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## Recognise the principle of 'I'

*Embodiments of Love!* Where the mind is active, all the three worlds exist there. Where there is no mind, nothing exists there. Mind is the main cause of man's suffering and misery. In order to control the mind, man has to keep his desires under check.

*The trees demonstrate the sacred principle of  
equality by providing shelter to everyone  
Regardless of caste, creed, religion, nationality.  
The mighty mountains withstand the cold, rains,  
and the severe heat, thereby teaching man  
Not to be unduly attached to the body.  
The birds are satisfied with what they get to eat  
each day.  
They do not store food.  
Thus they teach the sacred lesson that  
one should not be worried about the future.  
Death conveys the message that body is temporary  
and the feeling of I and mine is but an illusion.  
Nature is the only school that confers on man*

*true wisdom, and  
God is the only Sadguru.*

[Telugu Poem]

*Embodiments of Love!* Nature sets an ideal to the entire humanity to imbibe the spirit of sacrifice and lead a spiritual life. *Anithyam Asukham Lokam Imam Prapya Bhajasva Maam* (the world is temporary and full of misery, so contemplate on God). Under these circumstances, why is man not able to cultivate the spirit of sacrifice? In spite of his knowing the truth that the body is temporary, he is still bound by desires. Since there is no end to desires, man is subjected to endless misery. In order to get rid of his misery, man should follow the ideals of Nature. Nature is the best preacher. It exhorts man to cultivate love, compassion and spirit of sacrifice.

Since ancient times, in this sacred land of Bharat, many sages, seers, and also the kings propagated the spirit of sacrifice and the principle of spirituality, showing to mankind the way to peace and security. Bali was one such king who propagated the spirit of sacrifice through his own example, by undertaking many sacred rituals like *yajnas* and *yagas*. He even discarded the advice of his guru, Sukracharya, who tried to dissuade him from keeping his promise to Vamana. He told his guru that there was no greater sin than going back on one's own promise and that he would abide by his word to Vamana, come what may.

### **Let intellect control the mind**

Bharat, which has given birth to such noble kings and has been the land of sacrifice, spirituality, and peace, has now become a place of injustice, untruth, and restlessness. One should

never get carried away by this body, which is bound to perish one day or the other. Only the principle of the *Atma* is true and eternal. One should lead one's life keeping this eternal *Atmic* principle in view. and not the fleeting materialistic pleasures of the world.

Nature is endowed with two aspects. One is related to the worldly view and the other to the spiritual view. All that you see, hear, and think is related to the physical world. The unmanifest principle of the *Atma* is the basis for this manifest Nature.

Here is a mansion. You can see its grandeur and beauty, but not its foundation. The body can be compared to a mansion and the mind to its foundation. Just as the mansion is based on its foundation, likewise the body is based on the mind. If the mind is steady, so too is the body, and vice versa. Having attained human birth, it is necessary to understand the nature of the body, the mind, the intellect, and the senses in order to make proper use of them.

### **Mind exists even after death**

Before driving a car, one should know where the brake, clutch, accelerator, etc. are located and how to operate them properly. Our body is a car, the mind is the steering, eyes are the headlights, heart is the engine, stomach is the petrol tank, and the four objectives of human life, namely, *dharma*, *artha*, *kama*, *moksha*, are the four wheels. The tyres, which are outside, are under control of the steering, which is inside. Likewise, mind is the steering that controls the direction of the journey of human life. So, one should make every effort to understand the nature of the mind. Mind exists even after death. Purity of man depends upon the purity of his mind. If the mind is polluted, it pollutes all his life.

Though the mind of modern man is highly polluted with negative thoughts, he aspires to live in peace and happiness. But how can he expect positive results without giving up negative thoughts? The peace and happiness that he experiences in the world are only temporary. In fact, real happiness is not in the world outside; it is within. Mind is the cause for everything, good and bad, happiness and misery.

The *Vedas* declare: *Manah eva manushyanam karanam bandhamokshayo* (mind is responsible for both bondage and liberation of man). If man follows the dictates of the mind, he becomes worse than an animal and ultimately ruins his life. His life will be sanctified only when he follows the dictates of *buddhi* (intellect). He who goes by the vagaries of the mind can never be steady in life. How can he then attain permanent happiness?

### **Truth originates from the hridaya**

So, first and foremost, man should make his mind steady and sacred. Before undertaking any activity, he should discriminate whether it is good or bad, right or wrong. But man is using his power of discrimination (*viveka*) only to suit his selfish ends, which is individual discrimination. What is needed today is fundamental discrimination, that which is based on the sacred principles like truth, love, and righteousness.

