

## Develop steadfast faith in God

*Daivadeenam Jagathsarvam Sathyadheenamthu Daivatham  
Thath Sathyam Uttammadheenam Uttamo Paradevatha*

*The whole world is governed by God, and God is governed  
by Truth; Truth is in the hands of noble souls, and the noble  
souls are verily divine.*

*Embodiments of Love!* Since ancient times our country of Bharat has been spreading the infinite spiritual knowledge to every country all over the world. Bharat believes that for the peace and security of the entire world, spirituality is most essential. *Bharathiyas* (Indians), with all the sincerity and devotion, have made efforts to establish stability and peace in the world. But, with the passage of time, due to the effect of *Kali* Age, people have lost faith in the Self and have reposed faith in this transient and ephemeral world. Today, man does not even have faith in the Self of birds and beasts.

When a small bird rests on a thin branch of a tree, the branch starts tossing up and down. But the bird is not fear-stricken because it depends on its wings, not on the branch on which it rests. Bird has total reliance on its wings, but not man in his Self; he suffers as a result.

In spite of the fact that man goes through sacred texts and listens to discourses, he has not developed faith in the Self. He nods his head as he listens to the discourses with the feeling of having understood and benefited by them, but does not have the faith to put them into practice.

### **Every man should develop faith in the Self**

There is no scope for any doubt in a man with Faith in the Self. He is unperturbed by the vicissitudes of life. Since ancient times, the culture of Bharat has had Self-confidence as the basis. But with the commencement of the modern age, Self-confidence is on the decline. Every man should develop faith in the Self. One can attain the blissful state only through Self-confidence.

Today is Vijaya Dasami. This is the *samapthi* (conclusion) of the sacred *Navaratri* festival. *Samapthi* is that which confers *prapthi* (deservedness) in every possible way. This also happens to be the day on which Shirdi Baba left his mortal coil. Having left His mortal coil on this day, Shirdi Baba reincarnated here after 8 years. This is an ample testimony to the existence of Divinity in humanity.

If man does not know his own Self, what is the use of knowing the rest? He reads the newspaper everyday in order to be aware of the happenings around the world. He makes efforts to know what is happening in every country, but he does not put in any effort to know his own Self. He keeps questioning whoever he comes across, "Who are you? Where do you come from?" but he does not put these questions to himself. There is

no point in undertaking any spiritual practice without Self-enquiry.

**Food habits: main cause for lack of purity of heart**

Food and habits play a vital role in fostering human values. As the food, so is the head. As the head, so is God. You should understand the connection between food, head, and God. To-day we find many unhealthy changes in the food and habits of man. This is the main cause for the lack of purity of Heart.

After the Pandavas emerged victorious in the battle against Kauravas, Krishna took them to Bhishmacharya, who was lying on a bed of arrows, for his counsel and blessings. Bhishma began expounding to them all aspects of *dharma*. This teaching of Bhishma is called *Shanthy Parva* in *Mahabharatha*.

When all the Pandavas were listening to their grandsire with all sincerity and devotion, Draupadi suddenly burst into laughter. One should be aware of the fact that Draupadi was one of noble virtues and sense of discrimination. She was one who practiced the cultural values of Bharat. But all the Pandava brothers were very much upset by her unaccountable levity and considered it an insult to the venerable Bhishma. Bhima and Arjuna became very furious, and Dharmaja bent his head in shame.

But Bhishma knew the reason for Draupadi's laughter. He called her close and said, "My dear child, the people of this world are like crows and will misinterpret your laughter in varied ways. Without trying to know the truth, they will misunderstand and misinterpret. So explain the reason for such a behavior and thereby remove the misapprehension of your husbands."

She replied, "Revered grandsire! You should have taught these lessons of *dharma* to the evil-minded Kauravas. But instead you are teaching now to my husbands, who are virtuous,

righteous, and selfless. This appeared to me both ironical and futile. Hence I could not refrain from laughing.”

Bhishma said, “Draupadi, I can understand your feelings, but as I have been living in the company of Kauravas, my blood and mind have become polluted as a result of consuming food from such wicked persons. Knowing fully well that the Kauravas have been on the wrong side, I have not corrected them. But, as good luck would have it, Arjuna’s arrows have drained away all that impure blood from me in the last 56 days. As a result the good thoughts and good feelings that were lying buried deep in me are coming out.”

It has been bad company that had affected Bhishma's mind. This fact is very well expressed by the statement, “Tell me your company, and I shall tell you what you are.” As the company, so you think and so you become.

