they are still in this lifetime.

Your life with its pros and cons will be an example to other seekers. And the books are a gift of the Loving One to all my friends.

My dear readers, look at the Author, not the secretary. I have been waiting for you for hundreds of years, and the time has just come for us to meet and live together in love. Come, it is here in abundance.

Live each day as if it was your first and last day.

Angelus Silesius

Another dream came as follows: I was sweeping the sand that gathered on the roof of the papal audience chamber, the big auditorium that is in the Vatican. I had a big broom in my

hands and somehow coped with the work. Interestingly, the roof of the building was red and the whole thing was under the ground, so that the surface I was standing on was almost reaching the level of the pavement. The place where the building stood was quite extraordinary as well – it was in the vicinity of a railway station. The sand was yellow and clean.

At one point – from under the ground, as if from the chamber – there emerged a strangely dressed and combed man. He was wearing a red coat, resembling a cardinal's coat, half of his hair was combed to the side and the other half up, formed in a strange knot like a punk. He had a bell and a small rattle in the shape of a coffin in his hands. He rang the bell a few times. I can still remember the clear sound spreading around. When I paid attention to him, he smiled at me and sounded his rattle a few times. It dawned on me in the dream that the pope has just died. And this was the end of this strange dream.

Yellow and clean sand symbolizes particles of love for God that have always been in the church to this day. But these are only particles. Gathering them, protection and promotion should be church's task, so that each of them grows with time and can serve as inner support for people. Yet the church does not do that, it does not want to and is even no longer capable of doing that.

The spiritual teachings that are present in the church today are nothing but worldly ideas, merely a vague visualisation of the majesty and perfection that the loving Divinity is. You teach believing in absurd, unnecessary and harmful things. You are on the wrong track to salvation.

Today's religious doctrine is mostly based on tradition, which is what people have invented over centuries. It has little in common with me, pure and loving Divinity. The image of God that you carry in your minds and souls is a parody, a poor imitation, a denial of the truth. It is reprehensible that you pass down this kind of image of Divinity to your children.

This is a misunderstanding. If you really want to reach somewhere, reach out to people who have experienced Divinity, not to theological writings. They usually contain unverified and unnecessary theories. Faith is not a virtue; it is merely one of many gifts. Your religious and spiritual teachings obscure, inhibit and kill love towards the Creator.

*Let me repeat it with emphasis: **your religion teaches a distorted image of Divinity.** It kills love towards Him in the tangle of unnecessary concepts, dogmas and rituals.*

There exists no division into the chosen and the damned as each of you and all of you together are the Creator. You have invented many theories that you pass down to your children from generation to generation. Many dogmas are simply laughable and harmful. Armies of saints and the enlightened are only mental constructions that make many people blind to the simplest truth that the One you call Creator is Love. And no other dogmas or doctrines are needed, because all the rest of the spiritual journey is the inner maturation to this Truth and then living with it in love with the Beloved.

There does not exist salvation as you imagine. Neither do hell, eternal damnation nor eternal punishment exist. These are dreams of diseased minds. Only Love is eternal.

Science, which should be a spiritual link of man with God and Heaven, is on the ground level today, and even lower than that. It does not remember about heaven, it does not know the way that leads there and is not even interested in it at all.

You worship statues instead of Divinity. You have plenty of saints by name only, and too many historical figures, places and objects. In your spiritual teachings, materialism and theories have taken the place of the beloved Divinity. It is time to end such – for the good of all of you.

Work at the Vatican used to be your occupation in the past. And it is difficult to say that it had been a good and bright period of your life. Last night I removed all remaining remnants from that time, so it is a reason for joy.

Many years have passed since our meeting during the Second World War. You did not know at that time which side to turn to and you had serious problems in distinguishing between good and evil, which was a problem for someone in your position. Each person has periods in his life when his mind is enveloped in something like a spider's web. It covers thoughts and, in an imperceptible manner, inhibits the flow between inner spheres of being and the outside world. This was exactly the state you had fallen into at that time. You did not know which side to turn to and the prayer that had been a support until then became an empty ritual. You had lived that way for a few months and it was the period, in which a lot had happened outside – the war was sweeping across the country at a rapid pace.

Do not be carried away by or attach any importance to worldly things. Use your time and effort to control the vagaries of the mind and develop mental steadiness. Equal-mindedness means that you remain unaffected by victory or defeat, by profit or loss, by joy or sorrow. Accept whatever happens, whatever comes your way, as the gift of God, to be enjoyed with great satisfaction, regarding it as a gift of love given to you for your own good.

Sathya Sai Baba [*Sai Baba Gita*]

Master, the fact that we talk so much about me and so little about You worries me a little bit. Why don't You tell us more about yourself, about who You are, what you do, somehow introduce us to yourself.

All right, there will come time for it one day, but not today, not yet. Today we will talk about your deeds, about the influence the deeds from past incarnations have on your present situation and fate.

Each of your actions causes effect. You understand it well knowing the intention and work and seeing direct effects of your deeds. However, each action, in addition to direct effect, also brings affects delayed in time. This relation is called the law of cause and effect. Many of you see the ultimate justice in the existence of this law – Divine, historical or cosmic justice. However, know that this is much narrowed view.

This law has many other aspects that you should know about. Its main task is to mould the physical awareness and to impose constrictions on human behaviour. In a broader sense it is your great ally, because it serves learning of love, directing each action on to the Divine tracks. Yes – on the Divine tracks, as uniting of an individual consciousness with the inner Divinity is the ultimate goal

of the path. Hence the direct conclusion that everything that takes place in your life in the final analysis is a step forward, a sign of auspiciousness and goodness of the Creator.

Do not view any event as punishment. Please never think about it this way. A momentous Meaning lies hidden in every event, even the smallest event. An unheard-of Mystery of Life is happening all the time. Attached to the earthly perspective you are able to comprehend only a fraction of the big Picture. But with time and maturity you will see more. Hurricanes, disasters, cataclysms – all these are our joint choice. All events help us as the Whole to pass into even more perfect expressions of ourselves and of the One Self.

The people you meet, the situations you are in, the material limitations, success and failure are all today's image of the past. They are determined by it to certain extent. But the task of today is living according to the principles of Love and turning to it – treading spiritual paths. People who do so are afflicted by the law of cause and effect to a much lesser degree, and this allows them to get over to more spiritual domains of reality. In the case of people turning towards spiritual love the law issues in principle a lower ranking.

Perfection manifests in causes that we prepare and in effects that follow. Interiorly each of you is well aware of this truth; externally it is a great rarity. You are currently in transition towards higher realms of Being, where greater understandings of spiritual Truths and Laws reigns.

That's all for today. Thank you for having deigned to hear me out and write down what I had to say.

Thank you, Master, for your words.

The mind is a bundle of thoughts. Actions ensue from thoughts. From actions flow the fruits thereof. Hence thoughts are the seeds which ultimately yield fruits in the form of good fortune and misfortune. Man is thus the architect of his own life. As thoughts determine actions, it is essential to cultivate good thoughts. Even bad men have been transformed by the influence of good and godly men. Ratnakara is an example of such transformation. Contact with sages turned him into the immortal author of the Ramayana. When the mind is turned towards God the entire life becomes purified. What is needed is control over the senses through devotion and steadfastness.

Sathya Sai Baba [February 13, 1991]

27. Life Is a Dream, Death Is Awakening

We come into the world with a cry but we should not end our life with a cry. We should end our life with a smile.

Sathya Sai Baba [108 Sayings]

Death is ascension into Light.

You are not as yet able to recognize this. The feelings that accompany the departure of loved ones are too strong. But remember that in addition to your feelings and reception there exists also an objective truth. It is the truth that Divinity accepts back those who leave. It surrounds them with ineffable love. Your kith and kin are soon in embrace of the most loving and caring Being in the Universe.

Death is liberation. It is like abandoning a coat that pinches and prevents one from flying up.

When time of your departure approaches think that in a moment you will meet someone who loves you very, very much and is already waiting to meet you. Think that he will cuddle you to his heart and grant you inconceivable peace and mind-boggling love. You will be developing in its rays, you will be discovering forgotten truths about yourself, about those you considered loved ones, and about the world and the Universe.

There are no secrets on the other side and everything is available and known. But most valuable is the Creator's Love, because it is the source and basis of Creation.

Life is a dream, death is awakening, which is accompanied by a feeling of great love and Lightness.

The loving Creator is within, the loving Creator is without. He is omnipresent. This truth is close and accessible after leaving the body.

The Creator is pure Love. You will touch it and it will touch you. You will become one with it. You have your beginning in it and in it is your true home.

You will become convinced yourself as you have had many, many times before. The loving Creator is everything during lifetime. The loving Creator is everything after death of the body. He pervades all the worlds with Himself. His Name is Love.

The same God dwells in all beings. There is no justification for differences on the basis of religion. It is attachment to the body which accounts for religious differences. Do not regard the body as permanent. It is a water bubble. The mind is a mad monkey. Don't follow either of them. Follow the conscience. That is the main message contained in this little book. The culture of ancient India has experienced this truth in the concept of Sat-Chit-Ananda (Being-Awareness-Bliss).

Today people read all kinds of books and go after all sorts of "great persons." They do not enquire about what constitutes greatness. Realize that there is no one greater than each of you. But you have not discovered the real truth about yourself, like an elephant that does not know its own strength. A mahout with a goad is able to control it. Recognize the fact that the whole universe is within you. You have all the powers in you. They are derived from the Divine Spirit within you. It is the Divinity which endows you with a Free Will. Forgetting the supreme power of the Spirit, people place their reliance on the powers of the body, the mind and the intellect.

Sathya Sai Baba [December 25, 1996]

Who occupies the first place in your life? Ask yourself this question and calmly take a closer look at your life.

Try to find the answer to the question: tell it like it is. Try to approach the matter from another side. The easiest way will be to observe your own day. What is your day filled with?

How much time do you spend for taking care of yourself? How much time do prosaic activities such as eating, morning toilet, getting to work take?

Then take a look at what occupies you mind. For how long are you thinking about yourself, your work, family, news, films, books, clothes, cars, past events and plans for the future? You may tell me that you have to do it because of this and that – you have hundreds of different reasons.

And now ask yourself the question: how much time you spend on thinking about the loving-you-Divinity and for how long you do anything specifically for it.

This is the reality of life, not your words. Do this exercise and take a look at the outcome.

'I' and its plans usually occupy the first place, then come family, duties, friends and pleasure. You allow the loving Divinity to take a place in the tenth row.

This is the state of trance I talk about. The world sleeps staring at its dreams and ideas. But they have no independent or real existence; they only seem to be such. In other words, you have mutually agreed that this is what is important, not something else.

It is worthwhile to wake up. Awakening consists in leaving the world of your dreams behind; even this world of dream. Awakening means ceasing to regard your dreams as real and important and gradually immersing yourself into the Beloved One. This is exactly what I wish for you. Be happy.

[...]

You will do everything faster and better when you turn to the loving Divinity. If, of course, the time is right.

28. Spiritual Paths and Paranormal Powers

A few books about yogis and yoga as well as about the Tibetan Buddhism have fallen into my hands recently. I was in contact with these contents earlier, but this time I was perceiving them differently. Most of the texts are stories about events accompanying the spiritual path. Strangely enough, many of them concern work on development of or already possessing paranormal powers. This time I was under an overwhelming impression that these people simply were wasting precious time. Instead of turning towards God or the Highest Mind, depending on their faith, they get involved in strange, often very bizarre practices. Today they are still regarded as a part of the spiritual path, but it seems to me that people will grow wiser and will soon get to understand what really counts.

Master, these are my observations, and now could You kindly please comment on these events?

All right. Let us concentrate on the goal that all spiritual practices are to serve. This goal should be reaching the True Self, Love or Divinity, depending of the path a man is on.

Transferring of many techniques from the East to the West fell short of expectations – to many teachers' surprise. They did not understand that the mind and the inner – and not only the outer – abilities of people in the West are different than in the East. Many techniques that got transplanted onto this ground are simply harmful and dangerous today. Furthermore, today many teachings exist only in a residual and degenerated form. Without direct inner experience they become a collection of odd practices and lead to warping of the mind and heart.

A good spiritual path begins from good goal. And right at the very beginning there is this key question about intentions.

Master, by what, then, should we be guided by in our spiritual quests?

The true preceptor is within, not without. The true Baba is here, now, at this very moment. The Universe is His body. The true Preceptor is the highest Love. Each earthly personality is only a reflection of the Only One. Turn towards Him, towards Love. He is everywhere and will always teach you.

The true Friend is here and now. You do not have to look for me as I have already found you, dear reader. I am waiting for the moment when you begin to turn to me with love.

Ask me a question in the silence of the heart, so that no one can hear. The one who will answer knows the most secret thoughts. Love, the Highest God will answer you.

God is the one who can hear the inaudible.

God is love.

Love has no reason. Love is the essence of love. Only such love leads to God. All other spiritual practices bring temporary joy but they do not bring eternal joy. Only love can recognize and understand the embodiment of love. Where is such love? It is in you, but you constrain it.

There are various sweets but all of them contain the same sugar. Likewise, divine love is within every being. There is no human heart wherein there would not be love. You must see love present in everyone. It was Krishna who was showing the path of love. When human hearts dry up because of lack of love and righteousness, God incarnates to saturate them with love and to sow the grains of righteousness.

Sathya Sai Baba

Life can be compared to climbing a tall mountain. Some do not climb at all, gazing at the scenery from the place they are in. We have a few types of travellers among those who touch the spiritual matters.

Some intensively work out the muscles – these are adepts of various spiritual schools. Among the effects of their work are skills in focusing of attention, activating secret powers, penetration of the Universe and contact with the living beyond life. However this path is fraught with many dangers. If you exercise hand muscles only, you will not be able to walk far. On the other hand, if the hands are too weak, they may not be able to hold you in a critical moment, when you need it.

Practising other particular abilities can be compared, for instance, to developing of neck muscles only at the expense of all others. But a huge neck in a frail body looks strange and is not useful at all in the journey.

Another group practises carrying others. Today all this is called spirituality, but remember that exercises alone, without knowledge of the goal of the journey, most often lead astray and these kinds of people get stuck somewhere along the way, despite the "miraculous" abilities they acquire. With blind belief that the unusual abilities are a testimony to spirituality they, in reality, slide down.

Others instead follow the path of knowledge. They study maps and have a great amount of information about all the aspects of the journey. They are able to passionately discuss about these for a long time. But they do not move ahead at all. Despite the fact that in their opinion a lot is happening, they keep going round in circles.

The most frequent and most serious problem on the path of knowledge is confusion of mental activity with spiritual work. For, thinking that you are progressing does not at all mean you are really advancing. You could be even going down thinking that you know, understand and can do so much.

Exercise itself is not the path. It is like training all your life and never taking part in any competition. Gathering of knowledge itself is not the path, either. It is like collecting maps all your life and never leaving home.

The wise path is combining the exercises with the knowledge about the goal we strive for. The goal is the top of the mountain – uniting with love of the loving Creator.

Love leads, love appears on the way, love enlightens the way, and finally the wanderer and Love become one.

Do you think I want to lie to you? Do you think I make empty promises? Check me. Try me, and try long and hard until you will be 100% sure. There is a reward incomparable with anything else waiting for the persistent.

29. Company of Positive People

Master, in your other writings You often mention the importance of being in the company of people turned towards Divinity. Often, this appears a strongly-held opinion that it is crucial to spiritual development and progress.

No, it is not crucial. It is helpful. Many of you grow spiritually in an environment that is insulting to human dignity, among people who are negative, withdrawn, spiritually indifferent, cynical and directed towards evil goals.

