

# 18

## The Life Principles Of Man

*Fear of sin has declined; wicked deeds have become the order of the day; devotion to God has diminished. We find acts of violence all around. Oh man! Understand that you will attain peace and happiness only when you take refuge in the Lotus Feet of the Lord and chant His Divine Name*

*(Telugu Poem)*

### *Embodiments of Love!*

THE Universe is visible to the naked eye. It consists of mobile and immobile objects called *Prapancha*, because it is a manifestation of the *pancha bhutas* (five elements). There is no world without five elements. They are the very forms of the Divine. That is why people reverentially refer to the five elements, namely, earth, water, air, fire and ether, as *Bhudevi*,

*Gangadevi, Vayudeva, Agnideva and Sabda Brahman*, respectively. It is on this basis that Divinity is extolled as *Sabda Brahmamayi, Characharamahi, Jyothirmayi, Vaangmayi, Nityanandamayi, Paraatparamayi, Maayamayi, Sreemayi* (the embodiment of sound, mobility and immobility, light, speech, eternal bliss, supreme majesty, delusion and wealth). These are the attributes of the five elements, which sustain the world. The five elements are present in every being. The Spirit or the Atma which is the very form of God, is not visible to the naked eye, but the *pancha bhutas* can be seen, heard felt and experienced by one and all. One who understands the principle of these five elements becomes God himself.

### **Consciousness Pervades The Whole Body**

The *Gayatri Mantra* begins with the syllables *Bhur, Bhuvah, Suvaha*. *Bhur* represents materialisation, a combination of materials. *Bhuvah* represents vibration, it is related to wind. *Suvaha* represents radiation. It is supreme knowledge. This morning during the course of *Puja*, the Pundit described Dakshina-murthi as the embodiment of supreme knowledge. The four Vedas have given four *Mahavakyas* (divine axioms) to the world. They are: *Prajnanam Brahma* (Consciousness is Brahman), *Aham Brahmasmi* (I am Brahman), *Tat Twam Asi* (That Thou Art), *Ayam Atma Brahma* (This Self is Brahman). They represent the essence of the Vedas. What is *Prajnana*? Is it bookish

knowledge? Is it the knowledge that is forgotten with the passage of time? Is it related to the experience of the body? No. Not at all. *Prajnana* is the unchanging and eternal principle, which is in you at all times and under all circumstances. People call it supreme knowledge but the correct translation for this term is Constant-Integrated-Awareness. Just as the air is pervasive, so too is the Constant-integrated-Awareness. How is it that man is not able to recognise such all-pervasive divinity, which exists in all the three periods of time, past, present and future? The Vedas describe divinity as that which does not move but appears to be moving and that which exists everywhere but cannot be perceived. Though God is present within, man goes in search of Him thinking that He is present only in a particular place. It is tantamount to somebody going in search of his own self elsewhere. Being himself verily divine, he looks for Him outside. How ignorant man is! He does not realise that the five elements present in him are the very forms of Divine. It is foolishness on his part to look for God outside ignoring his innate divinity. Divinity is present in every being. The life principle that flows through each and every nerve of the body is verily divine. *The life Principle that sustains our body is Prajnana*. On this basis, it is said, *Prajnanam Brahma*. The same thing is reflected in another *Mahavakya*, *Ayam Atma Brahma*. It can be interpreted as 'I am Atma and Brahma.' The third one

is *Tat Twam Asi*. Tat denotes that which is outside and Twam stands for innate divinity. It means that the same divinity is present within and without. *Antarbahischa Tatsarvam Vyapya Narayana Sthithaha* (That all pervasive God is present within and without). That which is seen, heard and experienced outside is nothing but the reflection, resound and reaction of the inner being. When reality is within, why crave for its reflection outside? It is sheer madness. *Prabhava* is the term used to describe the manifestation of latent divinity. This also happens to be the name of the first year of the Indian calendar. Man is the embodiment of time. He is the master of time. In order to understand his reality, man has to control his mind. Hence, it is said, *master the mind and be a mastermind*. The five elements that are seen outside are present in man. He is the master of the five elements. You should master the mind; do not become a slave to it. You all know what happened to Kaikeyi who, being a queen herself, paid heed to the words of her maidservant Manthara. She lost her husband and was despised by her own son and earned a bad name for her. Today you do not find any lady bearing the name Kaikeyi. Similar will be the fate of those who yield to the vagaries of the mind.

