



INDIVIDUAL SADHANA ON
TEN GUIDELINES FROM BHAGAWAN
SRI SATHYA SAI BABA

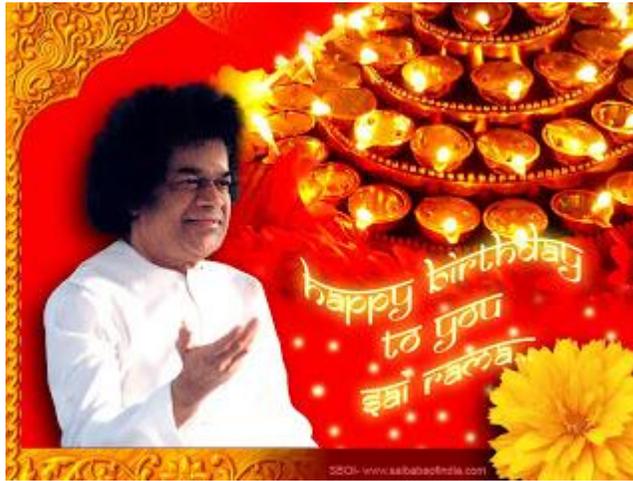
LOVING OFFERING AT HIS LOTUS FEET

NOVEMBER 23, 2013

SATHYA SAI CENTER OF COLUMBUS, OH, USA

Knowledge that is not put into practice is like food that is not digested.

There is no dearth of good books, telling you how to live happily and be free from grief, and many thousand copies of them are being purchased. Yet there is nothing to indicate that the content in the books have been read and assimilated. The habits, conduct, and character of the readers of these books have not undergone any change for and greed are hatred has not envy eats into the society.



Henceforth, do words lightly. implement in

at least one advice for your spiritual growth. Every one of you must examine your mental make-up and see whether you have used your discrimination and scientific temper (Viveka and Vijnana) to clothe yourself with detachment (Vairagya), so that you do not suffer from the attachment to the worldly objects.

good. Egoism still rampant; abated and the vitals of

not treat my Decide to your life, at

- Divine Discourse, Jan 22, 1960

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Love All, Serve All

Help Ever, Hurt Never

TEN GUIDELINES:

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QUIT WORRYING:

Life has dealt you a blow and all you do is sit and worry. Have you forgotten that I am here to take all your burdens and carry them for you? Or do you just enjoy fretting over little thing that comes your way?

God is in your heart. Wherever you go and whatever you do, it is known to God even if you think none has noticed it. People start worrying about petty temporary things that are passing clouds and sometimes falter in faith and devotion. This is not correct. You should never give up devotion. Your good work will beget God's grace without fail. Sin or merit comes only from your own deeds, not from outside. God is in you only in the form of conscience.

Stop worrying. Discriminate between good and bad. Do not harm anyone. Then you can have peace. Follow the conscience. That is the Divine in you. You are endowed with the precious gift of body with the sense organs and limbs. It is given to you to discharge your duties in the world. You have only to do sathkarma (good deeds). You should do things that are acceptable to God and not to please humans. Sath means God. You should have the company of God or proximity to God. Chith is awareness. The combination of Sath and Chith gives Ananda – divine bliss.

- SSS speaks, volume 31, 18 April 1998



Karma is of My Nature; I manifest Myself as Karma," said Krishna, to the great consternation of Arjuna. He made it clear that all karma is Divine, of His Essence!

"It is enough if you know that Brahman—the Universal, Atma—the Individual, and Karma, all three are in Me. Knowledge of this will confer release. You need not worry about the rest"

- Vahinis/gita/gita15.pdf

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PUT IT ON THE LIST:

Something needs done or taken care of. Put it on the list. No, not your list put it on My to-do-list. Let Me be the one to take care of the problem. I can't help you until you turn it over to Me. And although MY to-do list is long, I am after all....God. I can take care of anything you put into My hands, in fact, if the truth were ever really known, I take care of a lot of things for you that you never even realize.