In any environment you find yourself in, there is a task for you, your lesson that you should learn. Its causes reside deeply in the past. What is important is your attitude towards the environment you live in and more importantly, your relations with the loving Divinity.

Do not be negative towards anyone. Do not think bad. Work your way towards the loving Divinity. If necessary, conditions will change. Be sure that Divinity sees and knows everything that takes place. Currently you are in the best possible conditions, most conducive to your development.

In every place of the Universe there is a secret door to Love. Find it. This is the most important task. The rest is nothing but context.

Master, what will You say about the Sai Organisation?

Nothing. Next question please.

Master, many people look at the Organisation as at a certain reference and a role model. This is where my question comes from. Can the Organisation be treated as such gathering of positive people serving You?

No, because the qualities you talk about depend on a person and joining any organisation does not make you instantly become different. An organisation is the sum of members. Quantity does not turn into quality. Love does not get born with an increased number of members. Love comes as a grace of the Highest in response to turning towards Him.

Many people hold others up as models. They consider organisations to be something precious. Look to the loving Divinity and leave organisations to people who need them.

First of all, all of you need love and contact with Divinity, and not with spiritual or pseudo-spiritual organisations. Organisations and associations belong to this world, and the love that flows from Divinity is a gift for man, not for associations.

I think it is worthwhile to ask You a few more questions about the Sai Organisation, for it is being perceived as a movement connected with You.

No. It is perceived differently in different countries, not necessarily as a movement associated with Sri Sathya Sai Baba. There are countries where people view it as dangerous international sect posing a threat to the social order.

Master, I will ask You, perhaps, an impolite question. What is the truth? What is the Sai Organisation, really?

This is a good question. After all who can you turn with it to if not to me?

The Sai movement is a great mosaic of groups and a huge gathering of people. Many of them think that they act on behalf of Sai. And this is the end of the matter, because without having depth of insight they do not understand the

teaching. In fact, they are being guided by knowledge of the world. There is of course a collection of those who came to the organisation for their own aims, a variety of them. Virtually every member, with very few exceptions, has his own aim and intentions.

There, of course, are some people who have infiltrated the ranks of the movement through official channels, on behalf of various government agencies and pressure groups, in order to know and have influence on what happens in it.

They are a kind of saboteur?

No – not only. Undercover agents. They are government agents, agents in service of their political and religious options. The activities of the organisation did not escape their governments' attention. They want to know what is happening on their territory and have an influence on it. These are routine actions. Thus functions the system.

They support promotion of their people, place them in key positions. From there, they can, for instance, provoke corruption scandals, and influence the course of events in negative ways.

They can and they do it.

Master, in such a situation, a sea of mud falls on the organisation, on the people connected with it and of course on Sri Sathya Sai.

There is no sea of mud. This is a trick of the mind. There exists only Love.

I meant the fact that public opinion may be negatively predisposed to the organisation and people connected with it.

Do not forget one thing – that I am also public opinion. I am able to intervene in any situation and, of course, I sometimes do it. But remember that to a great extent it is you who create this world and it is you who are responsible for it.

Learn to look behind the curtain of events. Love will show you it is there.

Change yourselves. Turn towards the Loving Divinity and the world will change as well. Do not expect me to be doing everything for you. You have the power of creation, so create good things. Focus on love, and then the other states will diminish and vanish with time becoming a thing of the past.

Master, I can see a certain problem in that a part of humanity does not want this. These are people who constantly act negatively.

No, it is not as you think. Everybody carries a spark of Divinity within and carries out his own task.

I am telling you today that you have a choice. You may appear in a gangster film, action film, a drama, a thriller or in a whole bunch of love stories. Choose a love affair with God and leave all other films to other actors. Does this get through to you?

Yes, I think so. An unusual and very straightforward answer. Thank you.

Regardless of what you think that you see in the world keep turning towards God. If the world is a screen on which images of events keep moving, then God is the Projector and the Source of Light that enlivens them.

Avert your gaze and mind from movies and turn then towards Light. Love is Light.

An incredible answer.

It seems to me that the Sai Organisation should be viewed as a positive movement.

Yes, one should see the action of Divinity in everything and do not allow love to be overshadowed by a negative image. Approach everything positively, each movement or church included. But do not get attached to anything – except for and exclusively to the loving Divinity.

The loving Creator is everything, he is inside and outside. Everything else, every thought about organisations, their goals, motives and deeds, are actions creating the apparent reality of a thought you believe in.

But you should believe in the Creator, not in the products of your minds. Turn towards Him, not towards organisations, churches or religions. He and His love are outside these. Do not waste time. Life is short and may end any day.

Remember: an organisation is people and God is God. What is more important that can be said on the subject?

Love is contact between man's heart and Divinity, whereas organisations are a part of the world – they work and stay in it. You should go further, not stopping off with others, organisations or authorities. Go. Your objective is to touch Love, become touched by it and later to gradually change into it.

One should not look at any organisation. One should not keep one's attention on the world for too long. One should look at Divinity and draw from it an inspiration to think, feel and act. Leave the reality of the mind, enter the Reality of Love.

Leave everything – the world, organisations, people you know and yourselves. Come to the loving Divinity and stay with it.

Do not deliberate who, what, with whom, why and for how much. It is fruitless and even harmful action.

The loving Creator is everything outside. The loving Creator is everything inside. Adhere to this truth – all the rest are appearances your minds are tangled in.

Good company is important. It helps cultivate good qualities. Strive to always stay in the company of the loving Divinity. This is the best of possible choices.

Irrespective where you are, who you are, what your history is, irrespective what you do, you always have this choice.

A moment of love with Divinity will draw a line through years of mistakes and failures. I will erase and wipe out the entire past with one move. What significance does it have in the face of beauty and depth of Love?

30. Touching God is one of the Most Important Challenges for Man

Master, You said that touching God is one of the most important challenges of man.

Yes, exactly. Life poses many challenges before you. However, you forget entirely about the most important one – that each of you should experience who God is.

Without this step you really know nothing, regardless of your achievements, possessions and titles, and you are in a pathetic position indeed.

Realize that most of what the world tries to make you believe is false. The cult of personality, the cult of the body beautiful, the cult of national symbols and the state itself, the cult of authority, the cult of leaders and of every power, the cult of accomplishments and estates – all are examples of contents with which you poison one another's minds and souls.

Stay out of it. Leave the world and keep immersing yourself in the loving Divinity.

Do not pay attention to anything else – follow your path protecting the most precious thing you have got.

Your first and the most important challenge is experiencing Divinity and finding out what it is.

Even more important is merging with it.

Get close to the Creator, cuddle Him tight to your heart and stay that way. Let others who subscribe to other values take care of the rest. Turn away from the world and follow me, follow Love.

31. Take a Look at Yourself Today

If you want, I will show you another way of quickly getting close to me and my love. You may have read a lot before and may consider yourself familiar with spiritual teachings. If so then it is good – we have a good starting point.

Know however that theory always differs from practice. You may think that you know and understand a lot, but in reality it is not so. You do not even know yourself.

Take a look at yourself. Do it calmly, without the smallest trace of judgement – without calling anything good or bad.

See your reaction while talking to others, while wandering streets, going to work. See what really creates your mind. Take a look at what your life contains. Do it without judging – just look. All the time you are dealing with the past contained in the mind. All the time echoes of your past come back; echoes of your upbringing, of what you have read or saw on television.

What happens when you talk to a fellow worker?

What happens in you during conversation with your manager?

What happens in your mind when you watch TV programmes?

What is your thinking about the future, what is your thinking about money?

And when you see enough ask yourself the question, "How much of what you know is in harmony with me? How much is close to me and my Love?" When you do it honestly you will quickly see the divergence.

But even this is not important, nor is watching of what is important. By knowing what is divergent, you can free yourself from misconceptions of yourself, your knowledge and, God forbid, greatness.

Seeing what is you may immediately turn to the loving-you-Creator, putting yourself and the world aside.

Be these who do not pay attention to the world, be these who do not pay attention to themselves. Live on the sidelines, being these who keep constantly turning to the loving Divinity.

Today, take a look at yourself and turn to me.

My Mother is Love,
My Father is Love,
My Prophet is Love,
My God is Love,
I am a child of Love,
I have come only to speak of Love .

Mevlana Mohammed Jelaled-Din Rumi

32. Subtle Energies

Master, what is the role of subtle energies in the process of spiritual development?

It is crucial. Subtle energies spread out "from here to Divinity" in a fluid bridge between the Highest and the outer world. Do not think, however, that you are separated from Him in any way. Love pervades everything. The whole Universe and every man is in it and even he is it itself, constituting unity with the Loving One.

Each of you has the power of creation, the power of wielding energy, which results in effects in the outer world. Let us take the simplest example: you think of something, create a plan and then make this object, be it a drawing, a pizza that you will prepare or a book you will write.

The focusing of consciousness gives rise to mental waves which with time get transformed into thought forms; these in turn attract energies of other, lower kinds. This is how ideas arise and then manifest in a physical form.

During centuries of existence each of you has collected many such ideas, which have not been able to manifest themselves so far. They stay in you as "unfinished works" waiting for their time. This is why it is so difficult for you to break free from the physical world.

Thought forms filled with energy keep your consciousness in the sphere of material matters. You have to keep coming back to the Earth to still "complete" something. For many, many, of you the returns no longer make sense; you belong elsewhere.

Additionally, the thought forms from the past are not anything valuable. They are the desires of possession, of being somebody, the desires of showing oneself off in certain situations, the desires of fulfilment in profession and in life, the desires for possession of fortunes and of life at one's own discretion.

Trivial thoughts and desires have such a great influence on your creative power that you consider it appropriate to keep coming back to Earth time after time to indulge in unnecessary and meaningless pleasures.

Today I am directing these words to many, many of you: I am ashamed of you.

You do not have to stay in this world anymore. You may live in constant love right by Creator's side. The time has come for leaving the field of physical impressions, for coming back home and taking on new tasks.

A focused thought has great power. From now on begin using it more consciously. Start turning thoughts and desires away from physical matters. Do not spend so much time on thinking about things you would like to have and on states you would like to find yourselves in.

Each such thought attracts energy and begins revolve around you in the sphere of your aura. It waits there for its time to manifest. Especially strong thoughts tie you with them so firmly that you keep coming back to them habitually. These are the habits of thinking of yourselves, about others, imaginations that you are such and such, that you like this and that is repellent to you. With time, the habits become a lasting characteristic of your mentality. This is the way character gets created. Thoughts get transformed into tendencies and these with time into personality traits.

We say that someone is of good or bad character. Remember that just like you have created it, you can change it too. You have this potential to change all the time in yourselves; all of you have this power of controlling energies and it is a particle of the Divine power of creation. And if you make a decision about the change, you are able to bring about changes in yourself to the extent you have no idea today. There is no such habit or even personality trait that you would not be able to change thanks to focused effort.

Master, it is widely believed that each habit can be changed within 21 days by working with affirmations and visualizations, for example.

Yes, this is partly true. In this period the first distinct changes in the mental spheres occur. However, one should not confine oneself to such a short time. The true and lasting transformations take place over one to three months. After this time the new programming begins to operate. The time is needed for complementing thoughts with appropriate doses of energy, for consolidating and integrating with existing qualities.

My goal is to not to make you grow attached to earthly matters, but to take you to union in Love with the Creator. It will be good for you to know about these mechanisms from me and in case of need, be able to use them in order to create in yourselves or others desirable tendencies, habits and, ultimately, good personality traits.

Working with these energies resembles raising children. It requires firmness, patience and consistency in action. Liquid mental matter will give in with time and take the desired form.

Patience and firmness?

The patient forming of new habits, a resolute turning away from old habits and consistently moving forward are the three stages of bringing up.

Learn raising yourselves. Knowing how to do it, you will have fewer problems with others, including children.

See how nature works. A tree seed falls into the soil. It sprouts, it comes into first leaves, then intensively grows to reach, sometimes after many years, full maturity and size. All processes in nature require some time. We call this law the law of growth. Be patient.

Small steps lead to the same goal as big ones do but they are less risky.

Love is the astrolabe of the secrets of God. Whether being a lover is from this or that origin, eventually it is our guide to that Divine Origin. For although the explanation of the tongue is an excellent illuminator, yet Love expressed without the tongue is much clearer.

In attempting its explanation, the intellect lay down like a donkey stuck helplessly in the mud. Only Love itself spoke the real explanation of both love and being in love. The sun is the demonstration of the sun: if you need proof, seek it from the sun and don't turn your face away!

Mevlana Rumi

33. Master's Comments on Previous Works

Today, hundreds of thousands of people read your works that were written centuries ago. This is good literature provided that one sincerely follows the teaching and does not only increase the mental store.

Place below excerpts of works I will point to. I will add a few words of comment to them.

In this way I will show how to understand them today and will impart appropriate direction to mental currents.

Let us get to work then and close the past behind us.

You are not able to do it yourself, therefore I need to spell it out and take the remaining karmic effects on myself. This is the way to liberation.

Master, thank you very much for your help and this wonderful offer!

The tome *Ascent of Mount Carmel* tells how the soul should prepare itself for quickly uniting with God. It gives warnings and very useful knowledge for both the beginners and the advanced, so that they would know how to shake off mundane matters, not get burdened with spiritual things, but to stay in a complete denudation and freedom of spirit that are essential for uniting with God.

Thus begins "Ascent of Mount Carmel," a monumental work, a clear signpost that has pointed the way to uniting with the loving Creator to tens of thousands of people. It has shown the traps and dangers that involve following a spiritual path. It has pointed out so clearly for the first time in the Western world, the dangers posed by the effects of thinking about oneself, this hidden form of pride and selfishness.

This is a great work, going far beyond its times.

Its message was simple: do not seek values and joy in sensory or extrasensory things. Do not do so in the created world and attachment to it, or in the world of supernatural phenomena and attachment to them. And, what is very important, after getting rid of these two dangers, there will lurk for you a third one – the pride and conceit of spiritual achievements.

This path is difficult but safe, because in any situation, on face of any phenomena, be they external or "supernatural," you can renounce attachment to them and in humility and denudation continue to give yourself over to God. This is a difficult path, but the prize is worth it a hundred times over.

Today, we supplement the "Ascent" with hints that will more quickly direct a spiritual man into the sphere of Divine radiation. However, the main message of the "Ascent," which consists in concentrating on the most important goal and on serving it certain austerity and discipline in relation to oneself, is still valid and will remain valid for the coming centuries.

Love and Goodness.

We may say that there are three reasons for which this journey made by the soul to union with God is called night.

The first has to do with the point from which the soul goes forth, for it has gradually to deprive itself of desire for all the worldly things which it possessed, by denying them to itself; the denial of which and deprivation are, as it were, night to all the senses of man.

The second reason has to do with the means, or the road along which the soul must travel to this union – that is, faith, which is likewise as dark as night to the understanding.

The third has to do with the point to which it travels, namely God, Who, equally, is dark night to the soul in this life. These three nights must pass through the soul – or, rather, the soul must pass through them -- in order that it may come to Divine union with God. [...]

These three parts of the night are all one night; but, after the manner of night, it has three parts. For the first part, which is that of sense, is comparable to the beginning of night, the point at which things begin to fade from sight. And the second part, which is faith, is comparable to midnight, which is total darkness. And the third part is like the close of night, which is God, which part is now near to the light of day.

John Yepes [*Ascent of Mount Carmel*]

Compared with Love, all manifestations that have emerged from it are of little significance. The world of phenomena is only a shadow of the true Reality that are Light and Love.

Your life consists of constant choices. You make tens of decisions every day based on beliefs, views and values. The question is what these choices serve. What values do you adhere to? Are they the loving Divinity and Love or personal interest, comfort and habits?