### **Look Inward For A Vision Of Your Innate Divinity**

Man is the embodiment of the five elements. He is their master. They are highly potent. But man, out of his ignorance, considers himself very weak and

mean. God, who is the embodiment of creation, is present in microcosm as well as macrocosm. On this basis, the Vedas declare, *Anoraneeyan Mahato Maheeyan* (God is subtler than the subtlest and vaster than the vastest). Such divinity is present in man. How can man comprehend his innate divinity? It is possible only when he turns his vision inward. But today man's vision is always directed to the external world. All that is seen outside is also a manifestation of divinity, but man fails to realise this. *Pashyannapi Cha Napashyati Moodho* (he is a fool who sees yet does not recognise the reality). All that man sees and experiences in the world is divine. But man is not able to understand his divine nature.

God has no distinctions or differences. No one can stipulate dos and don'ts for Him. He can do anything, as He is in everything and is everything. He has no master above Him. If man wants to visualise God, he will see Him only in the form of a human being far superior to him in all respects. It is said, *Janthunam Narajanma Durlabham* (Out of all the living beings, human birth is the rarest). It is also said, *Daivam Manusha Rupena* (God is in the form of man). So, man should know the nature of a human being to begin with. All the sacred texts have described God as having human form. It does not mean that God is confined to a human form. All forms are His. However, man cannot but visualise God in any form other

than a human being. If a buffalo wants to worship God, it can think of Him only as another buffalo having a gigantic form. Similarly, a frog thinks of God as another gigantic frog. God has no differences; He can assume any form and do anything. He has no trace of selfishness in Him. Whatever He does is for your own welfare. No one can say that God has a particular form. He is present all over. All forms are His. Each form is composed of five elements. So, develop faith that God is in the form of five elements. You love your mother because you have faith that she is your mother. The husband loves his wife because he has faith in her.

*Where there is faith, there is love;  
Where there is love, there is peace;  
Where there is peace, there is truth;  
Where there is truth, there is bliss;  
Where there is bliss, there is God.*

One can attain divinity only when one has steady faith. First of all, one should have faith in one's own self. Develop self-confidence, which will lead to self-satisfaction. When you have self-satisfaction, you will be prepared for self-sacrifice. Only through self-sacrifice, can one attain self-realisation. Self-realisation means to realise that you are everything. Self-confidence is the foundation, self-satisfaction is the wall, self-sacrifice is the roof and self-realisation is life. No one can live in a building without roof. Roof cannot be laid without walls and walls cannot be raised

without foundation. So, self-confidence, self-satisfaction, self-sacrifice are very essential for self-realisation. Today man has lost self-confidence. If one loses self-confidence, one loses everything. Only through self-confidence can one have the vision of the latent divine effulgence.

### **Verily Man Is God**

#### *Embodiments of Love!*

All are essentially divine. Wherever we see the five elements, there is divinity. As man is made up of five elements, he is verily God. God has no specific form. People attribute various forms to God. Here we have idol of Dakshinamurthi. This form is but your own imagination. It is not the reality. How can you visualise God who is the very form of the universe? The *Viswa* (universe) is made up of five elements. The human body also consists of five elements. Hence, it is called *Viswa*. The Veda says.

*Sahasra Seersha Purusha*

*Sahasraksha Sahasra Pad*

(with thousands of heads, thousands of feet and thousands of eyes, Divinity pervades everything). It only means that all heads, hands eyes and feet are His. Unable to understand this truth, man considers himself to be an ordinary human being and develops attachment to the body. You are human only in form but divine in spirit. So, have the firm conviction that you

are God. Develop total faith in the teachings of the *Mahavakyas*. When you say, this is my handkerchief, you are different from the handkerchief. Likewise when you say, this is my body, my mind, my *buddhi* my *chittha*, etc., you are different from all these. Then who are you? Put this question to yourself. These are mere instruments and you are the master. Once you realise this truth, you will transcend all these.

This plate, tumbler and spoon are made up of silver. Their names and forms are different, but silver is common to all of them. Names and forms can be changed but silver remains unchanged. Likewise, a child becomes a boy, then a man and later on a grandfather. The form keeps changing but the spirit remains unchanged. Do not repose your faith in the body, which constantly changes. Body is like a water bubble; mind is like a mad monkey. *Do not follow the body, do not follow the mind. Follow the conscience. Conscience is the Atma (Self). Have total faith in the Atma.* You are bound to face problems if you rely on the body, the mind and the senses. However, so long as you live in this world, you have to discharge your duties using your body and the mind as instruments. Also you have to make use of the five elements for your worldly existence and ultimately you become one with them.

