

## Entire universe is within you

*Even a millionaire has to be content with ordinary food.  
He cannot live on a diet of gold.  
When time is not favourable,  
    a stick may turn into a snake,  
While, when it is favourable, dust may turn into gold.  
The wheel of time can turn a scholar into a fool  
And a fool into a saint.  
A wealthy man may become a plaything  
    of adversity at some time.  
Whatever your efforts may be,  
You cannot get what you are not destined to get.  
O man, don't be over ambitious,  
Lead instead a noble life  
    making proper use of the intellect.*

*Embodiments of Love!* In this vast world, among all living creatures, human life is the noblest. One is born as a human

being as a result of meritorious deeds done in past lives. Just as a small gramophone plate contains many songs, poems, and dialogues, likewise the human heart contains the entire universe in a subtle form. You can neither see the script of the dialogues and songs by keeping the gramophone plate close to your eyes nor hear the sound by keeping it close to your ears. Only by playing it will you be able to hear the music and the dialogues that are in it.

### **Human being is the Embodiment of Cosmic Principle**

The human heart, which can be compared to a gramophone plate, contains in it all the traits of past lives. The reaction, re-sound, and reflection of all that you have seen, heard, and experienced are contained in it. The vast oceans, the mighty mountains, and all the different places that you visited are imprinted on your heart. In short, the entire universe is imprinted on the human heart. So, it can be said that human being is *Viswavidyā* (Embodiment of Cosmic Principle). But man, not being able to realise this truth, considers himself low, and is affected by pleasure and pain, good and bad.

Wherefrom has this universe originated? The *Sruthis* (the *Vedas*) have given a proper answer to this. The universe has originated from where the 'I' principle has originated. That is *Hridaya*. The *Sruthis* declare that *Hridaya* is the origin of the 'I' principle. This 'I' is all-pervasive. Everyone uses this letter 'I' while introducing themselves.

There is no place or person without this 'I' principle. Even the birds and beasts have got this 'I' principle, though they are not able to express it. Wherever 'I' is, there is *Hridaya*. *Hridaya* is not limited to body alone, it is all-pervasive. 'I' is the name of the *Atma*. So, in everybody, the *Atma* is present in the form of 'I.' It is associated with *buddhi* (intellect).

### The five aspects of buddhi

Right from an illiterate person to a scholar, everyone defines *buddhi* as the power to discriminate between the transient and the permanent. This is not the correct definition. People use it only in the worldly sense. In fact, *buddhi* has five aspects. They are: *sraddha*, *rutham*, *sathyam*, *yogam*, and *mahatthatwam*.

*Sraddha* has two powers: one is interest and the other is steadfastness. *Rutham* refers to unity of thought, word, and deed. *Rutham* expressed in the form of words becomes *Sathyam* (Truth). *Yogam* refers *Yoga chitta vritti nirodha* (controlling the aberrations of the mind). The fifth aspect, *mahatthatwam*, is that which is sacred and divine. When *buddhi* has all these five aspects, is it not an understatement to define *buddhi* as that which only discriminates between the transient and the permanent.

Today, many people talk of *manas* (mind) and *buddhi* (intellect) without understanding their true meaning. They think that the mind is only a combination of thoughts, but even the actions are associated with it. When the mind and the intellect unite, humanness reaches a state of freedom, which is referred to as *moksha* (liberation).

It is a mistake to undertake any spiritual practice to control the mind. The nature of the mind is mysterious. It is unsteady and associated with ego. Who can control such a mind? So, never try to control the mind. Follow the intellect, then the mind naturally submits itself. The master of the mind is the intellect. The master of the intellect is the *Atma*. The *Atma* has no master. So, master the mind and be a mastermind.

Search for Truth is search for God, because Truth is God. So, worship Truth, follow Truth, and practice Truth. People may deny God, but none can deny Truth. You cannot fragment Truth by saying, this is Pakistani Truth, this is American Truth,

this is Indian Truth, and so on. Truth is uniform for people of all nations and all religions in all periods of time.

Truth is one, so God is one. But people worship God in different forms. This is *bhranthi* (delusion). As long as there is *bhranthi* in you, you cannot attain Brahma. This *bhranthi* is the cause for all your sufferings. So, first and foremost, give up *bhranthi*.

### **Go closer to God and love Him wholeheartedly**

It is a mistake to consider that God is separate from you. Once you realise that you are one with God, you can never be separated. For example, when a pot full of water is emptied in the ocean, the water of the pot becomes one with the ocean. You cannot separate them. Similarly, once you unify your love with God, you become one with God.

