

Man, truth, love, and God

*It is only from Truth that the entire creation has come out.
There is nothing in the world without the basis of Truth.
This is pure goodness (suddha sathwa)
Behold, ye people!*

God is *Sathya Swaroopa* (Embodiment of Truth). You find that human nature is a combination of *sathya* (truth) and *dharma* (right conduct). When man is not able to comprehend his own human nature, how can he know the Divine? Everyone should, therefore, make efforts to know the human nature. It is *nirmala, nischala, nisswartha* (blemishless, unwavering, and unselfish).

God is in every human being residing in his spiritual heart which is on the right side of the body while the physical heart is on the left. It is only a single seat sofa, and not a double

seated sofa or musical chair. So, God is close to everyone, being seated in the spiritual heart. When you realize this, you will have the feeling of blissful happiness. The heart is the seat of compassion, and God is embodiment of compassion. While so, man cannot have hatred toward any being at all. Man has to make efforts to progress on the path of Truth and Righteousness.

God has no consideration of caste, age, sex or nationality. Take the elements earth, water, fire, air and ether. Have these elements any distinction of caste or nationality? They are embodiments of the Divine. You should never misuse the elements or waste them.

Never separate God from you

Names and forms are many, but the *Atmic* Principle is one. You should understand this. This is the fundamental law of Nature. Though names and forms vary, there are some common features in all. Hunger is common to all, though the types of food are many. In a hospital, there are many different types of patients. All are not given the same food. For instance, diabetics will not be given sugar or sweet preparations. The world is a hospital. Humanity is suffering from different diseases — physical, mental and psychological. Three-fourths of the diseases are only psychological. What is the treatment needed? It is only *daiva chintana*: filling the mind with the thought of God.

Never separate God from you. A man with dual mind is half-blind. You should practice the principle of oneness. There is only one God spoken of as many. Unity in diversity should be comprehended. Human quality should reflect Divinity. You should curb animal thoughts and breed Divine thoughts.

There are two types of persons. Those with animal and human qualities always show hatred, jealousy, greed, and an-

ger. The other type with human and divine qualities will always be happy, peaceful and full of love. They will always adhere to Truth. Without such quality, spiritual pursuits will be of no avail. You should always say to yourself, "I am human, I am not animal."

Jealousy is contrary to human nature

Jealousy is rampant to a considerable extent amongst people today. This is the root cause of anger, hatred, and other evil qualities. If a person owns a car and travels in it, don't be jealous. Satisfy yourself that you have your legs to help you walk. If one is in a big house, don't get jealous. Be contented and happy with the dwelling place you have, though small. You should thus kill jealousy.

Jealousy is contrary to human nature. It is artificial and not pertaining to heart which is natural. Virtues and vices are reflections of your good and bad thoughts. Physical heart is on the left side while the spiritual heart is on the right. This will help you in the right direction. It is compassionate. But man breeds desires, which contaminate the heart. These should be checked and restrained to a limit. The body and all the sense organs have limitations, like the temperature, BP, capacity to see, hear etc. *Veda* says "*Na sreya niyamam vina* (we should observe discipline in life.)"

Limitations should be observed in everything. If you have enough minimum resources like food, shelter, and raiment, you should be satisfied. To maintain bodily health and get enough energy for your day-to-day activities you should take food. You should not indulge in overeating causing indigestion. If you exceed limit in anything, it may lead to dangerous consequences.

If you realize that God is residing in your heart, you will not dare to indulge in bad activities at all. The evil qualities are

only acquired and are not in you. You are the embodiment of only love and compassion. The bad influences are just like passing clouds that obstruct the vision of the sun. Though the vision is blocked the sun is always shining. When clouds clear you can see the sun in its full effulgence. Similarly, the veils of ignorance covering the heart must also be cleared. One should cultivate patience, which is not commonly done in the present day life. Haste makes waste; waste begets worry. So one should develop patience to avoid worry.

