

'''

Death stalks your footsteps like a tiger in the bush. So without further waste of time, endeavour to give up sloth and anger; be tranquil amidst the storms; mix in tranquil company.

Let the flagrant smoke of divine thoughts, full of love to all, rise around you; why try to scatter fragrance from scent-sticks available in the market?

The flame of jnana (experiential knowledge of Supreme Reality) can reduce to cinders the impulses inherited through many births and many experiences. In the heat of that crucible, dross is burnt and precious metal is isolated.

Sri Sathya Sai Baba

18

Install God In The Altar of Your Sacred Heart

*The sun appears serene and peaceful.
The days have become shorter,
And the cool wind is blowing.*

(Telugu poem)

THIS festive season brings all prosperity to the people filling the granaries of the farmers with the newly harvested grains in plenty. Not only the farmers, all people in general feel happy and enjoy this season. People attribute their happiness and prosperity to God. Where is God? God is everywhere. He is omnipresent – in you, above you, below you and around you. He has no particular name

or form. Neither has He birth nor death. It is only when there is birth, there will be death too! Hence, God has no birth, no death! He is present in every living being as *Atma Swarupa* (Embodiment of Divine *Atma*). Man today is unable to realise that *Atma Tattwa*.

Bharat is a sacred land. It has given birth to many noble souls and chaste women.

This land of Bharat has given birth to many noble women like Savitri who brought her dead husband back to life; Chandramati who extinguished wild fire with the power of truth; Sita who proved her chastity by coming out of blazing fire unscathed and Damayanti who reduced an evil-minded hunter to ashes with the power of her chastity. This land of piety and nobility attained plenty and prosperity and became the teacher of all the nations of the world because of such women of chastity.

(Telugu poem)

God Expects Only A Pure And Sacred Heart From Devotees

Sri Rama released Sita from the captivity of the demon Ravana who confined her in Lanka for ten months. Rama took her into His fold after putting her to the test of fire. The fire god presented her before Rama, saying, “Oh! Rama!

Sita is a great woman of chastity. She is so much devoted to her husband that she did not look at the face of even one male in all these ten months.” Sita came out of the fire unscathed and the fire god himself attested to her chastity. One can imagine how great and noble she was! Can there be a parallel to such women in any country in the world? The country of Bharat is situated in the middle of the seven seas. Every man and woman in this country has to conduct themselves as *Purushottama* (noble male) and *Pativrata* (chaste woman) respectively. No wonder several *Avatars* (incarnations) took birth in this sacred land. Great men and women and noble souls may be born in any country. But it is only in the country of Bharat that *Avatars* took birth.

Today, people aspire for everything in the world except for God. People leave even their motherland in quest of wealth and money. This is not a positive development, especially for the *Bharatiyas*; for, they are expected to rise above the desire for money. God is one who always gives; He never takes. God desires only love from us, nothing else. The country of Bharat is so noble and sacred. But, the people of this country are leaving, seeking greener pastures elsewhere. However, those with a pure and unblemished heart are sticking on to their native country. What God expects from His devotee is only a pure and sacred heart.

The Importance Of Human Values

People ascribe different names and forms to God. In fact, God is only one. He is beyond all names and forms.

He takes on a name and form according to the wishes and aspirations of a particular devotee. When you contemplate on the form of Jesus and wish to see Him in that form, He manifests before you as Jesus. *Sarvatah Panipadam Tat Sarvatokshi Siromukham, Sarvatah Srutimalloke Sarvamavrutya Tishttati* (with hands, feet, eyes, head, mouth and ears pervading everything, He permeates the entire universe). God is present in every human being, nay in every living being.

Daivam Manusha Rupena (God is in the form of a human being). That is the reason why, the human values are considered to be so sacred and important. It is not enough to simply have a human body. In keeping with the human form, one should also cultivate the human values of *Sathya* (Truth), *Dharma* (Righteousness), *Santi* (Peace), *Prema* (Love) and *Ahimsa* (Non-violence). You should not tell a lie under any circumstances. If you adhere to truth, righteousness will follow. Where truth and righteousness go together, there peace will be. Where there is peace, there will be love too. There can be no place for violence, when there is love. Unfortunately, today there is violence everywhere due to the absence of love among people. Whomsoever you come across these days, there is unrest and unrest.

The Words You Speak Must Always Be Sweet And Soft

People perform *Japa* (chanting of God's Name) and *Tapa* (penance) to obtain peace. But, there is no peace anywhere. Wherever you see, only pieces, pieces and pieces! Hence, one has to develop love in order to get peace.

First and foremost, one has to develop love. "Love is God, God is Love." "Truth is God, God is Truth." Truth and Love are the embodiments of Divinity, verily. Though God is one, people ascribe different names like Rama, Krishna, Govinda, Narayana, etc., to God. The different names and forms ascribed to God are the outcome of the imagination of poets and painters. For example, Ravi Varma portrayed God in different forms based upon his imagination. But, God cannot be limited to a particular name and form. All names and forms are His and He transcends them too! God is immanent in all living species including the human beings. The entire creation is the manifestation of Divinity.

