

28. Saadhana and sense control

Of what use is all Saadhana

without sense control?

Of what avail is practice of yoga

without forbearance?

Of what use is japa without

Peace of mind?

It is like ploughing a barren field.

STUDENTS! "By diligent efforts success can be achieved, says the adage. An ant can cover miles by continuous movement. But even Garuda (the celestial eagle) cannot soar two feet if it has no will to fly. Likewise, without good thoughts and good deeds based on them, a man cannot accomplish anything good. The child Dhruva could achieve what he desired because of his firm determination and the spiritual austerities he observed, despite the ordeals he had to go through. By his sublime thoughts, he achieved the status of a star in the sky. Likewise, any man irrespective of age or abilities, who has faith and determination, can accomplish what he wants. You are aware of the stories of many sages who embarked on severe penances but failed to complete them because of lack of faith and determination. Vishvaamithra was repeatedly foiled in this way by either loss of self-control or succumbing to temptation.

In every field Saadhana (steadfast performance) is essential. For instance, the participants in the bhajans have improved their singing by constant practice. The sage Dhurvaasa, despite all his penances, could have no peace because he could not control his temper.

Together with peace, the quality of Kshama (forgiveness) is also essential.

Forgiveness is truth, it is Dharma,

It is the essence of the Vedha,

It is non-violence and it Yajna,

It is the source of joy and everything else

says a Telugu Poem. *Kshama* (forbearance) is for every man a third eye.

Entire life is a dream

For all these, the primary quality that is necessary is love. Without love there can be no life. A student who spoke earlier said: "Life is a dream, realise it." What is a dream? Entire life is a dream. During the day you sit here and listen to Svaami's discourse. This is not a dream. You see with your eyes, listen with your ears, absorb with your mind and chasten your heart. All these are apparently proofs of *Prathyaksha Pramaanam* (direct perception). But how far is this real? When you go to sleep at night, all this direct perception vanishes. In your night dreams you experience joy and sorrow. How long do they last? Till you wake up. Then all the dreams become unreal. In the waking state, the dream world has no existence. In the dream state the waking world does not exist. So, what we have are a day-dream and a night dream distinct from each other. But you are present in both the states. Hence you are omnipresent. When both the waking and sleeping states

are experienced as dreams life itself becomes a dream. Realise it. That means, you must realise the true nature of these states.

The student said: "Life is love, enjoy it." Verily love is God. Purandhara-dhaasa sang about the glory of the devotee's love for God. "Even as a lotus adorns a lake, the moon adorns the sky and waves are the adornment for the ocean, for your devotees. Oh Lord! love is the greatest adornment." Nothing lends greater beauty to a devotee than his love for the Divine.

Love is like mariner's compass

Hence love is Divine. Have love for all. Impart your love even to those who lack love. Love is like mariner's compass. Wherever you may keep it, it points the way to God. In every action in daily life manifest your love. Divinity will emerge from that love. This is the easiest path to God-realisation. But, why are not people taking to it? This is because they are obsessed with misconception relating to the means of experiencing God. They regard God as some remote entity attainable only by arduous spiritual practices. God is everywhere. There is no need to search for God. All that you see is a manifestation of the Divine. All the human beings you see are forms of the Divine. Correct your defective vision and you will experience God in all things.

Love for Svaami has brought you here

Develop the sense of the spiritual oneness of all beings. The power of love is immeasurable. So many of you have assembled here. What has brought you all here? Love alone is the primary reason. You have gathered here in such large numbers because of your love for Svaami and Svaami's love for you. You have all come of your own accord. The binding factor is love.

Speak lovingly, act lovingly, think with love and do every action with a love-filled heart. There is no need for counting beads or sitting in meditation, while your mind is preoccupied with worldly matters. The *japa* you have to perform is constantly to remind yourself of the Divine within you. This is the supreme message of the *Vedhas*.

Realise that the path of divine love is the easiest, the sweetest and surest path to God.

Discourse on 5- 7-1996.

Whatever I do, it is for you, not for Me. For what is it that can be called Mine ? Only you.

Baba