You are the embodiment of *Prajnana*. It is not worldly or secular knowledge. This true knowledge is

within you. It is not something that you acquire after you are born. It is with you right from your birth. This knowledge is with you always and it shows you the right path. But you have forgotten this truth and consequently, you suffer from delusion. In this world everything is an illusion, nothing is permanent. All are passing clouds. Atma alone is true and eternal. You have to carry on with your life's sojourn and discharge your duties keeping in view the eternal Atmic principle.

### **Limbs Are Instruments, Basis Is The Atma**

Today you conducted the Paduka worship. What is the significance of the Padukas? Head is the most important part of the body. That is why it is crowned. Such a precious head cannot go anywhere without the help of the feet. The feet bear the weight of the head.

*Chandrama Manaso jataha Chaksho Suryo Ajayata* (Moon is the presiding deity of the mind and Sun is the deity presiding over the eyes). Eyes are very important in the body. Without the *Netra* (Eyes), you cannot go through the *Sastra* (sacred text). Without *Drishti* (vision) one cannot see the *Srishti* (creation). But all these limbs are mere instruments. The fundamental basis for all this is the Atmic principle. Man ignores this fundamental basis and attaches importance to the instruments. As a result, he is subjected to misery. It is the *Bhrama* (delusion) that is responsible for

one's misery. So long as one is engulfed in *Bhrama*, one cannot attain Brahma. The term Brahma means vastness. Similar is the meaning of the term Vishnu. So, God symbolises vastness and broad-mindedness. But He appears narrow-minded to the narrow minded. *Yad Bhavam Tad Bhavathi* (As you think, so you become). God is filled with broad feelings. It is not possible for anybody to comprehend God's Will. Unable to understand the Divine Will, people forget the *yathartha* (reality) and lead themselves into *anartha* (difficulties). They are carried away by *padartha* (worldly objects) and ignore *Parartha* (Divinity). Take *Parartha* as the fundamental principle. Do not repose your faith in the physical world. However, you have to play your role well in this drama of life. You have to discharge your worldly responsibilities. To that extent, you can keep the world in your mind. If you have firm faith in God, you will perceive divinity everywhere, no other thought will enter your mind. Once you understand the principle of the five elements, you will understand divinity.

*Embodiments of Love!*

The five elements are the very life principles of man. There can be no life even if one of the five elements is absent. The air is present in you, around you and below you, but you neither can see it nor can catch hold of it. You cannot deny its existence for you cannot survive without air. It is present in you in the

form of breath. So long as there is breath in you, you are *Sivam* (auspiciousness); otherwise you become a *Savam* (corpse). So, the breath is the very form of *Easwara*. Thus, we see that God resides in man in the form of breath and sustains his life.

### **God Has No Specific Form**

First of all, give up the notion that God has a specific form. All forms that are attributed to Him are man's own creations and imagination. God is depicted to be having four hands holding *Shankha*, *Chakra*, *Gada* and *Padma* (conch, discus, mace and lotus). If God were really to be born with four hands, people would certainly put Him in exhibition. What is the inner meaning of God having these four insignia? *Shankha* represents sound, *Chakra* denotes the wheel of time. *Gada* symbolises power and lotus stands for heart. It is only to make you understand that God is the master of sound, time, power and heart that He is depicted to be having these insignia in His hands.

Of all forms of God, human form is very significant. *Daivam Manusha Rupena* (God is in the form of human). You should have full faith in this. Make proper use of your senses. Only then can you become a true human being. Who is a human being? *The proper study of mankind is man*. It means the thoughts, words and deeds would be in harmony with

one another. The unity of thought word and deed is true humanness.

*Tridalam Trigunakaram Trinetrancha Triy-  
ayudham; Trijanma Papa Samharam Eka Bilvam  
Sivarpanam.*

(Offer the trifoliate *Bilva* leaf to Lord Siva, the three-eyed Lord having trident in His hand, which destroys the sins of three births). Offer your thought, word and deed to God.

Though God is present in you, with you, around you all the time, you waste a lot of time looking for Him outside. Do not waste time, for time is God. That is why God is extolled as *Kala Swarupaya Namah, Kalateetaya Namah...* (God is the embodiment of time, He transcends time...) When you are in the company of God all the time, why should you give room for worry? To understand that God is not separate from you, undertake sacred deeds. Help others.