Truth is God, love is God. So, live in love. Truth is one and the same for all countries in all periods of time. Truth originates from the *hridaya* (heart). The mind can be controlled once you have total faith in truth and follow it implicitly.

The primary effort of man should be to control the mind. This is not possible unless desires are put under check. But, today, man is filled with excessive desires. No doubt one can

have desires, but they should be within limits. Today, even the *sanyasins* (renunciants) do not have control over their desires, let alone common men. When their *ashrams* grow, their desires also grow more and more. Why should one have unlimited desires? Adi Sankara declared: “*Ma kuru dhana jana yauvana garvam, harathi nimeshath kalah sarvam* (Do not be proud of wealth, progeny, or youth; the tide of time may destroy them all in an instant).” Youth and wealth are like passing clouds.

### **Keep control over mind in times of difficulties**

One should keep one’s mind under control and act according to the situation. You have just heard a singer singing Thyagaraja’s composition, “*Samayaaniki Thagu Maatalaadene.*” Thyagaraja was one who understood the truth and had love for God. But, one cannot keep control over one’s mind in times of great difficulties. It is because of this weakness that one even starts blaming God for one’s own troubles. Thyagaraja was no exception to this. When he was unable to withstand suffering in the face of difficulties in life, he put the blame on Rama, saying, “O Rama, my *bhakti* (devotion) toward You is very strong, but You do not have the *shakti* (power) to protect me.” Then he enquired deeply within and repented for his indiscreet statement. He sang,

*O Rama if You lacked power,  
Would a mere monkey jump across the mighty ocean?  
Would Mother Lakshmi, the Goddess of Wealth,  
become Your consort?  
Would Lakshman worship You?  
Would the intelligent Bharata serve You?  
How can I, with my limited mind,*

*Understand the greatness and grandeur  
of Your divine power?"*

[Telugu Poem]

One has to have a broad mind in order to understand the infinite Divinity. Today, man has become so narrow-minded that he has given up *asayalu* (ideals) and is leading his life only to fulfil his *asalu* (desires). Lead a life full of sacred feelings. Give up worldly feelings. Have total faith in God. You can accomplish anything with faith.

**Only one with the mind is manava**

*Sathya* (truth), *dharma* (righteousness), and *thyaga* (sacrifice) constitute humanness. *Sathya* is *neethi* (morality), *dharma* is *reethi* (code of conduct), and *thyaga* is *khyathi* (reputation). The combination of all these three is *manava jathi* (human race). But all these are missing in modern man. So, we find only *akara manava* (human in form) but not *achara manava* (human in practice). Today man is restless due to the vagaries of the mind. But the mind is essential for man. Only the one with the mind is *manava* (man). Bereft of the mind, he is not man. Therefore, man should conduct himself fully aware of the divinity within. Unfortunately, many do not believe in the existence of God. Where is God? He is all-pervasive.

*Sarvata Pani Padam Tath  
Sarvathokshi Siromukham  
Saravata Srutimalloke  
Sarvamavruthya Thisthati.*

With hands, feet, eyes, mouth, head, ears pervading everything, He permeates the entire universe.

*Embodiments of Love!* More than physical prowess, man needs power of the mind. Man should have control over his emotions and keep them under check in times of distress.

*Life is a challenge, meet it.*

*Life is a game, play it.*

*Life is a dream, realise it.*

*Life is love, enjoy it.*

Man bereft of love is lifeless. Love, love, love. Love is everything. Live in love. Love lives by giving and forgiving; self lives by getting and forgetting.

### **Experiencing Oneness is true wisdom**

The present population of the world is approximately 600 crores. But the principle of 'I' is one and the same in everyone. Each refers to them as 'I'. How can one know these 600 crore people? Once you recognise the principle of 'I', you would have recognised all. Here, you find many bulbs glowing; the same current flows through all of them. Similarly, the principle of 'I' is the same in all. Instead of questioning, "Who are you?" question yourself, "Who am I?" Know yourself first, then you will know all.