Take a quiet look at this process. See how much habitual action is in your life. We do this and that a particular way because we have always done this way, because we were taught this way, because it is convenient this way, because I do not feel like thinking, because I do not feel like making any effort. I am not judging you or what you do – it is not my intention. Simply take one good look at the way you think and the effects thereof.

Most of people live giving in to inertia, without giving serious thought to what they live for and why things are the way they are. Begin to observe this process and it will give you insight into how many possibilities of turning towards Love you still have. Every mistake here will be showing the direction towards the light. Each stumble you notice will become a step towards Infinity and Love.

You are attached to many things. While heading towards Divinity you should be reducing the number of desires and decreasing the number of attachments. It is not about getting rid of objects here; you may get rid of a thing and still keep thinking about how much you have lost and how valuable it was. This is not getting rid of an attachment. Getting rid of an attachment takes place when you are able to give away or sell something and you do not think about it anymore.

Gradually diverge from surrounding yourselves with many things, keep decreasing their number and try – while putting a ceiling on your desires – to move to the position of humility and being satisfied with the smaller rather than the larger. Attachment, possessing and importance feed and inflate the ego.

Faith is neither the best nor the only means to uniting with Divinity. Let us rather talk about the faith in existence of a loving God and love towards Him. It is love that connects and unites. Faith is a state of the mind and love is a state of the heart.

Faith may move aside when there appears Love which is a proof of Existence. Faith is only a step. Many people today believe in completely unnecessary and absurd things, therefore I repeat: faith is only a step towards knowledge about the existence of the loving Creator; love is a proof of His existence and the best means to union. The work with Him and for Him is an expression of the inner Divinity.

To compare the state of soul or mind of an aspiring man to the night is beautiful. It shows the state of darkness and abandonment, leaving what one knows and possesses and immersion into in silence and calmness, in which Love and Divinity will appear as time goes.

During night and in silence you begin to perceive your modesty, defencelessness and helplessness. That is a good time for turning upwards towards the loving Creator and hearing His answer.

Of the hindrance and harm that may be caused by apprehensions of the understanding which proceed from that which is supernaturally represented to the outward bodily senses; and how the soul is to conduct itself therein.

What we have to treat, therefore, in the present chapter, will be solely those kinds of knowledge and those apprehensions which belong to the understanding and come supernaturally, by way of the outward bodily senses – namely, by seeing, hearing, smelling, tasting and touching. With respect to all these there may come, and there are wont to come, to spiritual persons, representations and objects of a supernatural kind.

With respect to sight, they are apt to picture figures and forms of persons belonging to the life to come – the forms of certain saints, and representations of angels, good and evil, and certain lights and brightness of an extraordinary kind. And with the ears they hear certain extraordinary words, sometimes spoken by those figures that they see, sometimes without seeing the person who speaks them.

As to the sense of smell, they sometimes perceive the sweetest perfumes with the senses, without knowing whence they proceed. Likewise, as to taste, it comes to pass that they are conscious of the sweetest savours, and, as to touch, they experience great delight – sometimes to such a degree that it is as though all the bones and the marrow rejoice and sing and are bathed in delight; this is like that which we call spiritual unction, which in pure souls proceeds from the spirit and flows into the very members. And this sensible sweetness is a very ordinary thing with spiritual persons, for it comes to them from their sensible affection and devotion, to a greater or a lesser degree, to each one after his own manner.

And it must be known that, although all these things may happen to the bodily senses in the way of God, we must never rely upon them or accept them, but must always fly from them, without trying to ascertain whether they be good or evil; for, the more completely exterior and corporeal they are, the less certainly are they of God. For it is more proper and habitual to God to communicate Himself to the spirit, wherein there is more security and profit for the soul, than to sense, wherein there is ordinarily much danger and deception; for bodily sense judges and makes its estimate of spiritual things by thinking that they are as it feels them to be, whereas they are as different as is the body from the soul and sensuality from reason. For the bodily sense is as ignorant of spiritual things as is a beast of rational things, and even more so.

So he that esteems such things errs greatly and exposes himself to great peril of being deceived; in any case he will have within himself a complete impediment to the attainment of spirituality. For, as we have said, between spiritual things and all these bodily things there exists no kind of proportion whatever. And thus it may always be supposed that such things as these are more likely to be of the devil than of God; for the devil has more influence in that which is exterior and corporeal, and can deceive a soul more easily thereby than by that which is more interior and spiritual.

And the more exterior are these corporeal forms and objects in themselves, the less do they profit the interior and spiritual nature, because of the great distance and the lack of proportion existing between the corporeal and the spiritual.

John Yepes [*Ascent of Mount Carmel*]

Master, would You like to add your comment here?

No, this excerpt does not need it. I will speak about awakening of extrasensory abilities at another time. This excerpt is clear and readable, only the reference to Satan as the opposite of Divinity is inappropriate, though comprehensible.

Divinity does not have its opposite. It is the mind that creates structures allowing, in its opinion, to understand the world better, but because it does not still know itself, its efforts are limited and accomplishments are flawed.

Master, could you comment on where the idea of fallen Angels came from?

Sure. It is quite a simple task. A few thousand years ago, a few men were sitting on a high mountain on the territory of present day Lebanon. They were taking hallucinogens and as we know they sometimes open one up on visions of the unseen. And they saw a group of angels going to work. One of them was walking very lost in thought, tripped and fell sprawling as only Angels can. The men ran scared to their village and it became the source of the myth of imperfect Angels, Fallen Angels.

This situation boggled the simple people's minds, but they did not have enough sense of humour to recognize the essence of the matter. Therefore, the imperfections, in people's opinion, had become the beginning of the legend that continues to this day. The Angel was carrying a ball of light that slipped out of his grasp. Hence his name: Light-bringing One.

I love Your stories... But, Master, what about so-called evil spirits? People sometimes see and feel the presence and actions of disembodied beings with evil intentions.

This is another matter. Those who have left sometimes mess around. They cannot accept the reality and try to gain influence on the physical world. And many of them succeed.

A way of dealing with these kinds of beings will be discussed at another time. Let us now get back to my comments to next part of the "Ascent."

It is interesting that what I am writing today and what was written centuries ago is so similar, even in the formal aspect. It is so strange. It is a book written actually in sections which contain explanations to subsequent stanzas of the poem it actually begins with. It feels just as if I was reading You.

Not much has really changed. However there is one, yet fundamental, difference. At that time it was you who were talking and expounding the teachings and I was keeping a low profile. Now it is me who voices that which should be passed on to you all. You are only in the background of this lecture and your life is its illustration. People turn to me directly and can benefit from our close relationship, because they will see how it may look.

And this is a large step forward. A Step towards Love.

So far thousands of people have followed you. Now, when you efface yourself, they follow me.

Preserve a loving attentiveness to God with no desire to feel or understand any particular thing concerning him.

What God seeks, he being himself God by nature, is to make us gods through participation, just as fire converts all things into fire.

All the goodness we possess is lent to us, and God considers it his own work. God and his work is God.

Walk in solitude with God; act according to the just measure; hide the blessings of God.

John Yepes [*Sayings of Light and Love*]

Love seeks ways to man's heart and it is good if he consciously assists it in this process.

Departing from worldly things and later from "extrasensory" things does not have to mean dramatic changes in life or changing the whole life. To begin with small changes would be enough. They will signify your willingness and decision to follow the spiritual path.

It is true that many earthly things lose their attractiveness along with maturity, but one does not need to necessarily wait for maturity for them to leave in a natural way. One may help discarding things by a gradual turning away from what you really do not need.

Let us take television or radio as an example. For thousands of years people lived without radio, television and newspapers and they did not need them. The media try to reach you every clever way. The media not only informs you of a whole mass of unnecessary matters, but also – and even first of all – they manipulate you according to the views and interests of their owners and advertisers.

You have no idea how powerful and negative the influence of the media is upon you. They slowly trickle poison into your minds - of which you are not aware.

The spiritual path requires leaving what constitutes your "world" and turning towards Divinity, towards the loving Creator.

The first night is moving away from that in which you presently find a sensual delight. It is limiting of desires, learning of modesty and discipline; it is learning to settle for less.

God and the world cannot coexist in the mind. Remove the world from it and learn turning towards the loving Divinity. Soon you will see a new, powerful and, first of all, loving Force appearing in your life.

Watch what you cling to and keep turning your mind towards God. Keep removing from it everything. Let it stay clear and not pre-occupied with anything. Then turn it towards God.

Find time during the day which you will solely dedicate to leaving off everything you know and to learning how to turn towards Divinity.

The closeness of the loving Creator is the goal of this path – at any moment, every day.

For that reason we call this detachment night to the soul, for we are not treating here of the lack of things, since this implies no detachment on the part of the soul if it has a desire for them; but we are treating of the detachment from them of the taste and desire, for it is this that leaves the soul free and void of them, although it may have them; for it is not the things of this world that either occupy the soul or cause it harm, since they enter it not, but rather the will and desire for them, for it is these that dwell within it.

John Yepes [Ascent of Mount Carmel]

Ceiling on desires is an important element of spiritual path.

Learn to settle for less. Learn to be modest, to stand in the back without attracting attention.

The mind uses images and memories. If you want to calm it down then do not reach out for memories and do not abuse the sense of sight. Walk without looking around too much. Do not spend long hours in front of the television set.

All you see may become the object of desire in a moment. You will want to have it, or to become like others that you see. Turn your eyes away. Focus the inner sight on me.

The spiritual path is limitation and being finished with creation of new desires and new relationships.

One may possess much not being attached to anything, and enjoy the spiritual freedom. One may have little and spend days thinking of it. What a waste of time!

One may have little and be contented and happy; be free of relationships and be grateful to the loving Divinity for these small gifts.

And thus, he that loves a creature becomes as low as that creature, and, in some ways, lower; for love not only makes the lover equal to the object of his love, but even subjects him to it. Hence in the same way it comes to pass that the soul that loves anything else becomes incapable of pure union with God and transformation in Him. For the low estate of the creature is much less capable of union with the high estate of the Creator than is darkness with light. For all things of earth and heaven, compared with God, are nothing.

John Yepes [*Ascent of Mount Carmel*]

Each creature is a particle of the loving Creator, but to look for the Creator through studying His works only is to no avail.

The loving Creator is what is within.

The loving Creator is what is without.

Only He, the loving Divinity, exists in the whole Universe.

Speak to me with words of love, touch me gently with your hands. Come close and kiss me, embrace me and let us stay in closeness. No further words are needed.

Do it!

I say, then, that the soul, in order to be effectively guided to this state by faith, must not only be in darkness with respect to that part that concerns the creatures and temporal things, which is the sensual and the lower part (whereof we have already treated), but that likewise it must be blinded and darkened according to the part which has respect to God and to spiritual things, which is the rational and higher part, whereof we are now treating.

For, in order that one may attain supernatural transformation, it is clear that he must be plunged into darkness and carried far away from all contained in his nature that is sensual and rational. For the word supernatural means that which soars above the natural self; the natural self, therefore, remains beneath it.

John Yepes [*Ascent of Mount Carmel*]

It is natural that you do not know Divinity and cannot visualize it properly. Your collective experience is too poor to venture any opinion in this far, distant matter.

Because of that it is recommended to keep – at least for some time – intensively getting rid of all ideas and concepts in the subject of Divinity. How to do it? Well, if you happen to recall something what could concern the nature of God, simply put it aside and do not bother yourself with it. For the word love is not love itself, nor is the word God, God Himself.

Stripping oneself of all imaginations is very helpful, for it paves the way for what is real. It is only natural that when you remove a dam from the river you will make an inflow of fresh water. Your imaginations are just such a dam.

The Night of senses is diverging from the world. The world tempts the senses with what is outside. It tells us to deal with matters of others, to focus on events that are of no importance to us nor are we in any relation with the events. There came into existence a whole industry continuously attacking people with ever new commercials, events, things that demand human attention as they are followed by big money.

Your world is at the service of the senses. Therefore, one should gradually move away from involvement in its affairs, economic life, politics; leave so-called entertainment stupefying people with its everyday dose of lust and violence.

Moving away from the world is leaving relations with it; relations to events, things and people. One should not abandon the world. The fate of most of you does not require this, just the opposite. One should leave relations to what happens around, to things which, as you think, you "possess" or "need", and finally, leave relationships with people, not necessarily them themselves.

Find time for emptying your mind and heart of what the world brings. Trek into the desert of modesty, solitude and silence. Spend more time with me.

When you leave the world you are closer to me. You can experience the blessings of the desert and love even during the daily hustle and bustle. Even in a desert you can be experiencing the bustle of the world each day.

Since you have no idea about Divine matters it is better to leave them aside and follow the surest path – with love towards Love.

Your world knows little about Divinity. Worse still, much of this "knowledge" is an effect of theorising or manipulation. Leave everything you know about Him in order for Him to be able to manifest the way He wants.

Love does not fall within the category of the mind and its concepts. Love comes from the heights that are out of reach for the mind. You will not reach Love with the mind. Thus, leave it aside concentrating on Love. This is the surest way. Love will show you with time what you should know. But it is also true that one does not need to know much to be able to love. Do not exchange love towards the Creator for knowledge. The latter will always be a poor image of the One who Is.

Leave everything you know and turn towards Love. It is in you and around you. You live in it, breathe in it and leave into it.

Love is within you. Love is without.

The loving Creator is all that exists.

All the being of creation, then, compared with the infinite Being of God, is nothing. And therefore the soul that sets its affection upon the being of creation is likewise nothing in the eyes of God, and less than nothing; for, as we have said, love makes equality and similitude, and even sets the lover below the object of his love.

John Yepes [*Ascent of Mount Carmel*]

One should avoid exaggeration in words and deeds, especially when we talk about spiritual matters. The One who loves does not collate beings according to what they do or what tendencies they have. Love is Love, regardless of all other states and events. It was the same a billion years ago and it will be the same in billions of years to come; it will continue to be the same warm Love.

Love and Divinity are beyond this world of change and one should not ascribe to them human qualities, and especially those that are negative.

The feeling of love makes parties alike, because it provokes a strong concentration of both thoughts and feelings on the one object. This in turn provokes communication and association with the energies of the object of love.

Happy is the one who can love Divinity for its goodness, gentleness and tender love. Love that he feels will soon get him close to the object of love.

Unhappy is he who loves creatures but cannot stay in God's love and being detached from them at the same time. His exclusive attention to them will finally lead him astray. By repeatedly going astray and coming back you at last acquire the strength to ask the question that really counts. And if you are wise enough you find the answer. Those strong enough follow it through to the end and find the Creator Himself.

Find, dear reader, the answer yourself. Answer me and yourself not with words, but with deeds and your life.

And those alone acquire wisdom of God who are like ignorant children, and, laying aside their knowledge, walk in His service with love.

This manner of wisdom Saint Paul taught likewise *to the Corinthians: Si quis videtur inter vos sapiens esse in hoc saeculo, stultus fiat ut sit sapiens. Sapientia enim hujus mundi stultitia est apud Deum.* That is: If any man among you seem to be wise, let him become ignorant that he may be wise; for the wisdom of this world is foolishness with God [1 Corinthians 3:18-19].

So that, in order to come to union with the wisdom of God, the soul has to proceed rather by unknowing than by knowing.

John Yepes [*Ascent of Mount Carmel*]

The wisdom of this world is tainted with egoism and false world views. It is not about the fact whether water boils at 100 degrees or not, because this is not wisdom, it is information. It is about the image of the world you have. It got implanted in you by family and society, but it is based on false fundamentals and therefore in no case it can be wisdom.