How to unify? When fire and coal are placed apart, they remain as they are. Only when both are brought close to each other, does fire enter coal. If fanning is also done, coal gets transformed into fire. Likewise go closer to God and love Him wholeheartedly. Going close to God can be compared to coal coming in contact with fire (nearness), and loving Him wholeheartedly can be compared to fanning (dearness). Such nearness and dearness to God will ultimately make you one with God. This is what *Vedanta* declared: “*Brahmavid Brahmaiva Bhavathi* (the knower of Brahman becomes one with Brahman).”

The human body contains all the three worlds: *Devaloka* (head), *Naraloka* (throat) and *Nagaloka* (heart). The head is referred to as *Devaloka* (heaven) because it has got all five senses of perception, which recognise *shabda* (sound), *sparsha* (touch), *rupa* (form), *rasa* (taste), and *gandha* (smell).

*The body is made of five elements and  
is bound to perish,*

*But the Indweller is immortal.  
The Indweller has no birth,  
no death, and no bondage.  
Truly speaking, that Indweller is God Himself.*

[Telugu poem]

### **God is present in the form of five elements**

Such a sacred body, the temple of God, is being misused. Yesterday I told you that the world is made of five elements. Human body is also made of five elements. God is present in the form of five elements all over the world. The *Vedas* declare: *Antarbahischa Tath Sarvavyapya Narayana Sthitha*, which means Divinity is present in you, with you, above you, below you, and around you.

Every human being has five sheaths: *annamaya kosha* (gross sheath), *pranamaya kosha* (life sheath), *manomaya kosha* (mental sheath), *vijnanamaya kosha* (wisdom sheath), and *anandamaya kosha* (bliss sheath). In order to acquire wisdom, you do not need to go through sacred texts or hear the teachings of elders. The sacred sheath of wisdom itself is present in you. Once you experience the sheath of wisdom, you will experience the sheath of bliss. Just as the water bubble is born out of water, sustained in it and ultimately merges in water; so also human being is born out of bliss, sustained in bliss, and ultimately merges in bliss. But, being unaware of this, you are wasting your time, money, and energy in search of bliss.

Truly speaking, man is wasting a lot of time in worldly pursuits. But he does not spend even a moment to know his Self. “Who am I? What for am I born? What am I doing?”

Man does not put these questions to himself. Instead, he questions others, “Who are you? Where do you come from? What are you doing?” He has got the inquisitiveness to know about others, but not about himself.

What is the purpose of life? It is not *khana, peena, sona, mama* (eating, drinking, sleeping, dying). The body is gifted in order to follow *dharma*. Your *dharma* is to know your own Self. Consider everyone as divine and the whole world as the mansion of God. Offer all your actions to God. Let every word that you utter be a *mantra* and every step you take be *Pradakshina* (circumambulating God).

Instead of leading such a sacred life, man is wasting his time and energy in amassing wealth. Due to excessive desires, his life becomes a big zero.

Zero gains value when number one (hero) precedes it. As the number of zeroes increases, the value also increases if number one precedes them. Similarly, if you keep God (Hero) in view, all the zeroes such as your body, mind, and senses also gain value.

Hero becomes zero if he forgets God. The world is zero, human life is zero, the sky is zero, the sun is zero, and the moon is zero. All these zeroes have got value only because of the Hero i.e. God.

### **By serving others, you are serving only yourself**

#### *Embodiments of Love!*

Take to service, but do not think that you are serving others. You are serving only yourself. Similarly, all the spiritual practices such as *japa, tapa, dhyana*, and *bhajan* are for your own satisfaction. God does not need them.

God wants only one thing, that you know your Self. Only then you will know God. Confidence in self and confidence in God—this is the secret of greatness. Prahlada had total faith in Narayana, while Hiranyakasipu had faith in the body. God will always protect the one with strong faith, like Prahlada.

Today, man visits temples and pilgrimage centres in search of peace, but peace is not found in pilgrimage centres. Peace is

not found outside, it is within you. You are the embodiment of peace, truth and love. So search within, tread along the path of love. Only then you will be peaceful.

Through love, you can achieve anything. God is Love, live in Love. Without love, you cannot be successful. Love helps you to know your Self. In order to experience love, you do not need to approach anybody; nor do you need to exert yourself. Turn your vision inward.

### **Less luggage, more comfort make travel a pleasure**

Krishna said, “*Mamaivamso jeevaloke jeevabhutha sanathana*” (human beings are the sparks of My Divinity). Serve anybody; it amounts to serving God. The best way to love God is to love all and serve all. If you lead such a life, all your actions will be pleasing unto God.

#### *Embodiments of Love!*

You need food, clothing, shelter, and some money to purchase medicines if you were to fall sick. That is why I said in the beginning, “O man! Never be over-ambitious, lead instead a noble life by making proper use of the intellect.” Happiness lies in contentment. Dissatisfaction will lead to misery.