In your daily life, you are saying that God is omnipresent, but you are not putting it into practice. What you should do is to regard God as being present in everyone, everywhere and you should love everyone as you love God. The right thing is to have a broad vision of God and regard Him as being present everywhere. To think that He is confined in some small place is to bring down the whole status of God Himself. Because your ideas are narrow and are very small,

you are thinking that God is narrow and small. It is only when his bhakthi (devotion) is constant, enduring and unwavering that the devotee can attain bhakthi samathva. The flow of love for God should always remain the same and be steady. Krishna declared in the Bhagavad Gita: "Ananyaschintayantomaam yejanah paryupasate, Tesham nityabhiyuktanaam yogakshemam vahamyaham." "I shall look after the material welfare and the spiritual well-being of those who worship Me through one-pointed devotion and are ever attached to Me." SS 1979-29



Joy is within you though you are unaware of it. The sadguru is the friend who helps you unearth this treasure of happiness that is lying hidden in your own heart.

Bhakthi is something sweet, soothing, refreshing and restoring. It must confer patience and fortitude. The Bhaktha will not be perturbed if another gets the interview first or if another is given greater consideration. He is humble and bides his time: he knows that there is a higher power that knows more and that it is just and impartial. In the light of that knowledge, the Bhaktha will communicate his troubles and problems only to his Lord; he will not humiliate himself by talking about them to all and sundry, for what can a man, who is as helpless as himself, do to relieve him? It is only those who have that implicit faith in God, who will deign to Communicate only with the Lord and none else, who deserve Amritha (nectar of immortality).

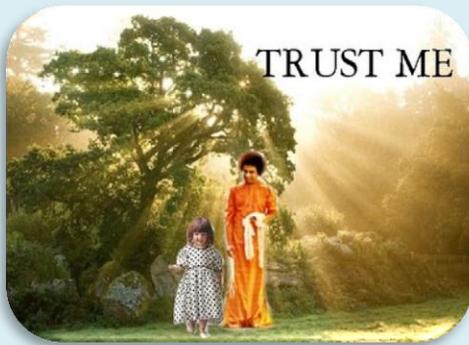
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TRUST ME:

Once you have given your burdens to Me, quit trying to take them back. Trust in ME. Have the faith that I will take care of all your needs, your problems and your trials. Problems with the kids? Put them on MY list. Problems with finance? Put it on My list. Problem with your emotional roller coaster? For MY sake, put it on My list. I want to help you. All you have to do is ask here.

If you do not trust yourselves and your own reality, you can never trust another. Ultimately, trust depends on faith in God, as expressed in your own actions and in the actions of others. Virtue can grow only in an atmosphere of theism; you must have faith in the omnipresence of God, that God is the witness, the guide, and the guardian. Self-confidence, confidence that you are the pure unlimited self, is the great reinforcement



that religion can endow you with. When you establish this in your hearts, you can be entrusted with any type of responsibility, and any type of work.- SSS 12-41

Since I am with you in all that you do, you have no worry about the success of the undertakings. You have only to be 'instruments;' you need not devise devious ways or roundabout tactics. Doing your duties as members, you have the need to preserve and develop trust in Sai, too. -

When praised, man gets inflated, when blamed, he gets deflated. But for one who trusts in God, for the Bhaktha, these reactions are signs of weakness. Man must withstand praise and blame, success and failure, pleasure and pain, like the Meru mountain peak. He must strive to be steadfast and unmoved. Once you collect desires, you become their slave; you will find no end to them. When they are attained, others assail you and still leave you discontented. Be aware of your innate Divinity and show these recurring desires their due place. The Aathma in you is unaffected by desire or defeat or victory. They are passing clouds. The Sun is not concerned with their comings and goings. 15-24 In all effort, if you trust in a Higher Power which is ready to come to your help, work is made easy. This comes out of Bhakthi, reliance on the Lord, the source of all Power. When you travel by train, you have only to purchase the ticket, enter the proper train and take a seat, leaving the rest to the engine. Why should you carry the bed and trunk on your head? So too, put your trust in the Lord and carry on to the best of your ability. Have faith in the Lord and his Grace. Try to earn it by using the intelligence and the conscience with which He has endowed you. - SSS 01-28