### **Everyone must make an effort to dispel bad thoughts**

Every teaching has to be passed on, keeping in view of the time, space, and circumstances. Though Krishna and Arjuna moved together for 64 years before the Kurukshetra war, never did Krishna mention anything about *Bhagavad Gita* to Arjuna. It was only before the war that Krishna gave the teaching to Arjuna. For everything there is an appropriate time.

You might have gone through many sacred texts and heard many sacred teachings. You may also have had the *darshan* of sacred people. What is the use? Due to the effect of unsacred food and bad company, all your good thoughts are subdued. Good thoughts can express themselves only when you get rid of bad thoughts. Everyone must make an effort to dispel bad thoughts.

Consider this example, you have built a house with a main door and many windows for proper ventilation. Just because there is an entrance, you will not allow all the street dogs and pigs into your house. You open the door only for your family,

friends, and relatives. Likewise, the mind is the main door and senses are like windows to the body, which is the temple of God “*Deho devalaya proktho jeevo Devah Sanathanaha* (The body has been described as a temple and the indweller as the Eternal Divine).” You have to enquire as to who is to be permitted into this temple and who is not to be permitted. But today, no one makes this enquiry. As a result all types of wicked feelings and wicked thoughts are permitted to enter the mind.

### **Have limited connections and contacts**

“*Nasreyo niyamam vina* (for everything, discipline is essential).” You should not develop friendship with everyone. You should enquire whether the person is good or not. However, do not hate anybody (*Adhveshta sarvabhoothanam*). At the same time, do not cross your limits in your dealings with others. Have limited connections and contacts.

What is the use of being born as a human being if you do not foster human values such as *sathya*, *dharmam*, *santhi*, *prema*, and *ahimsa*? *Vedas* say “*Sathyam vada; dharmam chara* (Speak truth and follow righteousness.)”

Peace is like a precious jewel to mankind. Saint Thyagaraja said, “*Shanthamu leka soukhyamu ledu* (Without peace, there is no happiness in this world).” For all the human values, Love is the basis.

Today, human beings are human in form but not human in practice. In some places, one finds people exhibiting human values outwardly without practicing them whole-heartedly. Human values are not meant for *pradarshana* (exhibition) but are meant for *nidarshana* (example). Human values should be reflected in all your thoughts, words, and deeds. But today, there is only selfishness and self-interest in whatever man thinks, speaks, and does. Due to selfishness and self-interest, human values are totally lost.

A small example, here you find many bulbs glowing. It is not enough you have only bulbs, you also need to have wires and current. When the current flows through the wires and enters the bulbs, they start glowing. Likewise, in order to experience the light of Love, the current of Truth has to pass through the wires of *dharma* and enter the bulb of Peace.

### **Atma, Aham, mind, and speech**

As I have already told you, *Atma* is the origin of *Aham*, *Aham* is the origin of mind, and mind is the origin of speech. So, *Aham* is the son of *Atma*, mind is the grandson of *Atma*, and speech is the great grandson of *Atma*.

First and foremost you should remember that *Atma*, *Aham*, mind, and speech belong to the same family. So, *Aham*, mind, and speech should be filled with the feelings of *Atma*. Only when there is a total unification of *Aham*, mind, and speech with *Atma* will you become a total human being. When *Atma* is the underlying principle in *Aham*, mind, and speech, then there is no scope for any mistake. But today there is no *Atmic* feeling in man's thought, word, and deed. This is the cause of all suffering.

You should develop the spirit of nationalism and practice ancient Bharat (Indian) culture. The culture of Bharat speaks of unity in diversity.

*Countries are many, but earth is one;  
Stars are many, but sky is one;  
Jewels are many, but gold is one;  
Cows are many, but milk is one.*

This is the spirit of unity that the culture of Bharat has propagated since ancient times. You should give up the worldly feelings and worldly thoughts and develop full faith in the principle of unity.

**Partake only of sacred food**

*Embodiments of Love!* On this sacred day of *Vijaya Dasami*, take an oath to give up vices such as smoking, drinking, and partaking of non-vegetarian food. Many do not realise the evil effects of these bad habits. If a smoker blows air on a white handkerchief, he will find yellow spots on it. This is a sign of disease. Smoking leads to cancer. Drinking is a demonic quality. It makes you intoxicated and makes you forget yourself.

Consuming non-vegetarian food is also a bad quality. When human body itself is made of flesh, where is the need to consume the flesh of birds and animals? You should partake of only sacred food. Only then you will have sacred feelings. For sacred thoughts and sacred deeds, sacred food is essential. A noble soul like Bhishma himself suffered on account of unsacred food. As a consequence, he had to lie on a bed of arrows for 56 days.

