

## 16. Share your love

*EMBODIMENTS of the Divine Aathma!* Human life is noble, sacred and precious. The way to realise this truth is to feel that you are a part of the Divine. Only human beings are endowed with the faculty to experience this truth. It is, therefore, the duty of every human being to strive for the realisation of this truth.

The human body is constituted by the *Pancha Bhuthas* (five elements), *Pancha Koshas* (five sheaths)--*Annamaya* (food), *Praanamaya* (Life-force), *Manomaya* (mental), *Vijnaanamaya* (intelligence) and *Aanandhamaya* (the sheath of Bliss). While other living beings have only the first three sheaths, the human species alone has all the five. Man is encompassed by attachment to worldly desires, which produce delusions of various kinds related to the *three gunas* (*Sathva, Rajas and Thamas*). To attain liberation man has to rid himself of these desires. The mind is the cause of both bondage and liberation. It is only by controlling the mind that man can achieve liberation.

Everyone is proud about the body, the mind and the intellect, forgetting the indwelling *Aathma*, which is the basis for all of them. The *Aathma* has no birth or death. It is the root of a tree, which sustains the branches, the leaves, flowers and fruits. It is the basis on which the superstructure of life rests.

### **The meaning of true renunciation**

*The Vedhas* have declared that man can attain immortality by *thyaaga* (renunciation) and not by any other means, actions, wealth or progeny. What is it that has to be renounced? One has to renounce one's bad qualities. Men today are only human in form, but are filled with beastly qualities. To manifest their inherent divine nature, men have to cultivate love of God and fear of sin and adhere to *sanghaneethi* (social morality). When people have fear of sin and love of God, they will not indulge in immoral acts. Thereby morality in society will be automatically ensured. It is meaningless to be born as a human being and lead an animal existence.

God can be known only by experience and not by experiments. *Saadhana* is needed for this purpose. Men who are engaged in exploring space do not make the slightest effort to explore the Divine within them. Of what use are experiments aimed at exploring space, while there is no genuine cultivation of human qualities and the practice of such basic virtues as showing reverence for the mother, the father and the preceptor? Everyone should act upto the motto- "Help ever- hurt never." Every educated person should engage himself or herself in selfless service to society, with humility and a pure heart.

All academic distinctions or even observance of spiritual practices are of little use if there is no love in the heart. The heart is called *Hridhaya*. It is made up of the two words, *Hri* and *Dhaya* (compassion). The Lord is described as *Hridhayavaasi* (the Indweller in the heart). Love and Compassion are inherent in every person. Each has to share his love with others. Failure to share one's love is gross ingratitude to society, to which one owes everything. One should give one's love freely to others and receive love in return. This is the deep significance of human life.

*Discourse in the Sai Ramesh mandap, Brindhaavan, on 5-6-1994.*

*Man's life is meaningful only because he can use it to see God. The goal of life is the final merging in the sea, God. You should not fill life with the world; that will make it a vanity fair, an insanity fair.*

*BABA*