Our mind is compared to the moon; when thoughts arise, it is eclipsing the real nature just as the moon is eclipsed by the shadow of the earth. If you keep the heart pure of the malaise of evil qualities, you will have no worry at all. You should not allow wicked thoughts to stick to you. In a pond, along with lotus flowers that bloom, you have leeches also thriving, which suck your blood. Lotus cannot sustain without water. So also, human life cannot sustain without love. But you should not let the leeches of worry breed in your heart of love. You can travel in a boat on the surface of water but should not allow water to enter into the boat. You should not allow attachment to worldly objects enter into your boat of life.

All are embodiments of God

You are all embodiments of God. God is all-pervasive. You cannot classify some as divine and some others as not divine. All are reflections of the same *Atma*, which is common to all. This *Atmic* Principle is also Sun-principle and Truth Principle (*Surya Thathwa* and *Sathya Thathwa*). When one follows *sathya, prema* (love) will be the reflection.

When you walk on the road, your shadow may fall on bad patches like drains, garbage, etc., but you are not affected by it. You should proceed unmindful of the path of the shadow. So also, you must follow your heart with good feelings unmindful

of obstacles that may appear to come in the way. You should practice truth. You should be grateful to a person that came to your rescue in times of crisis. You should not forget the help done by others. There are two things that you should forget. Forget the harm done by others to you; otherwise you will be harboring vengeance to retaliate. Secondly, forget the help you did to others as that will make you expect reward from them and result in disappointment when it is not forthcoming. By observing these two norms, the purity of your heart will be maintained.

“I am Atma, You are Atma”

Adi Sankara said, “There is no mother, father, no relatives or friends. The only reality is “you”. Therefore, be careful and awake to the Reality.” You should not worry about the family, since these are passing clouds. Vyasa was a great sage who gave the eighteen *Puranas*, *Ithihasa*, and *Brahma-Sutra*. But when his son Suka left the house in pursuit of *Brahmajnana*, Vyasa ran after him shouting, “Oh son! Stop. Do not go away.”

Suka stopped and told his father, “I am not your son. You are not my father. I am *Atma*, you are *Atma*. Why are you under illusion?” So, you must gradually give up all attachments and turn only to God. Having love in your heart, when you put on the divine glasses everything will be divine!

You are filled with worries throughout your life. Birth is a worry, life itself is a worry, family, child, failure, sickness, old age, death, mystery are all worries. These are all imaginary and psychological.

You say, “My body, my mind, my hand, and my worry.” Does this not mean that you are separate from worry? It is your own creation. You are only one. You are *Atma*, the Truth. Truth is God. There is only one God who is described in many ways. Everyone should realize this Truth by spiritual *sadhana*

(spiritual exercise). This involves sacrifice. The *Vedas* declare that you can attain immortality, not by any means other than sacrifice. You have to develop the spirit of sacrifice. *Thyaga* (sacrifice) is *yoga*. Doing your duty efficiently is *yoga*.

Throughout life you should go on doing your duty without aspiring for results. When you give to others, you should have the attitude you are not the giver and the other is not the receiver. It should be considered as an opportunity that is offered by the Divine.

Develop love. Follow truth and right conduct (*sathya* and *dharma*). You will shine as the Trinity of Brahma, Vishnu, and Maheswara. You should not feel that you have no powers. You should have self-confidence, which will lead to self satisfaction, which in turn encourages self-sacrifice, resulting in Self-realization. You must ensure that your self-confidence is unshakable.

What is self-confidence? Self is *Atma*. This is conscience. Because of the senses, it is not realized. It should be associated with higher consciousness and not the consciousness that pertains to the senses. Man should try to realize the supreme heights of consciousness. Consciousness is uniformly present in all. It is "*chaithanya*". When people turn toward worldly objects, which are transient, they pursue the negative path. When they turn toward the Self, it is positive path.