Love All, Serve All

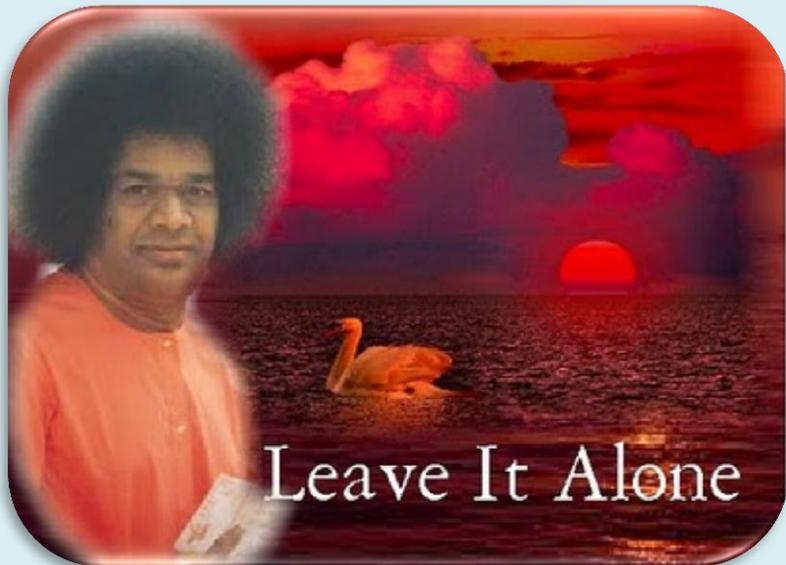
Help Ever, Hurt Never

LEAVE IT ALONE:

Don't wake up in the morning and say: 'Well, I am feeling much stronger now, I think I can handle it from here.' Why do you think you are feeling stronger now? It is simple. You gave Me your burdens and I am taking care of them. I also renew your strength and cover you in My peace. Don't you know that if I give you these problems back, you will be right where you started? Leave them with Me and forget about them. Just let Me do my job.

To comprehend the unity of body, mind and *Atma* is to realize a fundamental truth. The body is gross. The *Atma* is subtle. It is the mind that links the two. If the *Atma* is ignored, man is reduced to the level of the animal. When the body and the *Atma* are ignored and the mind alone is active, the humanness comes to the fore. When the body and the mind are kept out and the *Atma* alone is experienced, Divinity is attained.

How is this to be achieved? An essential requisite is *Thyaga*, the spirit of sacrifice. How is sacrifice to be reconciled with man's incessant activity and his desire for comforts and conveniences? The gulf between *Thyaga* (sacrifice) on the one side and *Bhoga* (enjoyment of material comforts) on the other, seems to be unbridgeable. The Vedanta has resolved the conflict between the two by pointing out that material objects can be enjoyed with a sense of detachment and a spirit of renunciation.



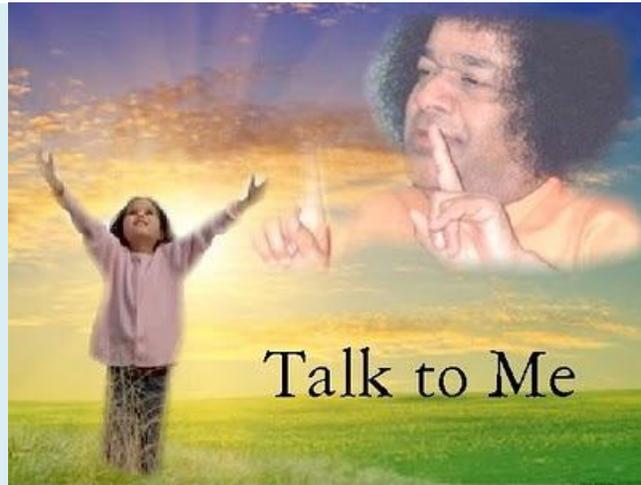
If the ego is eliminated in the performance of actions and attachment is renounced in the use of material objects, there will be no difference between *Thyaga* (renunciation) and *Bhoga* (enjoyment). Pleasures which are experienced with a sense of detachment cease to be *bhogas* and become a form of *Yoga*. After enjoying all the pleasures and comforts we seek, what is it that remains? The body decomposes into five elements. What is basic is the *Atma* principle that sustains the body and all the senses. When the *Atma* leaves the body, neither the sense organs nor the mind can function. The *Atma* is eternal and omni-present. It is self-existent. The spiritual quest is to understand and realize the nature of the *Atma*. This is *Brahmajnana* (knowledge of the *Brahman*). Every individual should regard the enquiry into nature of the *Atma* as the primary purpose of life. Purity of thought, word and deed is essential for this enquiry. – SSS 18-03

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TALK TO ME:

I want you to forget a lot of things. Forget what was making you crazy. Forget the worry and the fretting, because you know I am in control. But there is one thing I pray you never forget. Please don't forget to talk to Me-Often! I LOVE YOU! I want to hear your voice. I want you to include Me in on the things going on in your life. I want to hear you talk about your friends and family. Prayer is simply you having a conversation with Me. I want to be your dearest friend...