*Hastasya Bhushanam Daanam,  
Sathyam Kantasya Bhushanam,  
Srotrasya Bhushanam Sastram*

(Charity is the true ornament for the hand, Truth is the true ornament for the neck and listening to sacred Sastras is the true ornament for the ears).

These are the *Bhushanas* (ornaments) which God wants you to decorate yourself with. But man

craves for worldly *Bhushanas* and thereby subjects himself to *Dooshanas* (criticism).

*Embodiments of Love!*

Love is the common principle in all of you. It is sacred and changeless. But you are directing such sacred love on the physical world and subjecting yourself to blame and censure. Undertake sacred activities and earn a good name for yourself. God sustains your body. So, utilise it for noble causes.

*See no evil, see what is good;  
Hear no evil, hear what is good;  
Talk no evil, talk what is good;  
Think no evil, think what is good;  
Do no evil, do what is good;  
This is the way to God.*

**Engage Your Body In Sacred Activities**

Sanctify all the limbs of the body in selfless activities. But it is not that easy to practise. There is always some self-interest in whatever man does. Self-interest is also necessary, but it should be within certain limits.

God is the ocean of bliss. As is the size of your container, so is the amount of water that you can collect from an ocean. If you want to collect more bliss from the ocean of bliss, i.e., God, you have to increase the size of the container, which means you have to

cultivate expansion love. Expansion love is life; contraction love is death. Develop love in you and share it with others. That is true sacrifice. *Na Karmana Na Prajaya Dhanena Thyagenaikena Amrutatthwamanasu* (Immortality is not attained through action, progeny or wealth but it is attained only by sacrifice). Everything belongs to God. There is nothing that you can lay claim as yours.

*O God, I offer the heart, which you have given me. What else can I offer at your Lotus Feet? Please accept my salutations.*

(Telugu Poem)

This is the true offering that one should make to God. But the modern man, though highly educated and intelligent, is immersed in ignorance.

*In spite of his education and intelligence, a foolish man will not know his true Self and a mean-minded person will not give up his wicked qualities. Modern education leads only to argumentation, not to total wisdom. What is the use of acquiring worldly education if it cannot lead you to immortality? Acquire the knowledge that will make you immortal.*

(Telugu Poem)

Today man acquires education only to eke out a livelihood. The more he studies, the more he starts

doubting God. Such a person cannot be called a human being at all. A human being should have a pure heart without a trace of doubt. Only then can he understand divinity.

You know why God has given you the eyes? Is it to see everything that comes your way? No, no. The eyes are given to see God. But there are some people who close their eyes and start meditating even while sitting in front of God. Such meditation is false piety. People who close their eyes in front of God might have been blind in their previous births or will certainly become blind in the coming births. It is an unhealthy and unholy practice to close your eyes in front of God. Open your eyes and see Him. Open not only the physical eyes, but also the eye of wisdom.

Why God has given you the tongue? Is it to partake of delicious food? No, not merely for that. The tongue is given to chant the Divine Name and to talk sweetly and softly. Do not talk as you please which may hurt the feelings of others. Some people may not pay heed to you if you talk softly and sweetly. It is their fate. They may listen or not, but you should always talk in a pleasing manner. If that is not possible, observe silence. When you are silent, there can be no conflict. Only those who do not recognise the Divinity, act in a foolish manner. In fact, man himself is Divine. Only then can he become a perfect human being.

Whatever you do, do it in a perfect manner.

There was a person by name Antony, who used to make violins for his livelihood. Being a perfectionist, he used to take one full year to make one violin. Once his friends chided him saying, “Antony, if you take one full year to make one violin, how will you be able to support your family? We feel you are wasting your time.” Antony replied, “Brothers, what I am doing is God’s work, who is the embodiment of perfection. So, I take care that the violin I make is also a perfect one.” That is why Antony’s violin became very famous. Whatever you do, do it to satisfy God. Then only you will find fulfillment in your work. All your actions should be beneficial to one and all. Only then will you be dear to Me and I will become your friend. Even if you offer a morsel of food, do it in a proper manner. Yesterday our boys took great pains and went to far off villages to do *grama seva*. They distributed food packets till 10 o’clock in the night. No doubt it is a good work, but they did not use their power of discrimination. The food was prepared in the early hours of the day. How can it remain in good condition till 10 O’clock in the night? Would it not get spoiled by then? Is it proper to serve such food to people? If the food has gone stale, you should get back and take fresh food next day. When this was told to the boys, they realised their mistake. In fact, they got involved in food distribution so much that they did not realise this aspect. The boys should have taken some rest after their lunch. It is said “sleep awhile after lunch”. But