God has no desires and aspirations. He is selfless. Everything in the outside world is the reaction, reflection and resound of your inner being. This is a cloth (showing a handkerchief). Strictly speaking, this is not a cloth; it is a bundle of threads. The threads woven together assumed the form of a cloth. Similarly, the thoughts and desires of a human being make his / her mind. They, in turn express themselves in the form of speech. The words lead to actions through the sense organs. In the process, man entertains certain bad thoughts and feelings. Why did God give eyes to a human being? Only to see good. Similarly, the ears are meant to hear good things and the tongue to speak good words. The words you speak must always be sweet and soft and never harsh. Thus, man has to consider every limb and organ in the body given to him by God as sacred and make

proper use of it. Such a sacred body has to be dedicated to God and none else. God gives you all that is necessary for your life's journey. You should, therefore, install God in the altar of your pure and sacred heart.

The Significance Of The Cross

God is omnipresent. The sky is God and the earth is God. All the human beings are embodiments of Divinity. God is immanent in every human being in the form of breath (*Soham*). Man has to realise this truth. It is only when you realise the true nature of God that you can be considered to have acquired *Jnana* (wisdom). *Jnana* is not mere bookish knowledge. There are several educated people who acquired vast knowledge from the textbooks. But, who is a *Jnani* (realised soul) in the real sense? Only that person who has realised, "I am not the body, I am not the mind; I am God verily", is a real *Jnani*.

When you say, "this is my body", who are you? To whom are you referring? The expression 'my body' connotes that you are separate from the body. When you say, "This is my mind", the mind is separate from you. Similarly, when you say, "This is my *Buddhi* (intellect), it means the *Buddhi* is separate from you. In all these expressions, what is that 'my'? That 'my' is 'I'. This 'I' is what was referred to by Jesus Christ as the ego, that has to be cut. That is the real significance of the cross. You cut the ego.

The True Nature Of A Human Being

Man is bound by two things – 'I' and 'mine'. That is the human bondage. If you can get released from these two bonds, what remains is 'you' only. Now you are with the body. Supposing you have to leave the body tomorrow. At that time, who are you and where are you? You do not know! The body is like a dress; a robe. Once you get rid of attachment to this dress, your true nature will be apparent.

The same truth has been explained in the saying "The one you think you are, the one others think you are and the one you really are." That is the true nature of a human being. When someone enquires who you are, you will answer, "I am so and so." You will give your name. In fact, that name is given to you by your parents and not by God at the time of your birth. Supposing you enquire God, "Who are you?" He will reply, *Aham Brahmasmi* (I am Brahman). Every individual should remind himself or herself "I am Brahman, I have no other name." If someone enquires, "What is your name?", you should reply, "My name is Brahman." If you are constantly aware of your true nature thus, that is *Atma Tattwa*. You need not have to contemplate on anything else. Whenever you come across a friend or any acquaintance, you greet him with a *namaskar*. This implies that you are in fact paying obeisance to the Divinity immanent in the individual. Hence, do not entertain the feeling of 'I', 'I', 'I'. All these physical bodies are like the roles played in a

drama. They change. The world itself is a cosmic drama. You must constantly remind yourself that you are playing your role in the cosmic drama and your real nature is that you are an Embodiment of Divine Self (*Atma Swarupa*). Have you any doubts in this regard? If you are entertaining any doubts, you will be confused.

Live In The Present, That Is The Reality

Unfortunately, today man does not know about his own true nature. How then can he know about God? Hence, first and foremost know thyself! Enquire into yourself, “Who am I? Who am I?” You will realise, “I am I, I am *Atma*”, “I am I, I am *Atma*”, “I am I, I am *Atma*.” If you forget this Divine Self, what remains is ‘deep wine’! Hence, you should become divine. Rama, Krishna, Govinda etc., are only references to Divinity in the common parlance. An individual is referred to by several names, based upon the relationships at the physical level. One person refers to another saying, “He is my son-in-law.” Someone else says, “He is my son.” A third person says, “He is my brother.” Thus, man gets into bondage as the relationships increase. From where did this bondage emerge? It is all of your own making. You marry a girl and refer to her, “She is my wife.” But, before marriage who was she? You do not know. After some years when she departs finally, you do not know anything about her. Thus, you do not know who she was before marriage or where she had gone after her departure. The wife-husband relationship is only in

between. Hence, do not worry about the past. Past is past and future is uncertain. You do not know, you have no knowledge of either the past or the future; you are aware of only the present. Hence, ***live in the present. That is the only reality.***

(*Bhagawan* concluded His discourse with the *Bhajan*, “*Hari Bhajan Bina Sukh Santi Nahin ...*”)

Christmas Discourse, Prasanthi Nilayam, 25-12-2009

In this sacred land, people have forgotten the real source of sacredness, of holy life, of living in peace with oneself and others. Now, the time has come to remind them of it. With jewel in the neck, the wearer has been searching for it everywhere else. A person has to hold the mirror to the face. The Vedic clarion call will soon ring in ears of humanity. The Avatar has come to remind man and to redirect him along the True path.

Sri Sathya Sai Baba