Wisdom is discerning unity in everything and the One loving Creator in everybody. It is both the goal of your journey and the starting point for every action you will undertake.

The truth also is that you do not still know the path that is opening before you. Only a very few on the Earth know it – those who have experienced it. It is natural then that, while following the path, you will not understand too much nor will you know where you are and what is happening to you. This state is good. Abandon attachment to this or that result and count on me, in confidence and with love.

The recipe for the night you will be going through is confidence in the Higher Force, in the loving Creator.

With time and the experience you will gain, the dawn will come and you will see more.

Head towards Love.

From what has been said it may be seen in some measure how great a distance there is between all that the creatures are in themselves and that which God is in Himself, and how souls that set their affections upon any of these creatures are at as great a distance as they from God; for, as we have said, love produces equality and likeness.

John Yepes [Ascent of Mount Carmel]

Love brings you closer and unites. Therefore, mentally moving away from things of this world is so important to inner uniting with the loving Divinity.

Loving people and things you become like them. You do not understand how strong a magnet the world is. Love Divinity and allow yourself to be attracted by the Divine Magnet of Love.

Turning away from the world does not mean contempt or negation. It is like choosing a different route at the crossroad. You turn right but do not harbour aversion to the other route.

I appeal to all of you to begin turning towards the loving Divinity. Wake up my dears, the time has come. Love makes things alike and equal. Think it over. What will you direct this enormous power of love that is at your disposal towards?

Use it properly.

Remember that reading alone is not enough. In order to change your life action is indispensable. The inner action is this activity that brings you the greatest benefit and causes the most profound transformations.

True and lasting transformation comes through love towards the Creator and thanks to His love. You may not yet understand this point, but simply assume that it is so. As time goes, as the Spirit awakens in you, you will begin to comprehend these natural and simple truths.

Images of things remain in your minds as energetic memories. These energies contaminate the mind and do not allow for a free inflow of higher energies straight from Divinity.

Abandon what you have seen, experienced and what you know and learn to come to me and accompany me.

Wherefore, it is supreme ignorance for the soul to think that it will be able to pass to this high estate of union with God if first it void not the desire of all things, natural and supernatural, which may hinder it, according as we shall explain hereafter; for there is the greatest possible distance between these things and that which comes to pass in this estate, which is naught else than transformation in God. For this reason Our Lord, when showing us this path, said through Saint Luke: *Qui non renuntiat omnibus quae possidet, non potest meus esse discipulus*. This signifies: He that renounces not all things that he possesses with his will cannot be My disciple. And this is evident; for the doctrine that the Son of God came to teach was contempt for all things, whereby a man might receive as a reward the Spirit of God in himself. For, as long as the soul rejects not all things, it has no capacity to receive the Spirit of God in pure transformation.

John Yepes [Ascent of Mount Carmel]

Let us not talk today about contempt since a negative reference to anything also ties man to the world. Be full of inner joy in isolation from the world, from what you consider positive as well as from what appears negative to you.

Thinking bad of anything is tying oneself to the world. The mind focuses on the outside instead of inside, on the loving Divinity.

The world is like a film. For how long do you still want to hate the actors playing difficult roles?

Leave what you consider positive as well as do not allow yourself to get tied to what is negative. The nature of the world of phenomena is fluid and changeable. What is insignificant today may become of foremost importance tomorrow; what is great today may collapse tomorrow under its own weight.

The only constant quality of this world is its changeability.

Renunciation that is meant in this passage is not about abandoning the world and living in seclusion. It is about leaving the attachment to what surrounds you, so that the loving Divinity can "enter" the resulting empty space. It is renouncing attachments, habits, and in the process renouncing what the world tries to beguile you with; and it is thanks to this that it has such a strong influence on you.

Renunciation is also a gradual renouncing oneself – one's penchants, views and habits. One should not fight against them; restrain them sometimes, but first of all choose the turn towards Divinity in place of what has constituted "you" until now.

Desire less – less with each passing day. Peace and a balanced life are conducive to reducing desires. Learn modest living and settling for less.

After some time you will notice that many "inviolable" states and characteristics simply disappear from your mind.

A disorderly life, chaos and being attracted to the world and being favourably compared to with others arouses the desire to possess and be important. Be one of those who stand at the back. Be those who derive pleasure from taking the back place, not attached to anyone or anything, but friendly to everybody and everything. Do not come to the fore, do not aspire to be important in the world.

Be in it, but do not let the world be in you. The world is a film, enjoy the show, and get to know the Director.

For, although this transformation and union is something that cannot be comprehended by human ability and sense, the soul must completely and voluntarily void itself of all that can enter into it, whether from above or from below – I mean according to the affection and will – so far as this rests with itself. For who shall prevent God from doing that which He will in the soul that is resigned, annihilated and detached?

John Yepes [*Ascent of Mount Carmel*]

Detachment alone is not the end of the journey. Love is its end and goal. "Detachment" is very useful for you to maintain distance from what you consider "your" achievements.

The next step is actively turning towards the living and loving Divinity and learning to remain in closeness with it. Closeness, love and tenderness constitute the state that should be the result of your actions.

Do not confine yourselves to resignation and detachment from everything, which is like pulling up weeds and watching whether or not any new ones have grown. Sow also the seeds of love, water them with the spring water of closeness of the Creator. Let them produce a thousandfold yield of Divine Love!

Fertile ground is not here to lie fallow and you did not appear here to guard it in this state of neglect. Love is much more important; love is most important.

Spending time in closeness of the loving Creator is the way of learning love.

But the soul must be voided of all such things as can enter its capacity, so that, however many supernatural experiences it may have, it will ever remain as it were detached from them and in darkness. It must be like to a blind man, leaning upon dark faith, taking it for guide and light, and leaning upon none of the things that he understands, experiences, feels and imagines. For all these are darkness, which will cause him to stray; and faith is above all that he understands and experiences and feels and imagines.

John Yepes [*Ascent of Mount Carmel*]

Faith makes sense if it is a synonym of trust in Love and Wisdom of Providence. I do not speak here about believing in traditions or scriptures, but in Love and wisdom of the Creator, in that he perfectly knows what way to lead you. The rest is unnecessary at this stage and even constitutes an obstacle on the way.

Spirituality is freedom from oneself and the world. It is also freedom from institutionalized religion.

There is only One Teacher. He is always present. He is present everywhere. He is also here and now in you, above you, around you.

The Highest Divine Love is this Teacher.

The loving Creator is always present everywhere. It is He who does all this.

Trust and approach me in silence. I am and I see all your efforts and I will come out at the right time. Stay in closeness and love, right next to the loving Creator.

Do not crave for any accomplishments based on "your own effort". Move away from any abilities that appear on the way. Besides pride, this is the most serious trap.

Renounce what you consider as your "own" achievements and accomplishments. Forget about them; forget about yourselves.

Leaving "yourselves" head towards Love.

He that would attain to being joined in a union with God must not walk by understanding, neither lean upon experience or feeling or imagination, but he must believe in His being, which is not perceptible to the understanding, neither to the desire nor to the imagination nor to any other sense, neither can it be known in this life at all. Yea, in this life, the highest thing that can be felt and experienced concerning God is infinitely remote from God and from the pure possession of Him.

John Yepes [Ascent of Mount Carmel]

The one who loves reaches a point where he abandons both mind and imagination, allowing Love, which does not fall under them, to act.

You will repeatedly enter the sphere of the Inexpressible and will not be able to tell anything about it. This is a natural process and a natural state.

But even then continue moving forward – towards Creator's love.

In order to reach what you do not know, you must go through what you do not know.

Imperfections meet the soul at every step if it sets its memory upon that which it has heard, seen, touched, smelled and tasted; for there must then perforce cling to it some affection, whether this be of pain, of fear, of hatred, of vain hope, vain enjoyment, vainglory, etc.; for all these are, at the least, imperfections, and at times are downright venial sins; and they leave much impurity most subtly in the soul, even though the reflections and the knowledge have relation to God. [...]

And it is clearly seen that many occasions of judging others will come likewise; for, in using its memory, the soul cannot fail to come upon that which is good and bad in others, and, in such a case, that which is evil oftentimes seems good, and that which is good, evil. I believe there is none who can completely free himself from all these kinds of evil, save by blinding his memory and leading it into darkness with regard to all these things.

John Yepes [Ascent of Mount Carmel]

Memory is linked to senses. You see things and want to possess them. Each picture, every experience leaves a trace in memory. You do not need the thousands of impressions you absorb every day. The media strives to take advantage of your attention to stimulate desires. This is how advertising works. The media manipulates the human mind.

The less you pay attention to the different forms of the Meida, the better. You will be calmer and more even-tempered thanks to this. There is no need to be interested in events in the world. There is no need to be interested in events in the country. Not only there is no need to get engaged in politics, not even to be interested in it. A spiritual person does not need it at all.

Views and factions keep people in the trenches of dislike and hatred towards others. Get away from there as soon as possible. Do not take any sides. Open your heart onto Love and it will suggest to you what you should do, if there is a need to do anything at all.

The world you know today is a vanity fair. Be these who, while treating it with kindness, do not pay attention to it and keep moving towards Love. Then you will discover my world, the world of love and devotion that are present and available always and everywhere.

With time you will understand that the world is also Love and the Creator. But in order to see it one must first leave, one should know how to be reconciled with the Creator in love and devotion regardless of what happens.

Understanding of what I am saying is good, but cannot be equalled to love towards the Creator. You are not here to acquire and accumulate knowledge about spiritual matters. Your task is to love the Creator.

Understanding is nothing. Love is everything.

And thus a soul is greatly impeded from reaching this high estate of union with God when it clings to any understanding or feeling or imagination or appearance or will or manner of its own, or to any other act or to anything of its own, and cannot detach and strip itself of all these. For, as we say, the goal which it seeks lies beyond all this, yea, beyond even the highest thing that can be known or experienced; and thus a soul must pass beyond everything to unknowing.

John Yepes [Ascent of Mount Carmel]

Head towards Divinity in isolation from everything. Moving away from things and events, thoughts and products that conjure imagination is like abandoning moorings that tie a ship at the wharf.

Turning towards the loving Divinity and entering the sphere of its sweet radiation is like hooking up a vessel to a tugboat that will tow it out from the port to the open sea.

Two things are needed to get to the open sea – throwing away of the moorings and being taken in tow. Throwing away the moorings alone is not enough.

You have this choice now. Try and see for yourself.

The night of a soul described here refers to the first phase of the spiritual path, in which you follow my voice, having faith in and trusting me only. You do not have yet any clear evidence that would make you believe in the rightness of the chosen path, hence the necessity of relying on trust in the Creator. This is the night of the senses and the night of the mind which follows faith and love.

A path based on trust is always proper and it will always be so. Yet with time and the experience you will gain, you will replace the initial night of faith with the rays of light of knowledge. From effects you will see that I really am there and that I act. The trust will still be useful on the path, but as for most important things, you will be certain that I am and who I am.

Trust allows counting on me, Trust allows resting in me and allows entrusting to me all one's problems and worries.

Do so. Add a bit of smile to the above to sweeten it – this way it will be much easier for all of us.

In order, then, to understand what is meant by this union whereof we are treating, it must be known that God dwells and is present substantially in every soul, even in that of the greatest sinner in the world. And this kind of union is ever wrought between God and all the creatures, for in it He is preserving their being: if union of this kind were to fail them, they would at once become annihilated and would cease to be.

And so, when we speak of union of the soul with God, we speak not of this substantial union which is continually being wrought, but of the union and transformation of the soul with God, which is not being wrought continually, but only when there is produced that likeness that comes from love; we shall therefore term this the union of likeness, even as that other union is called substantial or essential. The former is natural, the latter supernatural. And the latter comes to pass when the two wills – namely that of the soul and that of God – are conformed together in one, and there is naught in the one that is repugnant to the other. And thus, when the soul rids itself totally of that which is repugnant to the Divine will and conforms not with it, it is transformed in God through love.

John Yepes [*Ascent of Mount Carmel*]

In other words, Divinity is the true nature of man regardless of his origin and deeds.

The loving Creator is within, the loving Creator is without. The universe is a mask that loving God has put on His beautiful Face.

The Union we talk about is a process of breaking free from energies that you have put on yourselves sometime in the past. However, they have not changed our primeval and indissoluble Unity even in the smallest degree.

Today, while talking about the full union of the "soul" with God we mean removing of what, for centuries, has been in the way of seeing our inner unity. There comes a time when you see it in a split second. It has always been this way, only you have not been able to notice it.

The path of love towards the Creator leads you through cleansing – what takes you straight to your home – which is closeness first and later the awareness of lasting and inviolable unity with God – unity in Love.

The union we talk about is not supernatural in its essence, because the word "supernatural" relates to what takes place beyond or above laws of nature. The union is most natural – as natural and consistent with the order of events as is the natural the state of wakefulness after a sleep.

There is little sense in breaking the fundamental unity of this world into things natural - which take place according to laws of nature, and things supernatural, happening as a result of Divine intervention. Divinity manifests in the form of this Universe, the whole Universe, over the whole eternity.

Master, sorry to interrupt here, but I have a question.

Go on.

You talk about lack of division into natural and supernatural things, but how does it relate to the division into the world and what is out of it, which you refer so often to? Is not the first one that our life goes on within and the second where we reach out to only from time to time?

Your whole life goes on in my Reality, for the simple reason: there is no other reality.

Division into the world and spirituality is just a mental construction, a metaphor, and the term "world" is a sack that contains many different things. It contains, among other things, your views on who you are and where you live, outlooks on life, values you have gained - and still foster - during many incarnations.

When talking about leaving the world I mean questioning all this - what up to now has created your "world," - which itself is nothing but a mental image of what is and it is a very distorted and incomplete image.

It is exactly in this image there arises the division into what is "natural," that is proceeding according to the rules of the game that you are used to, and "supernatural," that is events which must be the effects of Divine forces as they do not fit your image.

Give up divisions and thought forms, give up thinking itself and turn with your whole self towards the loving Creator.

You are like an anchored ship, going round in circles in one place even though the engines work at full speed.

Leave yourself and come to me. This is only one step, but many times larger than the first step of man on the Moon.

You define the content of the world that you know to be nature and assume that it is governed by laws as they are. And if something diverges from what you considered as "natural" then you regard it a strange intervention of mysterious forces, that is, the supernatural. Yet we are still talking about the same Reality. Remember that miracles are not events that violate the laws of nature, but those which differ from your understanding of its laws.

The world is a mental construction contained in your minds which affects you on the level of individual and collective consciousness. As such, it is also a part of the Universe. Strictly speaking it is its partial, fragmentary image.

Seeing reality is a direct perception of what is; it is removing the veil that envelopes your mind, the veil of the "world". When you wake up to seeing the reality you find that this world is not substantial and that there is not any separate existence outside your mind. It is not anything real, although it seems to be such. 'Seems' is the key word here.

Let us get back to the concept of the "union of likeness" as opposed to "substantial union." This division is not quite fortunate, as "likeness" is associated with something one may liken to taking off outer clothing when arriving home. In reality it is not even transformation, which is changing of the essence, but it is getting rid of burdens, mistakes and returning to the primeval purity and primeval unity that has never been weakened. In the future when we will talk about transformation we will refer to this process just so understood.

In addition to the above, the source of the "likeness" is very aptly pointed out here. It is love towards the Creator.

Union with the Creator is not only union of wills. Getting rid of mistakes means cleansing and, what follows it or what to a high degree happens simultaneously, love as the effect of turning towards Love.

Full union means experiencing the state of ecstasy and lasting happiness which are the loving Divinity.

You will not attain it through reading and reasoning. You will attain it through constant turning towards the Creator.