Many among you might wonder, "We have been coming to and staying at Prashaanthi Nilayam for years. But, Swami is not talking to us. He does not even look at us." Now, what really is the reason? The sparks that leap out of the flame of fire go into the distance and soon become ash or dark dust. Of course, everyone is fundamentally Aathma, but, moving away from the awareness of that Reality, one reduces oneself into ash or dark dust. You are in Prashaanthi Nilayam, certainly. But, your thoughts wander everywhere else. When your thoughts revolve around your desire to

attain Prashaanthi or Supreme Peace, when your deeds are directed by the regimen laid down for attaining it, when your words are soft, sweet and soaked in Love, you can, without fail, enjoy the warmth of this Fire. Often, when you watch the range of hills around Prashaanthi Nilayam, you can see, especially in summer, streaks of light creeping fast over the tops. This is due to the vegetation catching fire. You can see the light from afar, but you cannot bask in the warmth. So too, you only see Sai Baba; you do not derive the Grace He is ready to grant. The reason is: You do not dedicate all your thoughts, words and deeds to Swami. Whatever you do (wherever you are) feel that it is prompted by Swami and let it be acceptable to Swami. I am the recipient of all your efforts and attempts. For example: The army recruits dhobis (washermen) to wash and iron uniforms and clothings. It has barbers and sweepers on the payroll; they work in camps and move with the military personnel. They may be engaged in different types of work but everyone has to undergo physical training and drill, every day. - SSS15-10

All the joy you crave for, is in you; but, like a man who has vast riches in the iron chest, but, who has no idea where the key is, you suffer. With proper directions, dwelling upon them in the silence of meditation, it is possible to secure the key, open the chest and be rich in joy. - SSS03-45

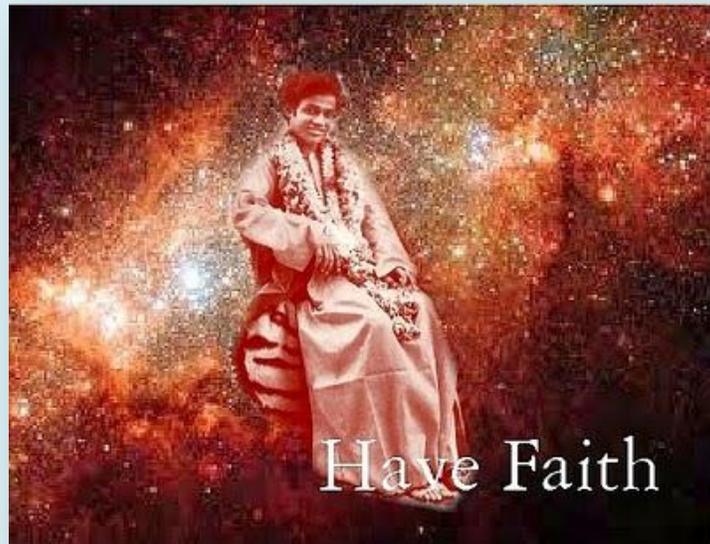
Love All, Serve All

Help Ever, Hurt Never

HAVE FAITH:

I see a lot of things from up here that you can't see from where you are. Have faith in Me that I know what I am doing. Trust Me, you wouldn't want the view from My eyes, I will continue to care for you and meet your needs. You only have to trust Me. Although I have a much bigger task than you, it seems as if you have so much trouble just doing simple part. How hard can trust be?

For achieving anything in life, two things are essential: firm faith and pure love. People should not think that pleasure and pain are caused by some external forces. It is not so. They are the result of one's own thoughts. There is no meaning in blaming others. If you develop love of God, that love will banish all sorrow and evil tendencies like attachment, anger and envy. Students should pursue both spiritual education and secular studies. You have to realize that Nature is also a manifestation of God. Hence, Nature should not be ignored. Nature is the effect and God is the cause. Hence you should recognize the imminence of the Divine in the entire cosmos. - SSS 29-22



When you have full faith, God will surely help you and make you fearless. People who have faith in God will never be let down. But those who have no faith suffer. You need not search for God. It is God who is searching for a real devotee. The mind's speed is unparalleled. It is only because of lack of control of mind one gets into bad temper, which causes loss of discrimination and spells ultimate ruin. It is imperative that one should control the temper and avoid getting angry. COMPLETE faith is most essential if you want to experience Divinity. There should not be even an iota of doubt. One living without faith in the Divine is like a lifeless corpse. - SSS27-15

Love All, Serve All

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SHARE:

You were taught to share when you were only two years old. When did you forget? That rule still applies. Share with those who are less fortunate than you. Share your joys with those who need encouragement. Share your laughter with those who have not heard any in such a long time. Share your tears with those who have forgotten to cry. Share your faith with those who have none.