In order to experience peace, keep your desires under control. Misery is the birthplace of all desires. In this journey of life, desires can be compared to luggage. “Less luggage, more comfort make travel a pleasure.” So, reduce your desires. This is called *Vairagya* (renunciation).

As the desire for the world decreases, the desire for God increases. This is what the Vedas declare: “*Na karmana na prajaya dhanena thyagenaike amruthathwamanusu* (Neither by actions nor by progeny nor by wealth but only by sacrifice can one attain immortality).”

Offer all your actions to God, consider all as children of God, treat money as God’s gift and make proper use of it. As long as there is no sacrifice in you, you will have only *anrut-*

*hathwa* (falsehood). Only sacrifice will give you *amruthathwa* (immortality).

### **Experience happiness through divine love**

What is the way to immortality? Removal of immorality is the only way to immortality. Without getting rid of wicked qualities such as lust, anger, greed, and jealousy, how do you expect to attain immortality? When the tumbler is already filled with water, you cannot fill it with anything else.

Similarly, when the head is filled with evil qualities, good qualities have no place in it. You have filled the vessel of your heart with all types of worries. Then how do you expect to be happy?

Vyasa gave the essence of all the eighteen *Puranas* in one sentence: Help Ever, Hurt Never. Only then you can be happy. If it is not possible to help, at least do not harm anybody under any circumstances. You should serve wholeheartedly, not for name and fame.

Today, man is leading a worldly life, devoid of all ideals. Instead of trying to know his true identity, he is wasting his time on useless pursuits.

*He knows the route to America, but not to Kasi.  
He knows a lot about Botany,  
But not the use of the Tulsi plant.*

[Telugu Poem]

What is the use of leading such a life? I Develop *daya* (compassion) in your *hridaya* (heart). Today, there is only fashion, but no compassion. What is the meaning of mankind? Man should have kindness. The one without kindness is not a man, but a demon. The proper study of mankind is man. There should be harmony in thought, word, and deed. Whatever originates from the heart should be expressed in words, and the words in turn should be put into action.

Once, a devotee prayed thus: “O Bhagavan, people send many applications to you expressing their desires. How do you find time to go through all this? When do You reply? We get a headache even if we read two letters. But You read so many letters and send so many replies, and yet, You remain happy and cheerful in spite of your busy schedule. This itself is a sign of Divinity.”

I am doing all this not for My happiness, but for your happiness. Many people greet Me ‘Happy Birthday’. I am always happy. You do not need to greet Me thus. Give happiness to those who are not happy.

Happiness cannot be experienced through spiritual practices. It can be experienced only through Divine Love. You will never fail in your life if you have love for God. As the previous speaker said, there are people who have failed for lack of faith, but people with strong faith will never fail. Man is suffering because he lacks faith.

In order to experience bliss, you need to develop love. Love is like a rose and lust is like a thorn. Cut the rose without touching the thorn and offer it to God. You should offer yourself to God. That is surrender. Love within you should be merged with the Divine Love. There lies the bliss.

### **Think of God from early age**

In the *Ramayana*, Vali and Sugriva suffered because they lacked unity. In the same way Ravana, Kumbhakarna, and Vibhishana also suffered due to lack of unity. Though the Pandavas had difference of opinion among them, they stood united. Therefore, their the name and fame have spread far and wide. With unity you can achieve anything.

There are 95 crore people in India. If there is unity among them, this country can be transformed into a very heaven itself. But there is no unity, no purity. Only enmity exists. Heart is like a single chair, not a musical chair or double seated sofa.

So, let Love be seated in that chair, then bad qualities have no place in it. Modern devotion has become artificial. People say something and do quite the opposite. There is no harmony in their words and actions. This is not proper. It amounts to cheating themselves.

**You can have happiness only from difficulties**

Each one has to face their own destiny. So, you should be ready to face difficulties. There can be no pleasure without pain. Do not feel dejected on seeing a dark night. Think of the moonlight that can be seen on the following night. Without dark night, there cannot be full moon night. There is happiness in sorrow too. You cannot have happiness out of happiness. You can have happiness only from difficulties.

Though you are the embodiment of love, you have to do *sadhana* (spiritual practices) and *seva* (selfless service) necessarily till you realise your true identity. Some people say, “Swami, why do we need to be devoted at a young age? We can as well think of God after retirement.” When the messengers of death come to seize your life, when your relatives make arrangements to keep your body outside, and when your wife and children cry bitterly, is it possible to remember God at that moment? So, right from an early age, you should think of God. That is why I say, “Start early, drive slowly and reach safely.”

*Embodiments of Love!* Fight against bad thoughts and bad deeds. Run away from bad company and join good company. Develop good thoughts, good feelings, undertake good actions and attain Divinity.

28 September 1998

Sai Kulwant Hall, Prashanthi Nilayam