Love in action is Righteousness.

Love in speech is Truth.

Love in thought is Peace.

Love in understanding is Non-violence.

Love is selfless and self is lovelessness.

Love gives and forgives; self gets and forgets.

Sathya Sai Baba [July 9, 1995, April 21, 1998]

And it must be known that, although all these things may happen to the bodily senses in the way of God, we must never rely upon them or accept them, but must always fly from them, without trying to ascertain whether they be good or evil; for, the more completely exterior and corporeal they are, the less certainly are they of God. For it is more proper and habitual to God to communicate Himself to the spirit, wherein there is more security and profit for the soul, than to sense, wherein there is ordinarily much danger and deception; for bodily sense judges and makes its estimate of spiritual things by thinking that they are as it feels them to be, whereas they are as different as is the body from the soul and sensuality from reason. For the bodily sense is as ignorant of spiritual things as is a beast of rational things, and even more so.

So he that esteems such things errs greatly and exposes himself to great peril of being deceived; in any case he will have within himself a complete impediment to the attainment of spirituality. For, as we have said, between spiritual things and all these bodily things there exists no kind of proportion whatever. And thus it may always be supposed that such things as these are more likely to be of the devil than of God; for the devil has more influence in that which is exterior and corporeal, and can deceive a soul more easily thereby than by that which is more interior and spiritual. [...]

But the visions that are of God penetrate the soul and move the will to love, and produce their effect, which the soul cannot resist even though it would, any more than the window can resist the sun's rays when they strike.

John Yepes [Ascent of Mount Carmel]

See everything with the eyes of love. The human mind has a penchant toward getting involved in what it considers unusual and valuable, but even extrasensory events that you experience are nothing important. It is your energy system that awakens to work and therefore the flow of energy now and then triggers off various phenomena.

See everything with kindness, but keep turning to the Creator. This is most important, and not what appears in the outer world. The world and even the personality you still identify with is an illusion, a creation without independent existence. It is like a fog in the spring morning. When the sun rises it will dissipate and Light alone will remain.

Do not pursue the sensory nor extrasensory world of phenomena. Gently keep moving them away to be able to turn towards the loving Creator. Although one may climb a mountain and collect stones he considers of some worth, after some time their weight will stop him on the way.

You have no experience in extrasensory matters and your culture knows little about them. And it is better to stay that way for the time being. This hint concerns also all of you. Continue heading towards love and simply bypass anything that can pull you away from this goal; do not pay too much attention to such things.

There is one more thing worth taking note of. One should not desire to stimulate these abilities. Try, to completely and permanently turn away from them. Because this desire alone makes room for dreaming about self-importance and greatness. Abandon such desires as soon as possible and your path will be easier and smoother.

The soul, then, must never presume to desire to receive them, even though, as I say, they be of God; for, if it desire to receive them, there follow six inconveniences.

The first is that faith grows gradually less; for things that are experienced by the senses derogate from faith; since faith, as we have said, transcends every sense. And thus the soul withdraws itself from the means of union with God when it closes not its eyes to all these things of sense.

Secondly, if they be not rejected, they are a hindrance to the spirit, for the soul rests in them and its spirit soars not to the invisible. This was one of the reasons why the Lord said to His disciples that it was needful for Him to go away that the Holy Spirit might come; so, too, He forbade Mary Magdalene to touch His feet, after His resurrection, that she might be grounded in faith.

Thirdly, the soul becomes attached to these things and advances not to true resignation and detachment of spirit.

Fourthly, it begins to lose the effect of them and the inward spirituality which they cause it, because it sets its eyes upon their sensual aspect, which is the least important. And thus it receives not so fully the spirituality which they cause, which is impressed and preserved more securely when all things of sense are rejected, since these are very different from pure spirit.

Fifthly, the soul begins to lose the favours of God, because it accepts them as though they belonged to it and profits not by them as it should. And to accept them in this way and not to profit by them is to seek after them; but God gives them not that the soul may seek after them; nor should the soul take upon itself to believe that they are of God. [...]

It is always well, then, that the soul should reject these things, and close its eyes to them, wherefrom so ever they come.

John Yepes [Ascent of Mount Carmel]

If man follows the spiritual path to the very top of the mountain then everything found along the way would be a burden for him. Imagine all these powers and abilities as being not wonderful gifts, but stones you will have to carry along. Your path will become much harder and you will not reach the top until you abandon them. Additionally, trekking with this kind of load becomes very dangerous.

There is a strong desire to stand out and "become somebody" in many people, by virtue of having unusual abilities. Going this way means exposure to certain trouble and falling into a pathetic state of exaggerated ego.

Be modest and do not create a loud noise around you – do not even make a slight noise. Abandoning attachments to material and non-material matters, set your

path staying in sweet union with the loving Creator as your goal and keep striving till you attain it.

People who pursue having possession of extrasensory abilities chase mirages in a desert. Why should you want to carry stones, be they even precious stones or large ones, when everything around you belongs to you?

Master, an interesting aspect here is the conclusion that one should reject these phenomena even when they come directly from You. Could You tell something more on this?

No, it is not necessary now. This matter is clear: one should not attach to the earthly, heavenly or Divine things. The principle has always been the same: each attachment is a food for adverse states of ego. Put love towards the Creator above all "your" achievements, learn being with Him and in it.

The Creator does not tie Himself to anything – He remains the same, pure Love. Be like Him.

The loving Creator is everything within, the loving Creator is everything without. Why to strive for something less valuable than Love?

It must be known, then, that the understanding can receive knowledge and intelligence by two channels: the one natural and the other supernatural. By the natural channel is meant all that the understanding can understand, whether by means of the bodily senses or by its own power. The supernatural channel is all that is given to the understanding over and above its natural ability and capacity.

Of these kinds of supernatural knowledge, some are corporeal and some are spiritual. The corporeal are two in number: some are received by means of the outward bodily senses; others, by means of the inward bodily senses, wherein is comprehended all that the imagination can comprehend, form and conceive.

The spiritual supernatural knowledge is likewise of two kinds: that which is distinct and special in its nature, and that which is confused, general and dark.

Of the distinct and special kind there are four manners of apprehension which are communicated to the spirit without the aid of any bodily sense: these are visions, revelations, locutions and spiritual feelings.

The obscure and general type of knowledge is of one kind alone, which is contemplation that is given in faith. To this we have to lead the soul by bringing it thereto through all these other means, beginning with the first and detaching it from them.

John Yepes [Ascent of Mount Carmel]

You will go across many events on the path towards Love. And although their peculiarity is a help confirming you in rightness of the chosen path at the early stages, it becomes an obstacle which is the more serious the more you get attached to it.

Live ordinary, simple lives; be modest, regardless of what is happening.

Do not seek greatness or importance in the world. This is a futile effort – you will not find happiness or love there. Seek love in God; chose Him as your goal.

Keep turning towards Love every day. The loving Creator is everything. He is in you and next to you, all around. The Universe that you see is His creation. It is a gift and a sacrifice of love for Love.

Master, the fragment above describes contemplation as the surest and highest path to union with Divinity.

The contemplation you are talking about is only a small part of a certain path. Note that the text was written for people fully devoted to what was understood then as spiritual matters. Today contemplation is recommended but in moderation and only in rare cases. I will describe them in detail later.

The value of the writing I am commenting on today consists in unveiling of psychological relations that interfere with the process of uniting in love with the Creator. The present text is intended for much wider circle of people and is to show the means thanks to which one can find the Divine Love in an ordinary life.

Today, contemplation without adequate preparation will bore most people without bringing expected results and support that they need. Contemplation is purification, but at the same time it is also limiting oneself to suspending all sensory and mental activities and nothing more. In my series of books I talk about the possibility of choice and practice of these meditation techniques which will lead us to the expected closeness much faster.

Living in the world and touching it every day you must have much more spiritual power to still be able to head towards the loving Divinity. Hence, the methods I give you enable direct and immediate contact with the goal and the end of the path. On this path it is I who picks you up and carries you; it is I who lifts you up towards myself. There will come such a time on this path when with confidence and devotion you entrust yourselves to me fully and unreservedly. Then we stay in the sweet throes of Love and you abandon everything that is sensory and extrasensory in favour of me. This is the highest form of contemplation.

You do not need to know much or understand much to stay in love. Moving away everything that is not pure Divinity itself, immerse yourselves in the perfect Divine radiation. It is like a furnace fire which melts all metals in itself. Do not follow anything else, surrendering entirely to the working of Love.

And thus, if it be true, as it is, that the soul must proceed in its growing knowledge of God by learning that which He is not rather than that which He is, in order to come to Him, it must proceed by renouncing and rejecting, to the very uttermost, everything in its apprehensions that it is possible to renounce, whether this be natural or supernatural. We shall proceed with this end in view with regard to the memory, drawing it out from its natural state and limitations, and causing it to rise above itself – that is, above all distinct knowledge and apprehensible possession – to the supreme hope of God, who is incomprehensible.

Beginning, then, with natural knowledge, I say that natural knowledge in the memory consists of all the kinds of knowledge that the memory can form concerning the objects of the five bodily senses – namely: hearing, sight, smell, taste and touch – and all kinds of knowledge of this type which it is possible to form and fashion.

Of all these forms and kinds of knowledge the soul must strip and void itself, and it must strive to lose the imaginary apprehension of them, so that there may be left in it no kind of impression of knowledge, nor trace of aught so ever, but rather the soul must remain barren and bare, as if these forms had never passed through it, and in total oblivion and suspension.

And this cannot happen unless the memory be annihilated as to all its forms, if it is to be united with God. For it cannot happen save by total separation from all forms which are not God; for God comes beneath no definite form or kind of knowledge whatsoever, as we have said in treating of the night of the understanding.

John Yepes [Ascent of Mount Carmel]

Comprehension is an activity of the mind with its abilities, including memory and imagination. But love comes from another realm and is characteristic of the heart, and not the mind. Mental exercises are good when they lead us towards stimulating the heart to pure and lively love towards the Creator.

In this and the previous books I have described a few ways of engaging mental powers in the tasks of enlivening love. For example, imagining of the closeness of the Beloved Creator immediately puts us next to Him. Recalling of His closeness, goodness and love induces deeper layers of the psyche to turn towards Him. I have also shown in the present book how you can consciously come into contact with His path and His loving energy, moving everything else to the side. But even this is, of course, not everything yet – there will be more. For the moment, however, do work, as you have already received very, very much.

Love is the fundamental constituent the world of phenomena consists of. Love is a starting point and the very end of the path. Do not be occupied with other things too much as they are not worth it. Do not be occupied too much with neither the world nor yourselves. Do not be occupied with others, both close and distant, for it is all meaningless and futile. It does not carry any significant or lasting benefit. Put your trust in the loving Divinity and strive after it every day. Your constant effort will be lavishly rewarded with genuine and pure love which is the light of the Spirit.

Why busy yourself with everything else when you can be busy with the very Source of Everything? Life is too short for the mind to understand what goes on under this Sun.

To strive to get to know much is a futile effort. To strive to love Divinity much is the task that has no match. Do not get down to the narrow paths of the mind from wide roads of Love. You do not need to know much, you do not need to understand much to dearly love the Creator.

The loving Creator is what is without. The loving Creator is what is within.

The true friend is here and now. You will find me here and now. This here and now is eternal here and now.

It now remains to be said that, although this happy night brings darkness to the spirit, it does so only to give it light in everything; and that, although it humbles it and makes it miserable, it does so only to exalt it and to raise it up; and, although it impoverishes it and empties it of all natural affection and attachment, it does so only that it may enable it to stretch forward, divinely, and thus to have fruition and experience of all things, both above and below, yet to preserve its unrestricted liberty of spirit in them all.

For just as the elements, in order that they may have a part in all natural entities and compounds, must have no particular colour, odour or taste, so as to be able to combine with all tastes odours and colours, just so must the spirit be simple, pure and detached from all kinds of natural affection, whether actual or habitual, to the end that it may be able freely to share in the breadth of spirit of the Divine Wisdom, wherein, through its purity, it has experience of all the sweetness of all things in a certain pre-eminently excellent way.

And without this purification it will be wholly unable to feel or experience the satisfaction of all this abundance of spiritual sweetness. For one single affection remaining in the spirit, or one particular thing to which, actually or habitually, it clings, suffices to hinder it from feeling or experiencing or communicating the delicacy and intimate sweetness of the spirit of love, which contains within itself all sweetness to a most eminent degree. [...]

The reason for this is that the affections, feelings and apprehensions of the perfect spirit, being Divine, are of another kind and of a very different order from those that are natural. They are pre-

eminent, so that, in order both actually and habitually to possess the one, it is needful to expel and annihilate the other, as with two contrary things, which cannot exist together in one person.

Therefore it is most fitting and necessary, if the soul is to pass to these great things, that this dark night of contemplation should first of all annihilate and undo it in its meanness, bringing it into darkness, aridity, affliction and emptiness; for the light which is to be given to it is a Divine light of the highest kind, which transcends all natural light, and which by nature can find no place in the understanding.

And thus it is fitting that, if the understanding is to be united with that light and become Divine in the state of perfection, it should first of all be purged and annihilated as to its natural light, and, by means of this dark contemplation, be brought actually into darkness.

This darkness should continue for as long as is needful in order to expel and annihilate the habit which the soul has long since formed in its manner of understanding, and the Divine light and illumination will then take its place. And thus, inasmuch as that power of understanding which it had before is natural, it follows that the darkness which it here suffers is profound and horrible and most painful, for this darkness, being felt in the deepest substance of the spirit, seems to be substantial darkness.

Similarly, since the affection of love which is to be given to it in the Divine union of love is Divine, and therefore very spiritual, subtle and delicate, and very intimate, transcending every affection and feeling of the will, and every desire thereof, it is fitting that, in order that the will may be able to attain to this Divine affection and most lofty delight, and to feel it and experience it through the union of love, since it is not, in the way of nature, perceptible to the will, it be first of all purged and annihilated in all its affections and feelings, and left in a condition of aridity and constraint, proportionate to the habit of natural affections which it had before, with respect both to Divine things and to human. Thus, being exhausted, withered and thoroughly tried in the fire of this dark contemplation, and having driven away every kind of evil spirit (as with the heart of the fish which Tobias set on the coals), it may have a simple and pure disposition, and its palate may be purged and healthy, so that it may feel the rare and sublime touches of Divine love, wherein it will see itself divinely transformed, and all the contrarieties, whether actual or habitual, which it had before, will be expelled, as we are saying.

Moreover, in order to attain the said union to which this dark night is disposing and leading it, the soul must be filled and endowed with a certain glorious magnificence in its communion with God, which includes within itself innumerable blessings springing from delights which exceed all the abundance that the soul can naturally possess. For by nature the soul is so weak and impure that it cannot receive all this. As Isaiah says: 'Eye hath not seen, nor ear heard, neither hath it entered into the heart of man, that which God hath prepared, etc.' It is meet, then, that the soul be first of all brought into emptiness and poverty of spirit and purged from all help, consolation and natural apprehension with respect to all things, both above and below. In this way, being empty, it is able indeed to be poor in spirit and freed from the old man, in order to live that new and blessed life which is attained by means of this night, and which is the state of union with God.

And because the soul is to attain to the possession of a sense, and of a Divine knowledge, which is very generous and full of sweetness, with respect to things Divine and human, which fall not within the common experience and natural knowledge of the soul (because it looks on them with eyes as different from those of the past as spirit is different from sense and the Divine from the human), the spirit must be straitened and inured to hardships as regards its common and natural experience, and be brought by means of this purgative contemplation into great anguish and affliction, and the memory must be borne far from all agreeable and peaceful knowledge, and have an intimated sense and feeling that it is making a pilgrimage and being a stranger to all things, so that it seems to it that all things are strange and of a different kind from that which they were wont to be. For this night is gradually drawing the spirit away from its ordinary and common experience of things and bringing it nearer the Divine sense, which is a stranger and an alien to all human ways.