In order to have sacred feelings, apart from partaking of sacred food, you also need to have sacred vision. Do not cast bad looks on anybody. Do not speak ill of others. Do not hear anything that is bad. Do not entertain bad thoughts. Do not indulge in bad deeds. Do not hurt anybody. More than this, there is nothing else that one needs to do to improve one's own Self.

Human life is highly sacred. "*Janthoonaam naranjanma durlabham* (human birth is the rarest of all)." But today, some people kill fellow human beings without compassion. That is a demonic quality, not a human quality. Having taken human birth, you should not become a demon. In your old age, when your vision is blurred, you cannot see properly; when your body becomes weak and decrepit, when everyone calls you old monkey, what is the use of repenting then? Undertake good actions from this moment.

Let everybody be happy. Do not harm anybody. Sage Vyasa conveyed the essence of 18 *Puranas* in two sentences.

*Ashtadasa Puraneshu Vyasasya Vachanadvayam  
Paropakara Punyaya Papaya Parapedanam*

which means “Help ever, Hurt never.” Do not hurt even an insect, because there is God in every creature. Based on this Saint Thyagaraja composed a song in which he says, “O Rama, you are present in an ant and in Brahma.”

### **Do not blame God at times of difficulties**

Even such a great devotee like Thyagaraja began blaming Rama in times of difficulties. He said, “O Rama, don’t you have the power to protect me, or do I lack devotion? Each and every hair of my body is filled with your name. I am thinking only of you all the time. So, certainly there is devotion in me. But you don’t have the power.”

Immediately he sat in meditation and enquired within. He realised his mistake. Then he composed a song in which he said, “O Rama, your power is so great and mighty, otherwise how could a monkey like Hanuman cross the ocean? Would Lakshmana, who is Adishesha himself, worship You? Would Lakshmi Devi, the Goddess of Wealth, Herself serve You? Would the most intelligent Bharatha obey your command? Out of my foolishness I started blaming You, forgetting Your Divinity. Please forgive me.”

When Jesus was being crucified, he cried out to God, “O God, Why do You punish me like this?”

Immediately he realized the Truth and said, “O God, let your Will prevail. It is You who has created me, sustained me, and protected me. I will not act against Your Will. It was a mistake on my part to blame you.”

When he recognized his mistake, an ethereal voice said, “All are one my dear son, be alike to everyone.” Once you rec-

ognise your mistake, Divinity manifests. Man today does not recognise his mistakes; instead he looks for mistakes in others. Do not be bothered about others faults; search for your own faults and rectify them. Only then will your life be sanctified.

**Whatever you do, do it with Love**

*Embodiments of Love!* Most importantly, you should develop Love. It contains all the other human values, such as *sathya*, *dharma*, and *shanthi* (truth, right conduct, and peace). Whatever you do, do it with Love. Your Heart is like a big tank, and the senses are like taps. Fill the Heart with the water of Love. Only then you can experience Love through all the senses.

Today, you talk of human value, but you do not seem to practice them. That makes Me very sad. You have been listening to many of My teachings; can you not practice at least one? Instead of teaching others, teach yourself and put into practice. What is the use of reading *Vedas* and sacred texts without practicing them? Will you be cured of your disease by merely repeating the names of the medicines? Will merely repeating the names of delicious items appease your hunger? Likewise, mere repetition of the name of the Lord is not enough. You should engage yourself in His work.

When Vibhishana met Hanuman, he said, “O Hanuman, how lucky you are? In spite of you being a monkey by birth, Rama has kept you in His company, but I have not been blessed with such an opportunity, though I chant His name constantly.”

Hanuman replied, “O Vibhishana, mere repetition of the Lord’s name is not enough; you should participate in His work. Only then can you be a recipient of His grace.” As soon as Vibhishana heard these words, he crossed the ocean and fell at Rama’s feet, seeking His refuge. In this respect we can say that Vibhishana is greater than Bhishma. Vibhishana tried to put his

brothers on the right path but ultimately left them, since they did not pay heed to his good counsels; whereas, Bhishma did not even make an attempt to counsel the Kauravas and continued to live with them, being fully aware of their evil designs.

When Vibhishana sought Rama's refuge, Sugriva, Jambavantha opposed, saying, "Swami, you should never believe these *rakshasas* (demons). There must be some ulterior motive behind this act of Vibhishana. So ask him to return to Lanka."

Rama replied, "Once someone says, 'I am yours,' whoever he may be, I will take care of him. So I will not reject Vibhishana." This is a testimony to God's Love.

Once you say "I am yours," live up to it with strong faith. Thereafter, God will take care of you at all places and under all circumstances. I expect and bless you so that you develop strong faith, give up vices, join good company, entertain sacred feelings, and attain Divinity.

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