In a gathering devoted to the needs of the spirit, what is expected is eager attention, quiet calm and reverential prayerful silence. Here, obviously, only the eye and the ear need function; the tongue has no business to wag. I have come to share with you the gift of prema (love) that I have brought, but you seem to be satisfied with the confusion that you already live in! - SSS01-13

Human life is noble, sacred and precious. The way to realise this truth is to feel that you are a part of the Divine. Only human beings are endowed with the faculty to experience this truth. It is, therefore, the duty of every human being to strive for the realization of this truth. God can be known only by experience and not by experiments. Saadhana is



needed for this purpose. Men who are engaged in exploring space do not make the slightest effort to explore the Divine within them. Of what use are experiments aimed at exploring space, while there is no genuine cultivation of human qualities and the practice of such basic virtues as showing reverence for the mother, the father and the preceptor? Everyone should act upto the motto- "Help ever- hurt never." Every educated person should engage himself or herself in selfless service to society, with humility and a pure heart.

All academic distinctions or even observance of spiritual practices are of little use if there is no love in the heart. The heart is called Hridhaya. It is made up of the two words, Hri and Dhaya (compassion). The Lord is described as Hridhayavaasi (the Indweller in the heart). Love and Compassion are inherent in every person. Each has to share his love with others. Failure to share one's love is gross ingratitude to society, to which one owes everything. One should give one's love freely to others and receive love in return. This is the deep significance of human life. SSS27-16

Love All, Serve All

Help Ever, Hurt Never

BE PATIENT

I managed to fix it so in just one life-time you could have so many diverse experiences. You grow from a child to an adult, have children, change jobs many times, learn many trades, travel to many places, meet thousands of people, and experience so much. How can you be so impatient then when it takes Me a little longer than you expect to handle something on My to-do-list? Trust in My timing, for My timing is perfect. Just because I created the entire Universe only in six days, everyone thinks I should always rush, rush and rush.



This world has to be brought back on to the rails and it is love and peace alone which can achieve this. Fill your thoughts, actions, emotions with love, truth and peace. There may be people who may hate us but love them too. Workers in the Sathya Sai Organization should be filled with this spirit of love and peace and take to service activities. There should be no room for ego or hatred. Whatever the difficulties, we should not become

despondent or dejected. You must be bold and courageous and plunge yourselves in the service of society. This is what Sai would like everyone to do. This is the ideal before you. Develop forbearance, patience, peace and love and carry on your work. This is your true Sadhana. - SSS18-27

Difficulties help one to nurse and build the capacity for patience, as the example of the Pandavas clearly shows. When they were in power and authority, the Pandavas were somewhat deficient in kshama but once they went into exile and had to face numerous hardships, kshama automatically began to develop in them. Thus, times of distress offer the ideal opportunity for the development of patience and forbearance. SS2000-12
WHEN the heart is filled with compassion, the hands are dedicated to 'the service, of others, the body is engaged in constant help to others, the life of such a person is sacred, purposeful and noble.

Love All, Serve All

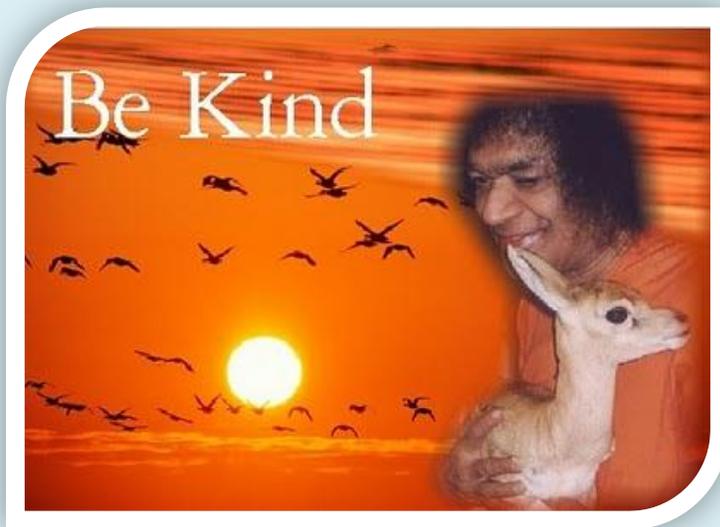
Help Ever, Hurt Never

BE KIND:

Be kind to others for I love them just as much as I love you. They may not dress like you, or talk like you, or live the same way you do, but I still love you all. Please try to get along, for My sake. I created each of you different in some way. It would be so boring if you were all identical. Please, know I love each of your differences.

Kindness is one of Rama's major attribute. He taught mankind how to be kind as well as brave. Ravan was brave but had a cruel heart. This eventually corrupted him and made him a villain. Bravery should be tempered by a kind and gentle heart, so that the God given powers of strength are not misused. Power, success, wealth and popularity can easily go to one's head and soon corrupt the good intentions one begins with. Rama never let this happen as his prowess was always tempered by a kind and gentle soul. - BABA

Kindness is sub value of "Love". When someone asks you if you are following human values, you should not reply, "I will try". This is failure. The secret of success is to be



prepared for all situations. One should be prepared with strength of mind, self-confidence and this will bestow strength of human values.

Be good, be serviceable, be useful, be kind, be God-fearing - the confidence of the people will be yours.

This material prosperity and our power and positions are purely temporary. What accompanies us to the other world is our good conduct.

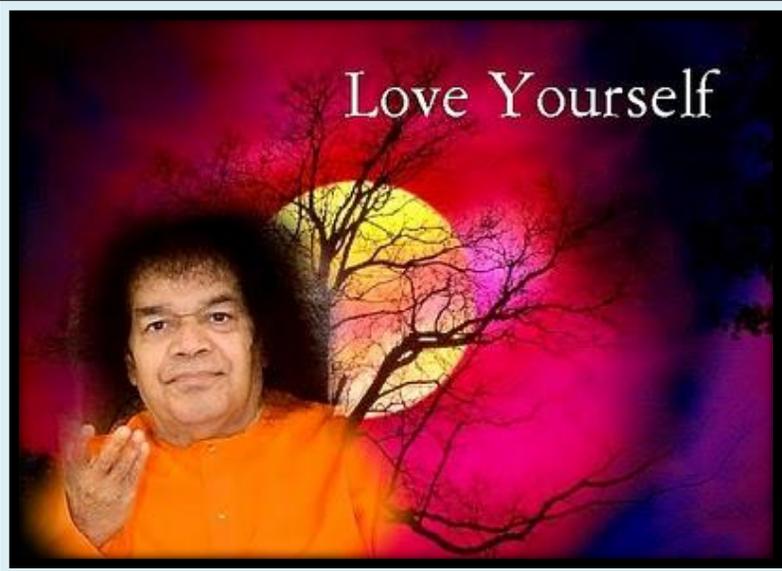
We should therefore try to do something good to society and spend whatever time we can afford on virtuous actions. This is the only way we can make our lives meaningful and become eligible for the sacred love of our Lord. Be kind to mankind. Take pity on the helpless to the extent you can. (BSSS, 1975, 32.)

Love All, Serve All

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LOVE YOURSELF:

As much as I love you, how can you not love yourself? You were created by Me for one reason only- to be loved, and to love in return. I am a God of love. Love Me. Love your neighbour. It makes My heart ache when I see you angry with yourself, when things go wrong. You are very precious to Me.



A heart without love is lifeless; Can you call that life Merely because there is Breath in the body? It is just a pair of bellows. EMBODIMENTS of Love! The hall-mark of love is thyaaga (selfless sacrifice). Love seeks nothing from anyone. It bears no ill-will towards anyone. It is utterly selfless and pure.