It seems now to the soul that it is going forth from its very self, with much affliction. At other times it wonders if it is under a charm or a spell, and it goes about marvelling at the things that it sees and hears, which seem to it very strange and rare, though they are the same that it was accustomed to experience before. The reason of this is that the soul is now becoming alien and remote from common sense and knowledge of things, in order that, being annihilated in this respect, it may be informed with the Divine - which belongs rather to the next life than to this.

John Yepes [*Dark Night of the Soul*]

Constant turning towards Love, staying in its closeness, cuddling up against Divinity or merging into one with it is the remedy for all experiences.

Then, no feeling or state of mind becomes any long-lasting burden.

Do not focus on yourselves or your feelings, but keep constantly turning towards the loving Divinity. Everything else is a waste of time.

Life is a journey. Less luggage, more comfort, makes travel a pleasure.

We observe, then, that the steps of this ladder of love by which the soul mounts, one by one, to God, are ten.

The first step of love causes the soul to languish, and this to its advantage. The Bride is speaking from this step of love when she says: 'I adjure you, daughters of Jerusalem, that, if ye find my Beloved, ye tell Him that I am sick with love [Canticles v, 8].' This sickness, however, is not unto death, but for the glory of God, for in this sickness the soul swoons as to sin and as to all things that are not God, for the sake of God Himself. [...]

The second step causes the soul to seek God without ceasing. Wherefore, when the Bride says that she sought Him by night upon her bed (when she had swooned away according to the first step of love) and found Him not, she said: 'I will arise and will seek Him whom my soul loveth [Canticles iii, 2].' This, as we say, the soul does without ceasing as David counsels it, saying: 'Seek ye ever the face of God, and seek ye Him in all things, tarrying not until ye find Him; [Psalm civ, 4 (A.V., cv, 4)]', like the Bride, who, having enquired for Him of the watchmen, passed on at once and left them. Mary Magdalene did not even notice the angels at the sepulchre. [...]

The third step of the ladder of love is that which causes the soul to work and gives it fervour so that it fails not. Concerning this the royal Prophet says: 'Blessed is the man that feareth the Lord, for in His commandments he is eager to labour greatly [Psalm cxi, 1 (A.V., cxii, 1)]'. Wherefore if fear, being the son of love, causes within him this eagerness to labour, [*Lit.*, 'makes in him this labour of eagerness'.] what will be done by love itself? On this step the soul considers great works undertaken for the Beloved as small; many things as few; and the long time for which it serves Him as short, by reason of the fire of love wherein it is now burning. Even so to Jacob, though after seven years he had been made to serve seven more, they seemed few because of the greatness of his love [Genesis xxix, 20]. Now if the love of a mere creature could accomplish so much in Jacob, what will love of the Creator be able to do when on this third step it takes possession of the soul? [...]

The fourth step of this ladder of love is that whereby there is caused in the soul an habitual suffering because of the Beloved, yet without weariness. For, as Saint Augustine says, love makes all things that are great, grievous and burdensome to be almost naught. From this step the Bride was speaking when, desiring to attain to the last step, she said to the Spouse: 'Set me as a seal upon thy heart, as a seal upon thine arm; for love – that is, the act and work of love – is strong as death, and emulation and importunity last as long as hell [Canticles viii, 5].' [...]

The fifth step of this ladder of love makes the soul to desire and long for God impatiently. On this step the vehemence of the lover to comprehend the Beloved and be united with Him is such that every delay, however brief, becomes very long, wearisome and oppressive to it, and it continually believes itself to be finding the Beloved. And when it sees its desire frustrated (which is at almost every moment), it swoons away with its yearning, as says the Psalmist, speaking from this step, in these words: 'My soul longs and faints for the dwellings of the Lord [Psalm lxxxiii, 2 (A.V., lxxxiv, 2)].' On this step the lover must needs see that which he loves, or die; at this step was Rachel, when, for the great longing that she had for children, she said to Jacob, her spouse: 'Give me children, else shall I die [Genesis xxx, 1].' [...]

On the sixth step the soul runs swiftly to God and touches Him again and again; and it runs without fainting by reason of its hope. For here the love that has made it strong makes it to fly swiftly. [...]

The seventh step of this ladder makes the soul to become vehement in its boldness. Here love employs not its judgment in order to hope, nor does it take counsel so that it may draw back, neither can any shame restrain it; for the favour which God here grants to the soul causes it to become

vehement in its boldness. Hence follows that which the Apostle says, namely: That charity believes all things, hope all things and is capable of all things [1 Corinthians xiii, 7].¹ Of this step spoke Moses, when he entreated God to pardon the people, and if not, to blot out his name from the book of life wherein He had written it [Exodus xxxii, 31-2].² [...]

The eighth step of love causes the soul to seize Him and hold Him fast without letting Him go, even as the Bride says, after this manner: 'I found Him whom my heart and soul love; I held Him and I will not let Him go [Canticles iii, 4].'³ On this step of union the soul satisfies her desire, but not continuously. Certain souls climb some way, [*Lit.*, 'attain to setting their foot.'] and then lose their hold; for, if this state were to continue, it would be glory itself in this life; and thus the soul remains therein for very short periods of time. To the prophet Daniel, because he was a man of desires, was sent a command from God to remain on this step, when it was said to him: 'Daniel, stay upon thy step, because thou art a man of desires [Daniel x, 11].'⁴ After this step follows the ninth, which is that of souls now perfect, as we shall afterwards say, which is that that follows.

The ninth step of love makes the soul to burn with sweetness. This step is that of the perfect, who now burn sweetly in God. For this sweet and delectable ardour is caused in them by the Holy Spirit by reason of the union which they have with God. For this cause Saint Gregory says, concerning the Apostles, that when the Holy Spirit came upon them visibly they burned inwardly and sweetly through love [Dum Deum in ignis visione suscipiunt, per amorem suaviter arserunt' (*Hom. XXX in Evang.*)] .

Of the good things and riches of God which the soul enjoys on this step, we cannot speak; for if many books were to be written concerning it the greater part would still remain untold. For this cause, and because we shall say something of it hereafter, I say no more here than that after this follows the tenth and last step of this ladder of love, which belongs not to this life.

The tenth and last step of this secret ladder of love causes the soul to become wholly assimilated to God, by reason of the clear and immediate [i.e., direct, not mediate] vision of God which it then possesses; when, having ascended in this life to the ninth step, it goes forth from the flesh. These souls, who are few, enter not into purgatory, since they have already been wholly purged by love. [...]

This is the secret ladder whereof the soul here speaks, although upon these higher steps it is no longer very secret to the soul, since much is revealed to it by love, through the great effects which love produces in it. But, on this last step of clear vision, which is the last step of the ladder whereon God leans, as we have said already, there is naught that is hidden from the soul, by reason of its complete assimilation. Wherefore Our Saviour says: 'In that day ye shall ask Me nothing, etc. [John 16:23].'⁵ But, until that day, however high a point the soul may reach, there remains something hidden from it – namely, all that it lacks for total assimilation in the Divine Essence.

After this manner, by this mystical theology and secret love, the soul continues to rise above all things and above itself, and to mount upward to God. For love is like fire, which ever rises upward with the desire to be absorbed in the centre of its sphere.

John Yepes [*Dark Night of the Soul*]

People are so diverse and their paths are different, therefore the steps towards love look different, and the description above presents only an approximation.

Do not try to make your experiences resemble it or measure yourselves against the standards it contains.

Keep heading towards Love. The books are only signposts – do not carry them with you nor revolve around them.

Do not pay attention to yourselves – look at the loving Divinity.

There are many kinds of awakening that God effects in the soul, so many that we would never finish explaining them all. Yet this awakening of the Son of God that the soul wishes to refer to here is one of the most elevated and beneficial. For this awakening is a movement of the Word in the substance of the soul, containing such grandeur, dominion, glory, and intimate sweetness that it seems to the soul that all the balsams and fragrant spices and flowers of the world are commingled, stirred, and

shaken so as to yield their sweet odour, and all the kingdoms and dominions of the world and all the powers and virtues of heaven are moved; not only this, but it also seems that all the virtues and substances and perfections and graces of every created thing glow and make the same movement all at once.

John Yepes [*The Living Flame of Love*]

I say that the soul, in order to attain that blessing, must never reflect upon the clear and distinct objects which may have passed through its mind by supernatural means, in such a way as to preserve within itself the forms and figures and knowledge of those things. For we must ever bear in mind this principle: the greater heed the soul gives to any clear and distinct apprehensions, whether natural or supernatural, the less capacity and preparation it has for entering into the abyss of faith, wherein are absorbed all things else. For, as has been said, no supernatural forms or kinds of knowledge which can be apprehended by the memory are God, and, in order to reach God, the soul must void itself of all that is not God. The memory must also strip itself of all these forms and kinds of knowledge, that it may unite itself with God in hope. For all possession is contrary to hope, which, as Saint Paul says, belongs to that which is not possessed.

John Yepes [*Ascent of Mount Carmel*]

Just as you do not get attached to the external television, so also do not get attached to the inner television. They both are waste of time, even if they mention events that really have taken or will take place. Man and God are unity – even more than that, man as a separate individual does not exist. Everything inside and outside is quiet, loving and shining Divinity.

Everything you see is God; it is Divinity looking at itself in itself. Much Divine Grace is needed to understand it, and at the same time nothing is needed.

Like this we remain, finding fulfilment in our perfection; free of everything and everyone we reach what is eternal and touch what is permanent here. What is the merit then? Perhaps none? Yes, certainly none.

And this way we have reached the end of the discussion and supplementation of previously written works. We are closing another period in history and square the accounts of everyone who has grown in it. You are free.

The works constituted a lantern of Spirit in the past, therefore it befits to mention them with love.

Today, they vanish in the past for many reasons. One of them is that they are anchored in the thought and tradition which are gone.

It is not time to think of the past. It is the time to reach out with thought and heart for the loving-you-Divinity and unite with it.

Thank you, Master, for your wonderful words. Such a deep and calm spiritual joy flows from them. I can also feel that many people are very happy with them, because until You say something, no new reality will arise, and the old one will not be able to sink into oblivion.

Thank you, Master, on behalf of us all, on behalf of all interested parties, for that wonderful gift.

Samasta loka sukhino bhavantu.

34. Love Instead of Judging Others

The remarks others make upon you are a valuable source of information about your weaknesses. You should be grateful to people who take on this difficult role of pointing out your mistakes. But you should not take on this role yourselves. Keep it to yourself even when it seems to you that you notice something.

There are hundreds of reasons why one should keep silent in such situations. Remain silent and allow me to act.

In many, very many cases your critical comments do not come from the spirit of love and devotion to Divinity, but are invited by anxiety or irritation.

Note that we are dealing with two things here. Firstly, there is the event itself, and secondly your reaction to it.

You do not understand people and often judge them rashly. Knowing neither man's intentions nor God's plans for him, you unnecessarily pry into other people's affairs.

Learn to keep silent and to turn towards Love in silence. The world does not need repairing, it needs love which comes in silence, which flows from the heart and changes everything and everyone around.

If there is anything that irritates you in the behaviour of others and causes any negative reaction, you should either walk away or try even more to turn to me so that I change your reactions into behaviour of full of composure, calmness, kindness and love.

Instead of trying to change others look after yourselves and your relation to love that waits for you. Leave changes in others to me and I will make them at the right time.

Turning interiorly away from the world, come to me.

At the same time do not be afraid of criticism from others. Ego is afraid of criticism and negative remarks about it. It would like to be on the pedestal, wonderful and great, therefore it avoids all the situations that could undermine this image like the plague.

Ego, thinking about itself as someone small, sensitive and vulnerable, becomes withdrawn and builds a thick wall that separates it from the dangerous world. Be aware of this psychological process. Open yourselves onto voices of criticism over you, onto laughter and even being held up to scorn by others. Do not react negatively. Do not "pay anybody back in his own coin." Keep constantly turning towards Love believing and knowing that the loving Creator has his plan in what is happening. Its goal is to transform you into a pure channel of His love.

Diamond originates from ordinary carbon subjected to great pressure. Bringing out its beauty and splendour requires long and careful grinding with the hardest materials on the Earth.

The less of ego in you the more of Divinity, the freer is the flow of love.

The primary requisite for man is to realize the divine potency in him that is the source of all the faculties and talents in him. This is true whether one is an atheist, a theist or

an agnostic. No one in the world can get on without this energy. It may be called by different names. Names are not important. The energy is one. It is this divine energy which directs mankind on the right path. Men should strive to recognize the presence of the Divine even in small things.

Sathya Sai Baba [January 14, 1995]

35. Return to the Past

Today I will tell you about the past. Firstly, know that all the events that have led you to the present point made sense. The guiding axis was Love, which had decided many centuries ago that you would take on the task of awakening others towards the awareness of its existence and operation in the world. Your current life is simply the reflection of this momentous decision.

Your task is to write so that people can receive yet another good guide which will not only lead them onto a good path, but will also show how to check whether what is being said here is true.

The thing about the truth is that it can be checked. Truth, like Love, can be experienced.

Secondly, all the events in the past were to prepare you for transferring energy along with my words. Therefore the meditation that has become a key element of your day is so vital. You would not be able to enter the areas closer and closer to me without it and the words that flow would not have as strong an effect as they presently have. Therefore, meditate and write. These are the two most important tasks for the moment. Other tasks will come later, but you will learn about them in due course.

*Thirdly, practise what I say and keep writing down your feelings and taking down remarks that you have. This, along with my comments allows for better consolidation of the knowledge in practice and shows what typical reactions and what typical problems can appear when people decide to apply what I say. A word of comment will be in order here. **Each of you is different, therefore there is no single universal path of development and each of you will react somewhat differently.***

Fourthly, if we abandon supporting ourselves with love, we will fall into a pathetic state of hesitations and doubts. Should any one of you reading my words find himself in such a situation, let him ask me for help in discovering the truth as it is. Unlike most of your doctrines, I do act and to prove it I can give you as abundant evidence as you want. However know that you must ask me for it – not demand, as is your habit. Treat me as an intelligent Being who understands you well, and not as a strange force hiding under the surface of events and capable of God knows what.

Fifthly, much should change in your attitude towards me and towards yourselves. First, a few words concerning your relations with me. As I have already said, I am Love and therefore you should offer everything you do only to Love, this Force which lies at the foundation of the structure and operation of the Universe. Turning towards me will bring you much inspiration, calmness and, as time goes, also love. These are the only actions that lead you beyond the confines of the

world you live in, the only actions that make deep sense, whose value can be gauged only on a scale of centuries and millennia. Everyone who gets close to me and stays with me in love will be closer and closer to me in this life as well as in every subsequent time they come to stay here.

You are overly focused on yourselves whereas it is just abandoning yourselves and focusing on me that is one of the most important medicines for the madness of this world. Do not pursue outside things – they will not give you happiness. Get close to me, embrace me, get filled with my energy – and stay that way. This is the best way for being in the world. You can practise this exercise regardless of the place you find yourself in and regardless of the situation you are in.

Sixthly, you are still a very young race and do not understand your place in the ecosystem of the Cosmos. However, there comes the time when you will be able to understand it and now is the time you should be getting ready. Interesting times are coming, you will see for yourselves soon. Guests from other dimensions will be appearing here more and more often, because your civilisation is approaching a groundbreaking point – opening of consciousness onto miracles and mysteries of the Universe, onto Life and Love that are present and manifest there. Open your hearts and sensitivity onto the quiet song of the Cosmos - you have always been part of it. The Universe is full of life and full of Love. Many of you will soon experience it for yourselves.