Realise the human values

The human body is composed of the five elements, five sheaths, and five vital airs (*pancha bhootas*, *pancha koshas*, and *pancha pranas*). Man has also got five faculties: *sathya* (truth), *dharma* (righteousness), *santhi* (peace), *prema* (love), and *ahimsa* (nonviolence), which are termed human values. Having been born as a human, it is a pity that one does not realize these values. Anger, hatred, and lust are not human val-

ues at all. These are animal qualities unbecoming of a human being. With truthful thoughts one can become a good person. But one without thoughts becomes a *sadhu* (wise person). He will always be in peace. Thoughts are the root cause of *asanthi* (lack of peace).

First of the human values is *sathya* or truth. If this is absent, you lose one part of human nature. If you don't follow *dharma*, you lose two parts. If you lose *santhi*, you lose three parts. And when you have no *prema*, you have lost the entire human nature and the body will be one with all limbs amputated.

Sathya, the first value, is like the head, and one who fails to follow truth will be a headless torso. *Dharma* is like the shoulder, and one without this will not be able to do anything, having become handicapped. He loses *bhuja-balam*. One without *santhi* is akin to a man without stomach. How can one take food, which is essential to provide energy for living, when there is no stomach? If you lose these three, the life is without love and becomes valueless. Love is essential for life. One without love is only a living corpse!

Spiritual heart is the seat of love

Nowadays, you find hatred rampant everywhere. There is no love. The seat of love is the spiritual heart, on the right of the body. Nobody bothers to recognize this. The absence of love leads to absence of unity. When there is no unity, there is no purity and without purity, divinity cannot be realised.

Now what people generally do is to breed enmity and narrow feelings of community. If there is love, the divisive feelings of community and enmity will not be there. Even when one greets another with "Hello", it is of low caliber and is only artificial and superficial, not coming from the heart. If you want to develop love, you must go on adding to your circle of

friends, loving and serving all. It should be expansion and not contraction. It may extend to cover the entire humanity. “*Ekatma Sarvabhoothantharatma* (the one *Atma* is there in all beings).” This is the basis of the *Brahma thathwa*, (Principle of Divinity). When love is lost everything is lost in life.

*Love in speech is Sathya.
Love in action is Dharma.
Love in thought is Santhi.
Love helps in the consummation
of these three values.*

Embodiments of Love! You are struggling only to acquire ephemeral worldly attainments such as wealth, fame, status, and position.

To foster human values, you have to control your senses. Merely studying scriptures, undertaking pilgrimages, and meeting saints will not help you to achieve realization. Buddha did all these spiritual exercises could not achieve the goal. Finally, he learnt that one has to turn his vision within with the help of the eye of wisdom to attain *nirvana*.

Buddha proclaimed that the word “man” should be interpreted thus:

M stands for *Maya*, which has to be controlled and got over.

A stands for *Atma* (understand the *Atmic* Principle).

N stands for *Nirv”na* (attain liberation).

When you get over the illusion of *maya* and understand *Atma* you get *nirvana* (liberation). Therefore, Buddha preached sense control and eradication of desires as of primary importance. He advocated good vision, good speech, good hearing, good action, and good thoughts as essential for human beings.

Whatever *sadhana* (spiritual exercises) one may do, it will be wasteful if there is no sense-control. You should know the divinity that is immanent in everyone. Though many are aware of this truth, they do not follow this in practice. For example, though everyone knows that one should speak the truth, they tell lies to escape from a problem or to have success in business. If you tell a lie to escape from a temporary problem, later on you will have to face a bigger permanent problem. You should control this temptation of telling a lie to get over a temporary situation.

Take the example of Harischandra. He sacrificed his kingdom, wife, son, and everything and he himself served as a slave in a crematorium. When Viswamitra gave an offer to Harischandra that he would give all his possessions if he told just one lie, Harischandra flatly refused to deviate from *sathya* even if it cost his life. That is why Lord Siva appeared before him and blessed him, giving him back his throne, reviving his dead son back to life, and restoring his wife, and making him rule the kingdom with renewed fame. Because of his extraordinary adherence to Truth, he is even now remembered as “Sathya Harischandra”.