- SSS29-22

In order to deserve God's grace, Your faith should

grow. When you do not have faith, You cannot offer yourself. - SSS31-37

Move about in the world like an actor, but be conscious all the time that you are on the way home, to be with the Lord from whom you have come. Whenever the feeling that the drama is real enters the mind, deny it firmly. Do not identify yourself with the role that you play. Such identification will retard your progress. Man feels that he is the master of the Universe and that the Universe is existing only under his sufferance. How then can he have peace? This conceit will bring about his fall; man must be humble and realize that he knows so little; even about himself. Without the knowledge of his own self, What is all the lumber now filling his brain worth? Make yourself humble, pure, and useful for others. That way lies peace and joy. So, I advise you to utilize every moment of your lives in the most beneficial manner; to serve your fellowmen to the best of your capacity; to cultivate love towards all mankind; to give up hate and malice. Believe that your God, the Form that you revere, is in everyone and sanctify every act as worship of that Form.- SSS 07-07

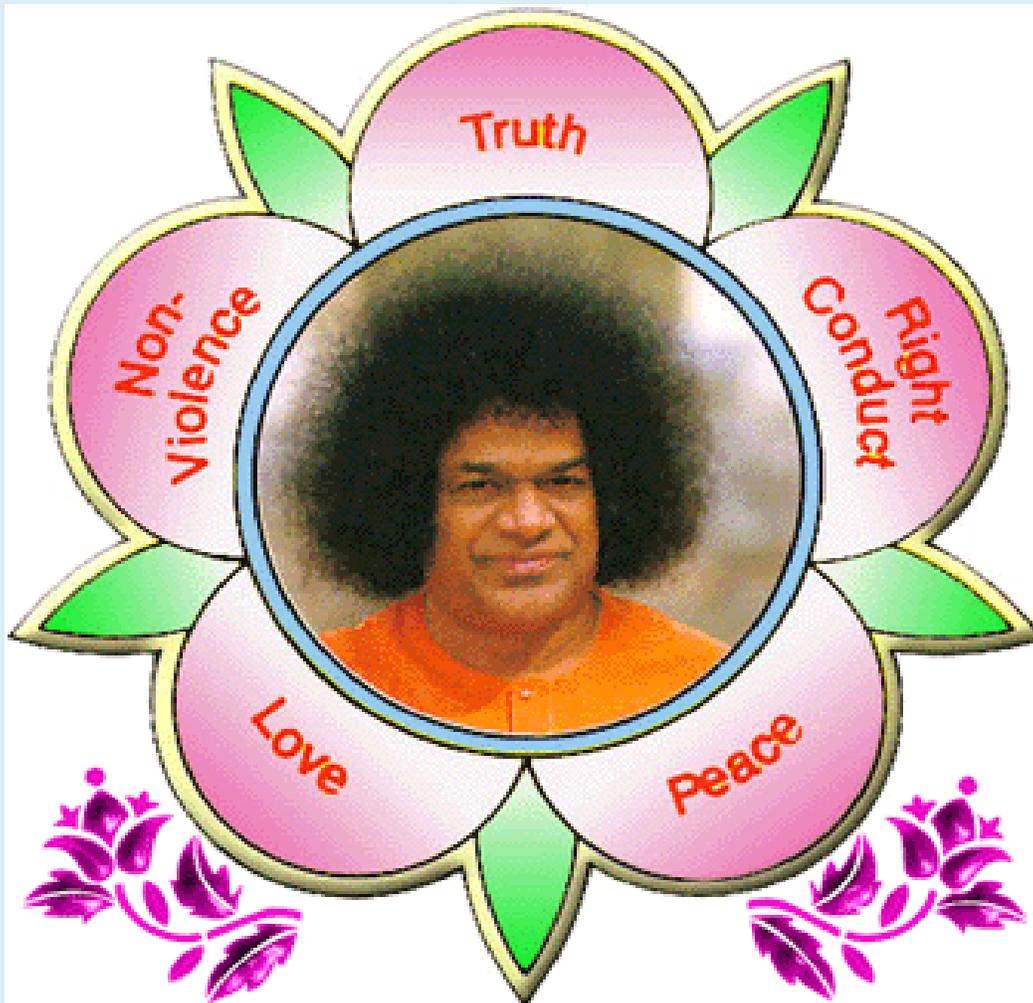
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WE LOVE YOU SWAMI!

“It is not enough to calculate the amount of your sadhana or the hours you spend in study or meditation. The Lord comes more for the Transformation of your heart into a reservoir of Love. He does not count the recitations and adoration you offer as more valuable. The heart filled with compassion is the temple in which He likes to install Himself”. - Sathya Sai Baba



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