this was not the case as they set out for seva again, going to different villages immediately after their lunch. Consequently, some of the boys had stomach ache and developed fever. One should exercise one's power of discrimination in whatever one does. God always does things perfectly. Whenever I materialise a ring for a devotee, it exactly fits his finger. Even a goldsmith who takes measurement and makes the ring may commit mistake. But God, the life-smith, always does things in a perfect manner. Whatever service you undertake should be done perfectly. The one who serves and the one who is served, both should be satisfied. That is real service. The bliss that results out of such service cannot be found anywhere else.

### **Do Not Be Devalued By Selfishness**

*Students - Boys and Girls!*

You are the future citizens and future parents of this country. Develop sacred qualities and undertake sacred activities. Only then will your lives become sacred. The Upanishads say, human life is most precious. The value of man cannot be estimated or compared. Who attaches value to gold and diamonds? It is because of man that gold and diamonds have acquired value. *Men are more valuable than all the wealth of the world.* So, do not lose your value by indulging in selfish deeds. Fish is better than selfish. Fish cleans the water of its dirt, but the selfish man pollutes the society

as he lives in it. Undertake selfless actions. Only then are you fit to be called a human being.

Man has the sacred name *manishi*. When reversed, it reads as *shinima* (cinema). Today man has become a *cinema manishi* meaning leading an artificial life. You should be a true human being. Man has another name *manava*. *Ma* means *ajnana* (ignorance); *na*, without; and *va*, to conduct oneself. So, *manava* means one who conducts oneself without ignorance. There lies the fulfillment of your education.

*Students!*

Let your conduct and behaviour be role models for the rest of the world. Today the world is plunged into utter chaos and confusion. You find misery, sadness, sin and anger everywhere. In such a situation, it is your bounden duty to give peace to the distraught. Where is peace? It is within you. You are the embodiment of peace. In the outside world, there is no peace, only pieces. Man's selfishness is responsible for this.

In olden days, education and health care were provided free of cost. But today the fields of education and health care have become business-oriented. Even to admit a child in Kindergarten, one is expected to pay a donation of twenty to twenty-five thousand rupees. One spends 10 crores on a hospital expecting a profit of 100 crores. How can the poor afford such costly treatment? Today even in the field of spirituality, we

find people indulging in business. Spirituality is meant to promote love, not business. Everything will be spoiled if business finds its way into the field of spirituality. Even God's name will be tarnished. Nobody spends anything for My sake nor do I accept anything from others. The Madurai devotees have spent some money in conducting this function, which includes travel expenses, food expenses, etc. They may collect as much money as is required for the function, but they should not prescribe membership fees. Love is the membership fee in the field of spirituality. So, share love with others. Do not indulge in business. I want our organisations not to collect any fees from anybody. All of you are aware that I don't take even a naya paisa from our students. In our hospitals also, patients are given costly medicines free and surgeries are performed totally free of cost. If your intention is good, money comes to you of its own accord. But if you have any selfish motive, you will certainly be put to loss. Do not crave for money. *Money comes and goes; but morality comes and grows.* So, cultivate morality. In spiritual organisations, no fees whatsoever should be collected from people. Who can estimate the value of the Atma? It is infinite and beyond estimate. Only when you understand this principle and act accordingly, will the entire world take to the path of spirituality. Only then peace will prevail in the world. Today we find restlessness and agitation all over the

world. Every newspaper stands ample testimony to this. Make efforts to transform this country of Bharat into one of peace. If you are peaceful, the whole world will be peaceful. Lead your lives peacefully and give peace to others. Follow the ideal of Antony and let all your actions be perfect. Some people make their own lives miserable by their wicked qualities and evil deeds. Moreover, they argue that they are always right. It is utter foolishness. Such an attitude is never going to help them. Do good and make everybody happy. That is true human life.

*Embodiments of Love!*

Let all your activities, be it studying or doing a job, be suffused with love. Lead your lives with love and uphold the prestige and honour of your country.

*Paduka Mahotsava Day, 9-10-2001,  
Prasanthi Nilayam*