I have previously mentioned visitations from the Cosmos and want to continue this subject today. Contrary to appearances it is very important. Beings from outer space have been among you for thousands of years. Older civilisations used to visit the Earth before mankind arose and have served your evolution in a significant degree. You should be grateful to them for it.

Humanity is not the only life form in the Universe. There are hundreds of millions of planets teeming with life. Most of them are occupied by beings that have been aware of me and my actions for a long time. Many civilisations have already learnt cooperation with me and this time has now come for you.

In my previous books I have mentioned methods of discovering me and even getting convinced through "scientific" methods of my existence and activity. It is time to set these in motion. It is time to get close to Divinity on the scale of the entire planet. It is time to give it back to Love whence it aroused. The time of domination by earthly intellects and ego is coming to an inevitable end. And either you will agree to it or choose another way. Resistance and stubbornness against Love does not make the least sense, believe me. There will be events that will shake your life; phenomena and cataclysms you will not be able to control.

The only recipe for the recovery of harmony on the individual, collective and planetary scale is a turn towards the loving Divinity. You aim yourselves at powers whose existence and might you do not have any idea. You are not able to oppose them or stop them and they will bring you tragic results. So far many things have been arrested and many events have not taken place to allow for a time of learning. But this time is quickly running out. The Time of effects is coming. Remember this well: everything that happens and what will still happen are the effects of your actions. Blaming Higher Forces for the events you go through is a measure of great ignorance.

Moreover, the effects will last as long as you internally and externally mature towards receiving of the new truths and surrounding yourself with the leadership of the loving Divinity. Rejecting of its help, instructions and its Love is an act of

stupidity and barbarism of the highest rank. Turn towards Love right now, today, and you will notice positive changes in your life within a few weeks.

My words do not carry threats. I do not need to scare you nor anybody else to get the desired effect. These are words of serious warning against mindless following the ways framed by today's mentality, morals and business. You have forgotten that you are part of a bigger ecosystem. Mechanisms exist controlling all departures from the norm.

*I would like you to understand my offer well. I am not taking anything away from you. It is just the opposite – I want to give you something very valuable, **the most valuable object** in the world and the Universe. It is Love of God and an opportunity to live in it and cooperate with it every day – tangibly, palpably, experimentally and verifiably. You will lose the stupidity of ego and aggression; thousands of illnesses and misfortunes will simply disappear. Pain and suffering will slowly become a thing of the past. There is simply no alternative, for the alternative is destroying of yourselves as inhabitants of this Earth. The new state of existence of each of you assumes participation in life and co-creation with Love, for Love and in Love.*

I want you to pass from the stance of slaves of events and laws which you do not understand to the stance of conscious co-creators of the Reality. There is no greater opportunity of promotion. I want this planet to become the planet of Masters of Love able, every day and at every moment, to turn towards the loving Creator and being guided by everything He will say.

How do you like that?

I would like to ask you today about the role breathing plays in meditation. Various traditions of the East and the West draw our attention to its role in quietening of the mind. How can we use it in our practice?

Breath is the basis of life. Life ends without breath. Breath is closely connected with the activity of the mind. If it is not ordered, it provides the mind with energies that cause turbulence – the mind is not calm.

Calming of breathing brings about the relaxation of mental currents. Breath should be natural and easy. When you begin to observe it in meditation, its pace will begin to naturally decrease. One should not do breathing exercises forcefully; the effects are usually opposite to those intended.

The first step in meditation is calming of breath. We achieve it through a few deeper breaths – three, four, five. Then we breathe naturally. Breathing should slow down after a few minutes – the frequency of inhalations and exhalations will decrease.

I am here for you, all of this is for you. You do not believe me that it is for each of you that I live, exist and am, do you? I am that force that lives at the foundation of everything and which does not exist for itself but exclusively for others, which understands unity and emerges from unity in order to appear in multiplicity of events, beings, and people. It is me without 'I,' without a centre, pure love and serving others. Love close while far. That is me.

Now is the time for everybody who wants to come to me. It is a new invitation to working together and to co-existence. This is the time of squaring accounts with

oneself and with the past. This is the time preceding the coming of Love; the time of Love for many.

Love will open the doors for you all, but before you get in anywhere, think which are the doors that lead straight to the loving Divinity. All others, no matter how wonderful they were, are only a trace, shadow and scrap. They are a trace and shadow, a spark of Light. Go towards Light, towards Him, only towards Him.

36. Our Future

Today we will talk about your future, about how life on the Earth will look like after all the transformations that will take place.

Firstly, Earth will look somewhat different that it does today. Many bustling cities and housing estates will disappear. They will be replaced by scattered architecture, embedded in ecosystems and closely matching them – matching not only physically but also in the spiritual sphere. It will be time, when people will be living and conscious centres of the spiritual energy of Love. People will be conscious of Divinity externally, like they are internally today. These will be times of great love and joy.

Secondly, the Cosmos before you will be open wide. You will be getting to know ever remoter planets and ever further planes of existence. One day you will also reach the living Spiritual centre of this Creation, where Love and Power are tangible. This is the Spiritual Heart of Creation, from which all Universes emerge – hundreds of them before this Universe and millions after it.

You will live at the junction between Light and the world, in the place where they meet, at the edge of Infinity. You will be travelling across wonders of the Cosmos, multitude of dimensions and planes driven by dearest voice that sounds in the heart of every Being – the voice of the loving Divinity.

Wherever you appear you will bring my Love, Wisdom and Power, the three holy aspects of Divinity. Most important of them is Love. You will be doing for other beings what many beings are doing for you now on this planet.

They are among you.

Thirdly, know already, today, that there are many events before you which will shake your trust in the sense and logic of Existence. Looking with earthly eyes one cannot understand much. But know already today that you have been spared much and that after the period of difficulties there will come the time of a great flash of Consciousness.

I am under the impression that things will heat up on the way to the period You talk about. I see, among other things, a few nuclear explosions. I do not know where and when, but I can see and hear eerie, piercing, deep and rumbling sound accompanying them.

Yes.

Will You not say anything more, Master?

Dear boy, it is time to stop busying yourself with the future. It is time to turn to the only value, not to images of the past or the future. All this passes away. Turn to what is eternal. Were you destined to find yourself right in a field of fire you would certainly not be able to avoid it. If you were not, there is no such force that would be able to place you there. Do you understand what I am saying here?

Yes, I think so.

Why, then, busy oneself with things and matters which do not concern you - or most of you? The inner "television" is no less dangerous than the outer. It directs your attention towards the world instead of towards Light. Abandon these things and do not look there anymore. You are not able to feel the momentous role of events that are happening around. You do not see Life that is just within an arm's reach. It is in you and around you. It is living, pulsing and the only thing that exists - it is Divinity. There is no other. This is the most important truth about existence. Divinity is here, now. Given the importance of this Truth all the other truths are of no significance.

Do you get it?

37. Dreams and Their Interpretation

I had the following dream. I look out through the window of my old flat and outside I see some woman playing with a crane. This is pretty modern aluminium device, self-propelled, on caterpillar tracks. It is four or five floors tall. The woman grabs a pram with her child in it with the jib, lifts it up and begins to swing it. It is strange behaviour, to say the least - a dangerous height, with dangerous movements that may end up with a strong hit on the walls of the neighbouring buildings.

Surprised by the scene, I am looking through the window; the crane goes back and forth, swings on potholes and creates the impression that it will fall any moment. I have a feeling of danger whereas the woman in the crane considers the situation an excellent fun and laughs loudly. Master, could You explain what is going on here? A strange and incomprehensible dream.

We deal with several issues in this dream. A woman and child means exactly parents and children; playing - what you see as extremely dangerous - is today's upbringing and education. They are unconnected with reality and pose a threat to young people. You educate mindless, brutal and aggressive societies. One cannot help but call this situation criminal.

Master, what recipe would You see?

We will get to it at the right time. There are a few things you should understand in the meantime.

Another thing is that neither is there anybody to "blame" for this state of affairs, nor can you bear any grudge against anyone. Your societies are detached from spirituality. Institutions that were once to foster your spiritual development are interested in themselves, their own traditions and increasing their assets.

Without understanding life, its spiritual sphere, without understanding the human psyche and its higher layers, you create a future full of cataclysms and suffering for the next generations. You do not understand ways of Love. I would like you to be happy.

All the joy and all the happiness are in God. Try every day to take at least one step towards union with the loving-you-Divinity. This is the path to changing your fate and to fulfilment in life.

In another dream I saw terrorists attacking a small island and capturing all the western tourists they managed to find. I was in a group protecting the rest of tourists. We had problems with food and somebody hit upon an idea of us simply going to the general canteen. Before anybody figured out the situation the whole group set off into the valley. After a while I realized that they will fall into the terrorists' hands. But it was already too late. Since I looked like a tourist, I threw the Kalashnikov away and mingled with the crowd. While walking I began to clap my hands to attract attention. Later, in the hall I was hitting a spoon against the bowl, following the prison custom. The tourists who were sitting in the hall joined in making noise and after a while there was incredible racket and mess. Some tourists simply got up and began to leave. The terrorists were clearly disorientated and did not know what to do.

In the second sequence of the dream I was sitting at some building right next to a group of tourists that were in captivity. We were smiling at each other with the understanding that there was no difference between us and that we were like actors on a stage, that we were about to begin to play roles which were destined for us: they were to be hostages and we were to be liberators.

In the third sequence of the dream I missed a train with my luggage on it and I was walking with my friend somewhere on a high railway embankment. When we were about to get down; I hesitated – the route was too steep and slippery; it led along rocky gullies going down and I did not know how they ended. From the top, from my vantage point it all looked very steep and pretty hairy. I thought of ways of going down and I decided that each one was too risky. However, after a while, I recalled a climbing technique, a quite easy and safe way of climbing down steep gullies.

One can go through everything, calmly concentrating not on the end of the path, on difficulties or height, but on the present moment, present tasks to be done. Then one may even find it pleasant.

Master, I would like to ask You for a comment on these three dreams.

All right. Listen to my answer. The first dream is about your vision of the world. You already begin to notice that what happens around has a deeper meaning. You are actors on the stage of life and you should play your roles well. Perceived divisions are elements of a script and make sense; otherwise the drama will break down and loose its plot.

The prison noises you have created are, among other things, my Words given here – in this, the previous and future books. You are in a prison which is being guarded by armed terrorists. These are your mistaken ideas supported by society, culture and religion. But they quickly lose their bearings when someone comes and makes noise. Then they get lost in the new situation.

Your theories are based on the past, therefore the present that differs from the stereotype is a great challenge for them.

The third dream is a struggle against the mind which is afraid to enter the unknown. The future is what you consider difficult and dangerous. After a while you realize that there is a simple and safe way of going further – you simply use a suitable technique.

Trusting me is this "technique" – I mean the trust I reminded you of a few days ago by putting "Love Without Limits" in your hands and pointing out the pages that you should read. Do you remember?

Oh yes! I was very impressed by what I found there. This is an incredible book. So many teachings given in a very accessible and simple form. I should be reaching for it much more often than I have been, so far. A few pages read are capable of shedding an entirely new light on present difficulties (about which I forgot absorbed by the reading) and today's situation. It is simply a brilliant work. Thank you very much for it. Once, many years earlier I would have given everything I had for such a book – I would not have to have wandered around in the dark. Today I am aware of it.

The dream is a continuation of and supplementation to the mental process that had begun with your hints. It indicates that looking too far forward makes the mind become gripped by fear, but focusing on present actions in the same situation calms one down and even allows to find joy of life and action.

You all are prisoners of the apparent reality, caught in the trap of your own ideas and desires. It is time to begin to get rid of everything that stands in the way of the inner Light. Keep meditating and turning towards Love; this is the means of changing your life to the better.

Find who you really are. Only One of us exists. When the illusions of personality fade into nothingness, That appears. Find That.

The actor who slapped you in the face on the stage waits behind the curtain to congratulate you on the performance.

Sathya Sai Baba

I meditated according to your hints this morning (meditation of unity with the Creator). When You come You are, as usual, so wonderful. It defies description. After a while I saw something sort of flowing down my body. I paid closer attention to this strange phenomenon. Apparently it was tens and hundreds of fish flowing out of my body. In addition, a very black liquid was getting out of the base of my spine, as if from a garden hose. Master, what it is about?

Why are You laughing so sweet?

As usual it is all about love. It is always solely about it in each and every case.

Fishes symbolize egoistic qualities you have gathered in the past. The meditation I have described for the benefit of all of you has such a property that it deeply cleanses human sphere of energy. It brings to the surface states and energies you have no idea about. This is very good and uplifting meditation.

I do not think I need to explain the releasing of black energy, sludge and dirt.

One step towards the loving Creator every day.

Master, will You tell us about other cosmic laws, besides the law of cause and effect?

You will understand them yourselves when you take Love and God as Love for the starting point. All laws result from this one: Love.

Last night I had the following dream. I was on the border of two countries, Thailand and China. There was a regime on the Thai side, a military junta. Terror was the way of ruling there. People lived in very difficult conditions, in constant fear and uncertainty. On the Chinese side it was very calm; many kind people lived there. Being a foreigner I had a certain freedom of movement. I came back into the heart of the country to help others. The second part of the dream is about a trip towards the border accompanied by a few people, very nice Thai men. It was surprising how nice and friendly these people were. We kept moving towards the Chinese border travelling on foot. One day we were passing by a huge field of roses.

It was not the flowering period; the bushes were cut and waiting for the time for buds to show up and to flourish. Strangely enough these roses were of giant size. The trimmed bushes were fifteen to twenty meters tall which meant that the full size bushes should have been about eighty to a hundred meters tall. It was an unusual view: mighty, monumental bushes, giant spikes and us, like little mice among them. I asked one of co-travellers if the rose flowers are as big when they blossom. His answer was yes and that they were just normal. The dream ended there.

Master, what was going on in this dream; what information does it bring?

The border is symbolic – it separates the world of love from the world of violence. Names do not matter. Most of you live in the second country. You may stay already on the "other side," however you decide to come back and bring out some people from the area of suffering and oppression.

The rose bushes are love which is getting ready for development and blossoming. The rose is a symbol of love here. The bushes are very mighty, in accordance with the power and potential which are hidden in love. This world will soon change for the better for many, many beings. Love will come to it, will appear in many people's lives and will be their guide.

A wonderful time of living with Love, with the loving Creator on familiar terms is coming for many of you. Every day, every day.

Love does not need to triumph. Love serves. The day is coming when you wake up to seeing what has always been here. You understand then that Love and Serving are the pivot of the Universe.

I walked down a street in the capital. I was passing a place where music was being played and a young girl was dancing on the walkway. I rarely hear music in dreams, but this was one of them. Suddenly I found myself in a museum. I had to leave the jacket in the coatroom. The jacket was very nice to the touch, lined with yellow fleece. It was bright orange in colour, like that of robes of teachers in India. Lack of space was the predominant impression I had in the museum, possibly because of the low ceiling?

Finally I got out of there. After a while I remembered the jacket. I was left with only the ticket from the cloakroom so I decided to come back. But somehow I got lost and found myself on a quite high mountain. It was close to the city centre, and the mountain served as some kind of military training ground as well as a service centre for the nearby tram depot. It was entwined all over by high-voltage traction and I knew that I had to take the utmost care to avoid touching them and being electrocuted. Under my feet I saw electric wires laid right below the traction. I knew they were for the earthing. The high-voltage electric current flows in the upper wire, the bottom wire has zero voltage and both are needed for the tram engines to work.