What is the cause of conflicts and restlessness in this world? Lack of recognition of principle of oneness is mainly responsible. If someone were to criticise you, do not get agitated. Remember that the same *Atmic* principle is present in both of you. The one who accuses and the one who is accused are not two different entities. There will be no scope for agitation if you understand this truth. Peace and serenity will reign supreme in the world once this principle of oneness is recognised. Likewise, God and devotee are not separate from each

other. Worshipper and worshipped are one and the same. The devotee worshipping God actually means worshipping himself. *Ekatma Sarvabhuthantaratma* (the same *Atma* is present in everyone). This principle of oneness is Brahma. Viewing this oneness as many is *bhrama* or *bhranthi* (illusion). This *bhrama* is responsible for the restlessness in the world. True spiritual practice lies in cultivating the spirit of oneness. There is no greater *sadhana* than this. Whatever *sadhana* one undertakes, one should do it with love. Then, there will be no scope for anger and jealousy.

In order to understand the *Vedic dicta*, *Easwara Sarvabhuthanam* (God dwells in all beings), *Sarvam Khalvidam Brahma* (all this is verily Brahman), one should inculcate noble qualities. *Na karmana na prajaya dhanena thyagenaikena amrutathwamanasu* (neither wealth nor progeny nor good deeds can confer immortality; it can be attained only through sacrifice). People respect you as long as you occupy exalted positions in society. But nobody follows you when you lose your position and power. The *Vedas* address human beings as *Amrutasya Puthra*. Live up to that title. You are *amrutasya puthra* (sons of immortality), not *anrutasya puthra* (sons of falsehood).

### **Understand the truth that you are God**

There is *chinmaya* (awareness) in *mrinmaya* (physical body). That awareness is true wisdom. The *Vedas* refer to this as *Prajnanam Brahma* (constant integrated awareness). This constant integrated awareness makes the body, mind, and intellect function. All four *Mahavakyas*, namely, *Prajnanam Brahma*, *Ayatma Brahma*, *Aham Brahmasmi*, and *Tattwamasi*, speak of this constant integrated awareness. Understand the truth that you are God. You may think that you are separate from Swami. But in fact, I and you are not separate. 'I am

yours, you are Mine,' 'You and I are one.' Understand this truth and act accordingly. "*Abheda darshanam jnanam* (experience of oneness is true wisdom)." There is only one without a second. If you go on adding the number 1 to itself, the value increases. On the other hand, even if crores of 'I's are added to 'I', it still remains 'I'. That 'I' is Divinity. Once you understand this truth, you will realise that all are embodiments of Divinity. The essence of *Vedanta* is contained in these four *Mahavakyas*.

### **Vision of God through Love**

You have all come from Kerala. You might have heard the arguments of many atheists that they do not believe in the existence of God, since He is not seen. Where can you find anything without form? One cannot deny the existence of air just because it is not seen. Likewise, one cannot deny the existence of God. God exists, but you cannot see Him. All names and forms are His. Once you develop this faith, you will develop love for God.

*Gopikas* could not bear the pangs of separation from Krishna when He left for Mathura. On deep enquiry, they realised that there was no separation between Krishna and them since He is present everywhere at all times. The one that went to Mathura was not 'Krishna' but his body. Realising this truth they sang this song, "*O Krishna, can we ever understand You? You are smallest among the small and mightiest among the mighty. You are present in all the 84 lakh species.*" None can decide that God is here and not there. He is everywhere. Only through love can one have the vision of God. One can see one's own reflection in the mirror only when a particular chemical is coated on the other side. Likewise, coat the chemical of love on your *hridaya* (heart) in order to have the vision

of God. Fill your heart with love; then there will be no place for evil qualities like jealousy, anger, and hatred. Wax melts when it comes into contact with heat. The heart also melts like wax when the rays of love fall on it.

The story of Prahlada is direct proof of this. He constantly chanted the name of Narayana with all love even in the face of innumerable hardships. He was pushed from the mountain top and thrown into the sea. Attempts were made to get him trampled upon by huge elephants and bitten by poisonous snakes. But not even once did he give up chanting *Narayana*. Love of Prahlada melted the heart of the Lord, and He came to His rescue in times of need. True devotion lies in being in a state of equanimity in both pleasure and pain. Prahlada stands testimony to this. He had neither grief nor fear in the face of severest sufferings. He had total faith that God was within him.

There can be no room for grief or fear wherever God's name is chanted, since God Himself manifests there. *Sukhadukhe samekruthwa labhalabhau jayajayau* (one should remain equal-minded in happiness and sorrow, gain and loss, victory and defeat). Such equanimity can be attained only through love.

*Embodiments of Love!* All are embodiments of love. Love is the fundamental force. When once you develop love within, you will never hate anybody. Today, hatred is on the rise everywhere. Ego is the root cause for hatred. Give up ego and you can have the vision of *Atma*. All this can be accomplished only through love. You should lead your life with love. There is no greater devotion than this.

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