Do not be afraid to speak the truth

Nowadays, people resort to telling lies, fearing that they may get into trouble otherwise. Why should you fear to speak the truth? You have to fear only when you commit mistakes. Today, there is fear rampant everywhere. Life is fear-stricken! Practice *sathya* (truth) and *dharma* (right conduct). If you practice these, you need not fear. When you aren't able to utter the truth, you may desist from speaking and keep silent.

Once, a sage was doing penance in quest of Truth. One day, Lord Siva wanted to test this sage. He came in the guise of a hunter who was chasing a deer. The deer passed through the place where the sage was seated. A while later, the hunter

approached the sage and asked him whether he had seen the deer that passed in that direction. The sage was in a dilemma. If he spoke the truth, the deer would be slain by the hunter. If he did not speak the truth, he will be infringing the code of conduct. So he prayed to the Lord to show him the correct path to save him in such a situation. Suddenly, vibration occurred in his mind and he told the hunter, "The eyes see something. But they can't speak. The tongue speaks but cannot see. Under these circumstances, what can I say?" Lord Siva appeared before him in his true form and blessed him with liberation.

So you should not utter untruth simply to escape a situation. If there is difficulty, be silent.

Conscience and consciousness

Conscience is limited as an adjunct of the body. How does this merge with Consciousness ? You have a balloon with air inside. If you go on blowing more and more air into it, the walls become thinner, and finally it bursts. Then the air inside merges with the air outside. This is merger of the limited air, finite with the infinite.

You go on expanding your love. Don't confine it to your own circle of kith and Kin. Then finally the merger with the infinite will occur. This is liberation.

*Start the day with love,
Fill the day with love,
End the day with love,
This is the way to God.*

Just as sugar, which is sweet, when mixed with water, tea, coffee, or anything, imparts sweetness to the dish, *prema* (love) also is sweet (*madhuram*) and will impart its sweetness to your words, actions, and thoughts. Love is the foundation, truth is the wall, *santhi* (peace) is the roof of your life's mansion. Truth based on love is the best *dharma* (righteousness).

Love is there in everyone naturally. Instead of directing it toward your wife, children and relatives, direct it toward God. By this diversion, you will get whatever you want. The heart is given by God. Offer it to Him. You need not have any fear. Surrender your body to Him, since this is also a gift of God. Every action should be underlined by *prema* (love). Do *seva* (selfless service) with love. You must cultivate the feeling that you belong to God.

God is your old friend

You need not glorify God because that may keep you at a distance from God. God is not new. He was there before your birth and He will be there eternally. Where is the need to glorify Him? You must take Him as your old friend. When you acquire friendship newly with a person, you speak to him with respectful words. When he becomes an old friend you treat him with liberty and privilege. Consider God also as an old friend, so that you can enjoy the liberty and be free with Him.

Devotees think that they can please God by describing His glory. This is not true. You can melt His heart only with love. Plant the seeds of love and let the water of good qualities flow on the dry land so that the seeds will sprout and be fed by rain of love and grow into a tree sheltering all.

Embodiments of Love! You are all basically embodiments of love only. There is no one in the world without love. One will love at least his own kith and kin and another may love money. Anyway, the basis is love, which is divine. You are a combination of love, peace, truth, and God. You are mutually related to one another through the bondage of love in spiritual path. You must uphold *dharma* by truth and Love.

A seed to sprout should be sown in earth or field.
Sow the seed of love in the field of your heart.
It will grow as a tree and yield fruit of bliss.

Prema thathwa is *Jnana thathwa* and *Dharma thathwa*.
Understand and practice it.

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One of the principles of straight living is the practice of silence. For the voice of God can be heard in the region of your heart only when the tongue is stilled and the storm is stilled and the water is calm. There will no temptation for others to shout when you talk to them in whispers. Set the level of your tone yourself; as low as possible, as high as necessary to reach the outermost boundary of the circle you are addressing. Conserve sound, since it is the treasure of the element *akasa* (ether), an emanation from God Himself.

—Baba