I knew that following these ground wires was a good solution since there was no danger of being electrocuted. Finally, I reached a place with many of these wires and managed to get down the mountain. Master, I am under the impression that it is something important – too many strange things have appeared here.

The museum is a symbol of the past. The feeling of lack of space and stuffiness are in place here. The orange jacket is a sign of holding a teacher's office – it is also the past. The mountain covered with wires is the most important symbol here.

Rails symbolize ruts on which human mind moves. Remaining on the top is dangerous because it is easy to fall but each touching of wires may be fatal. You see the ground wire and decide to follow it. This wire is a symbol of staying at the centre, at zero between the positive and the negative, following the path of emotional balance. This is the best way out of the dangers of the world.

Any involvement may end up very badly. You become involved in politics, family life and professional career but leave the greatest values out of the way. Such conduct is a source of consequences which will wait for their time to manifest. This way you still stay attached to this world of dream. It is time to wake up and turn towards real values.

You will not find love, happiness and joy by pursuing pleasures in the world. All these are available in amazing abundance at the Source from which the Universe emerged. These are not empty words. Check me, ask me for showing you their truthfulness.

In a dream I was inside a modern tank. We drove very fast through some fields, then a city. I looked at the rather dark and gloomy landscape of the ruins. At some point a wall appeared on the street. It looked impassable. I felt a vibration of a fire and heard loud bang, a bit like metallic “BOOM”. The missile went through the wall breaking in it a huge breach that we immediately got through.

We were moving with a great speed, but the vehicle sped smoothly and gently on the ground. I had absolutely no feeling of the great mass of steel I was in. I looked left – a young boy was sitting there. He was wearing an orange jacket, the colour of robes the Indian swami’s wear. I was under the impression that he was Indian. I turned my head to the other side and saw a beautiful sea on the horizon. It was approaching at a stunning pace – just as if we were flying towards it in a jet plane, and not driving a tank!

Master, what does it mean?

We have here four main symbols.

The journey through the fields and city corresponds to getting through barriers created by the human mind. These are ruins today – there is no light or life in them. Some of them effectively block moving forward and are so powerful that you are not able to overcome them on your own.

You are being helped by someone who takes care of you and who at the same time possesses an enormous power able to overcome all obstacles. He is pictured here as the young man, his dress an orange colour, same as that of spiritual teachers of the East.

The shot after which you hear “OM” is action of the Master who has used his energy to clear the passage. At the end of the journey appeared the sea, the symbol of Love.

Thank you, Master, for the explanation.

Master, I cannot miss this opportunity to ask You a question about Indian swami’s. What would you tell us about them?

Your question is very general and I will respond the same way. Look at the ordinary schools. Different teachers work in them. There are perfect professionals in action gifted with the heart to what they do for the people they educate; there are ordinary, average teachers and finally there are bad teachers. It is the same in India.

Secondly, we have many subjects and many paths. For some, geography is the main subject of studies, maths is for others and some others learn law. If a student of law wants to attend geography classes, he will most likely have problems for this is not what he was prepared for.

So we have the issue of quality of teachers as well as of fields of study. Each of you has his own direction outlined and follows it. It is not appropriate to change the direction, although it is sometimes necessary.

Remember that each teacher, as well as the teaching itself, is a reflection of Love which is beyond all limitations of phenomena and it is even closer and more substantial than these phenomena. You seek something outside, but everything is

already available. Lack of access to a teacher and teachings is an illusion. The loving Creator is everywhere, in every being.

Learning continues all the time.

The most important of all learning is learning of love towards the loving Creator. He contains all noble paths and is their crown.

In yet another dream I was somewhere in mountains. Before entering a big hostel I noticed a strange poster. There was information about some convention and a big red star in it. After a while two men aged 25 or less came out. They were dressed in military uniforms, what you call camouflage. They both wore forage caps with red stars. I laughed to myself: so many years after the fall of communism and here is a convention of supporters, only I did not know if all this was serious or for fun, out of fondness for those days. Master, please tell us what is it about.

You are going through a period of intensive transformations and many things come to light, to only disappear after a while into nothingness whence they had arisen. This is the last chance to square accounts with the past in which you were the guiding force for many people. As a result of your writings and actions hundreds of people followed you and in the end you had become most important for them, even more important than the loving Divinity. This is not a good state, you know it well.

The human mind strives for what it can capture and does not understand that everything that happens is only a signpost on the individual's way to realizing the ties with Divinity and later, the full union with it.

There is time of turning towards people and the world, and there is time of turning towards Divinity, so now, we are closing the past and there will be no more guides except for the Creator and His Love.

Now is the time for turning towards Divinity; for all the ties and relationships that had linked you in the past to burn down completely.

My words concern many people who teach spiritual matters. Turn towards me, not towards the world, not towards other people whom you consider being your pupils and who consider you being their preceptors. You will be of much greater benefit to everybody this way.

Teaching does not have to take place in direct physical closeness. Follow my example. Follow me and do not want to lead others. It is enough that I lead them and you should not take my place.

A preceptor who turns towards his pupils turns towards the world and loses contact with the powers of happiness which are only in God. They are not in the world. Turn away from the world and seek the Preceptor who will give you happiness from inside, not from outside.

You will find Him in your heart, for He has dwelt there for thousands of years.

It is inner seeing of Divinity in every being which you should be pursuing in your spiritual life. See Divinity, speak to Divinity, be with it and in it, love it. This is the path to God.

38. Why Is It Me You Talk to?

Lately, I came across the question: Of all people, why is it me that you talk to?

This is a good question. Again, in order to understand the answer we must reach into the past. There exists in you a specific and well matched combination of qualities. There is the loftiness of a dervish who rejected the world and looks at it as something that does not concern him; there is the researcher's curiosity, the drive for getting to know the Unknown – this Great Mystery, the courage of a conquistador aiming at conquering new lands, even at the price of life.

And there is also love composed of thousands of small and bigger loves gathered during centuries – love which more than makes up for all negative qualities and states. This book, as well as the previous ones, is about Love. Therefore I needed somebody who is able to stand up to all and at the same time stay in it and with it – with me.

And now you tell what you would answer to the question, "Why you?"

Master, after a moment's thought I have only one answer. I do not see as far in time as You do and do not understand all these dependencies, although I see a deep meaning in what You have said. The answer would be that simply I was within reach – that is all.

And this is a correct answer. Doing great things and thinking that you do little, you are on the good path. Doing great things and thinking that you do much, you are mistaken.

You still look for external confirmations of my words. What is this effort for? What and whom is it to serve? Do you think that confirmation of my words by others and so-called public opinion is a measure of the Truth?

Proof of my words is my Love, and not events or any authority, nor the words of the general public.

An opinion of the majority is most often an expression of the inner darkness multiplied by the number of participants. Slam the door behind you to what the world thinks. Love – which is inside – is a billion times more interesting.

Yes, a billion times – at least a billion.

Keep constantly turning towards me, and you will soon see for yourself that it was worth it.

Devotion cannot be confined to observances like worship, pilgrimages or going to temples. These are merely actions indicative of devotion. There is a power which provides a basic impulse for these actions. That is the love of God. Bhakti means Paripurna Prema (total love). This love is motiveless. Love based on a motive cannot be real love. As a river seeks to join the ocean by a natural impulse, as a creeper winds itself naturally around a tree to climb upwards, the devotee's love is a spontaneous expression of the yearning to realize God, free from worldly desires of any kind. [...] It proclaims that it needs no one except God. It is oblivious to all other

things. It regards the Divine as One that pervades everything. [...] You must realize that the Divine is present in everything. Only when you can recognize the omnipresence of the Divine will you be able to experience the Divine.

Immortality is nothing but love. Love is nectarine, it is infinite and all bliss. Today people are not making any effort to understand this principle of love. It is only the power of love that can nullify a curse or a sin. It is only love that can remove all the bitter feelings and enhance the sweetness of life.

It is evident that self-effort and the grace of God are essential in any human endeavour. The reason for all misery and grief is that your mind is not directed toward divine love. You will lead a blissful life only when the mind is suffused with divine love. Divine love is the ultimate goal of life.

Sathya Sai Baba [Sep15, 1988, July28, 1999, Jan 14, 2000]

Master, how much of what You pass on is conditioned by the filter of my mind?

This is a good question – important in view of the quality of the message this book contains. I am glad you asked it.

Firstly, your mind is an instrument I speak through. I can pass on to you my words many ways, as you know, but the current one is most convenient for all parties. You are the co-author of this book in a certain degree.

Actually, my question was related to limitations and possibly inaccuracies that can creep into your message. In other words, what I write may not be pure enough to maintain that it comes 100% from You.

Master, why are You laughing?

You know, this is my nature. Laughter is my middle name.

Look how much you like to complicate everything. This is exactly what the action of the mind is. Do not busy yourself with the question whether this message is pure or not as this is not your task. This is my task.

I pass certain teachings on to you so that you pass them further on. People may, but do not have to accept them – there is not such obligation. They may think whatever they want about things given here. Not one of us will suffer because of that, in no way will we be diminished or elevated, we will be neither less happy nor less joyful because of that.

You would like to get assured that what I say here is 100% my words. But it is completely unnecessary.

Firstly, after all – you could write such an assurance on your own – but it would not possess any significance nor credibility. None.

Secondly, and you all should take note of this: it is not learning and the content contained herein that this and other my books are about – something else is at stake, entirely. This book is not intended for splitting hairs and endlessly analysing each and every word. It can and should become a driving force of love. Learning is not as important as love. This is a vital point.

Do not worship written matter more than the Spirit of Love. You can read about swimming, but only when you jump in the water will you see if you can move your arms and legs the proper way. And this is what I want to teach you. I want you to get into the water and begin to head my direction and I will arrange the path for you. Turn towards Love – this is the whole secret of success on the spiritual path. This is very simple.

Thirdly, everything I say you can put into effect and check in practice one way or another. That is, you can independently check for yourselves the truthfulness of my words without relying on external sources or assurances. Touch it once, twice, three times, ten times. A book is only a signpost, not the end of the path. Under no circumstances can it become the object of worship or adoration. Direct these outbursts of feelings exclusively towards the Highest and His tender Love.

Experience builds up confidence. Confidence is a step towards love. Love is a step towards Divinity.

Fourthly, you have a voice inside that speaks. This Voice can tell you whether or not what I say here is the truth for you. Many people will vividly feel the meaning of my words inside themselves while reading them. It is from the inside that confidence in the path makes sense. It is from the inside that confidence in treading this path will come, in that it is precisely the path which leads to finding Divinity.

The book came to existence for those who are determined to find the meaning of life and the loving Divinity. It has no other goal.

Fifthly, it is love that is important, and not words. Words are inspiration towards love, words directions towards it, words open doors which have been closed so far. Words show the direction and when you get close to me you do not need words anymore. Then you not have the slightest doubt whom you deal with.

This book is very, very good. As one of the few in the world, it serves direct and conscious approaching the loving Creator and it is worthy of the highest praise for that reason. For indeed there is nothing more valuable in man's life than turning with love towards Him. By the same token, it is a gate into Light for many of you, the gate you can get in and directly, experimentally taste Him and see for yourselves what it is like; not after death, not in some heaven, but here, now, in the midst of everyday challenges and matters.

The book is a map of the journey but also something more. I will hand down through it the power to each of you needed to make the breakthrough – the breakthrough towards Love. It is this Power that will change you, and not the words given here.

The words I utter to you have a hidden Power. Take advantage of this to independently learn the turning towards the Highest and staying in His Love. This is the most valuable Gift that I can pass on to you via this work. Know that thousands of Masters on the entire Earth, thousands of Beings that keep helping you, are waiting for it. For many of you this is the most important book you have read in your life.

The loving Creator is within, the loving Creator is without. Everything is Love.

39. Five Hints

Master, we are nearing completion of the third volume. If You were to summarize the main hints in a few sentences, how would You do it?

Excellent question. Remember that most important is the practice consisting in turning towards Love.

Concentrate on a few issues which are basic for the spiritual path.

- 1. Imagine the loving Creator, get close and embrace Him. Speak to Him tenderly and sweetly.*
- 2. Meditate that the loving Creator is everywhere – in you and everywhere around. Whatever you do, do it in Him, touch Him, feel His Love.*
- 3. Ask how you can serve Him. Work without awaiting the result and offer everything you do to the Loving One.*
- 4. Keep repeating the Name of the Creator. Precede it with the syllable OM, for instance "OM Rama", "OM Sai", "OM Krishna". You can repeat the syllable OM itself knowing that it is one of the most powerful Names of God who is Love.*
- 5. In the world, be modest while taking your place at the back.*

Turn towards Love, get close, touch it and become one with it – all of you.

40. A Few Final Thoughts

My Dears, this is how we have reached the end of the third volume. As you have certainly realized, it is not an ordinary literature to read and then to forget. My intention was to give something to you as a present, something that will become a practical spiritual guide leading from the place you are currently in towards peaks of spirituality, where Love and Divinity reign.

I know that much of the content given here is still difficult and incomprehensible. Allow for some time to elapse – one day, they will become clear, simple and natural.

You do not need to seek anymore, you do not need to turn to anywhere outside because you already know that the loving Divinity, the loving you Creator is everything and everywhere.

And know that I have been waiting for your decisions and your turns towards me, for love, meditation, prayer and devotion.

Whatever you do, do it for the loving Creator. Offer Him every work you do, offer Him every thought, deed, gesture, every breath. Doing so you will quickly notice that you live in a different world, the world in which He – and very soon – direct contact with Him become the pivot of your actions every day.

I speak to you dispersed around the world yet staying with me here and now for centuries. This here and now is eternity.

Wake up, find Love and stay with it forever. The world is only its pretence, an external manifestation which got brought to existence, but has never ceased to remain under Love's power.

The world is like a film. Get to know the Director and unite with Him in love. This is what my main message in this book is.

Be blessed.

The time of love is nearing. Now it is up to you whether you can come to me or not. But if you only want this and show your effort in good direction I will always help you.

41. Summary

Let us sum up the most important matters. Firstly, everyone who turns towards Love within a few weeks will find several proofs of my action, care and existence.

Secondly, within a few months there will appear proofs testifying to my Love, especially among those people who will try to turn to me in their meditations.

Thirdly, there will come new inspirations and new events which will gradually be leading your life towards newer and newer spheres, closer to Divinity. I talk about this because many of you are afraid of changes and do not want to take advantage of the opportunity of improvement.

Fourthly, experiencing Love will introduce changes in your perception of yourselves and the world around. You will become gentler in manner and nicer to others.

Fifthly, you will begin to participate in my Work of transformations which silently flows into this world in the form of pure energy of Love through the minds and hearts of people devoted to me.

Sixthly, you will undergo a strong inner transformation what will manifest as turning away from things of this world, as changing of patterns of behaviour, giving up of harmful habits and low level entertainments, since you will increasingly be deriving joy from the place where there is unbelievable abundance of it – straight from me.

Seventhly, the world around you will change as well. There will be more heart pleasing events and phenomena. Therefore it is worthwhile – it is even necessary – to move away from the false reality created by the media and go in my direction.

Eighthly, other people will start to notice goodness and light in you which were not there before. Remember not to initiate anyone into what, how and why you do what you do.

Ninthly, more and more often, you will feel an unusual taste of life, a wonderful experiencing of moments, and the presence and love.

Let us finish on the ninth. This is a Divine number.

The loving Creator is within, the loving Creator is without.

Touch Him, embrace Him and stay that way.

Get going.

In preparation: the fourth volume of “Conversations with a Spiritual Master.”