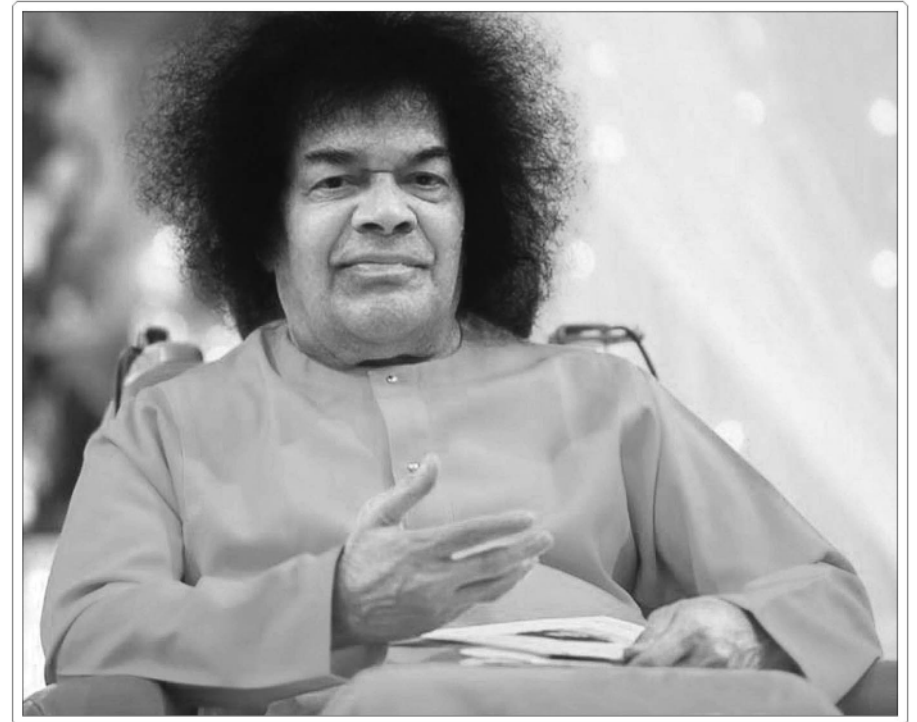


this truth through many a parable, and even directly through the experience of saints and mystics. Through meditation and practice of spiritual discipline, you can be aware of yourselves as all this. Hanuman may have the form of a monkey, but do not get carried away by the outer casement (Upadhi). The Lord was His very breath; every hair-end of Hanuman echoed with Lord Rama's Name. (Divine Discourse, 25 Nov 1964)

30.11.2013

Spiritual Practice (Sadhana) must be done in a disciplined and systematic manner, in an atmosphere filled with virtues. Just as fans in a large hall cool the atmosphere and provide soothing breeze to the people gathered there, so too, the fans of Truth, Right Conduct, Peace and Love (Sathya, Dharma, Shanthi, and Prema) are necessary to reduce the sweltering heat of ignorance, falsehood, injustice and indiscipline (Ajnaana, Asathya, Anyaaya and Akrama). In a world where noble conduct is being insulted and denied at every turn, peace and tolerance are the only means through which you can save yourself. This is the most important aspect that I ask you to cultivate. In every act, have tolerance and patience with a mutual helping attitude. In the family, cultivate patience and mutual respect; in the community, have righteousness and justice. (Divine Discourse, Jun 25, 1960)

Bhagavan Sri Sathya Sai Baba



Thought for the Day

(November 2013)

1.11.2013

Hatred does not exist in God's nature; He is all mercy and full of love! Lord Krishna proceeded to the Kaurava court, as a messenger of peace, with compromise proposals to show how one should be patient and self-controlled, when provoked and during difficult times. The Lord has no favourites or rivals. Like fire, He spreads warmth to everyone near Him. If you do not feel the warmth, do not blame Him; instead blame yourself that you are far from Him! Hiranyakashipu said, 'He is nowhere' and so, He was nowhere for him; Prahlada asserted 'He is everywhere,' and He appeared from the pillar to prove him true. God did not have to run into the pillar in order to come out of it, to reply to the challenge of the father. He was there all along, just as He is in everything else. He had only to make Himself visible! Take Him as your charioteer. He will steer you through the heaviest odds. (Divine Discourse, Nov 23, 1964)

2.11.2013

We often hear about the concept of equality (Samaanathwa), of each being equal to the rest. It is often a misunderstood notion. For example, all are entitled to the medicines in the hospital; but what is given to one should not be given to another. There can be no equality in dispensing of medicine! Each deserves the medicine that will cure one's illness. This struggle in the name of equality is only one of the ways in which man is trying to get happiness. In almost all parts of the world, people today are pursuing many such short-cuts and wrong paths to achieve happiness. Of course all are equally entitled to love and sympathy, and to the grace of God. But let Me tell you, without reforming one's conduct and little acts of daily life, happiness will be beyond reach. Pravartana or behaviour is most important. (Divine Discourse, Nov 23, 1964)

Each limb has to perform its task, the task for which it has specialised. You cannot walk on your head or think with the feet. Whichever section of society you may belong to, the Lord is revealed when the heart is pure. (Divine Discourse, Nov 25, 1964)

28.11.2013

There are four questions that every person must interest oneself with : "Who am I?", "Where have I come from?", "Where am I going?" and "How long will I remain here?". These questions have been answered clearly in the Vedas. All spiritual inquiry begins with these questions and attempts to find answers to them. If you drop a letter in the post box without writing the 'From' or 'To' address, it will go nowhere but to the 'dead letter office'. In fact it is a waste of time writing that letter, is it not? So too, if you do not know the purpose of your life in this world, you will get caught in the cycle of birth and death, and will never reach your destination. To find answers to these key questions, you must begin enquiry about the Self. To get the answers, you must practice spiritual discipline. Then, you will find that the answers become part of your daily living experiences! (Divine Discourse, June 25, 1960)

29.11.2013

Often you are aware that there is something behind and beyond all the fleeting fantasy; something that persists through all the successes and defeats, the tears and smiles, the mirth and moan - but you are unable to grasp it and realize that it is the same Entity that underlies the entire Universe. You are indeed one with the most distant star and the least little blade of grass – you shine as dew on the petal of the rose, you are part and parcel of all this manifestation! The scriptures teach you

heart produces ananda all around; the heart is the spring of joy. That spring has to be touched by constant meditation, recitation and the intermittent dwelling on the glory, the grace and the inexhaustible manifestations of the Lord, that is, smarana, chethana and manana. Hold fast to the goal; the devotee should never turn back. Never give way to doubt or despair. (Divine Discourse, Nov 23, 1961)

26.11.2013

A person driving a car may concentrate on the road, anxious to save oneself and others from accident. Fear is what induces single-mindedness in this case. But Love is a greater force to aid concentration. Steady and resolute love makes one's concentration become intense and unshakeable. Faith develops into love and love results in concentration. Prayer is possible and begins to yield fruit, under such conditions. Pray, using the Name as a symbol of the Lord; pray keeping all the waves of the mind stilled. Pray, as the performance of a duty for your very real existence, as the only justification for your coming into the world, as man. (Divine Discourse, Nov 23, 1961)

27.11.2013

A bullock cart cannot move on rails nor a locomotive on the road. Each type of vehicle has its own type of road. But all move forward and reach the goal in their own good time. Same is the case, whatever be your functional role (Varna) in the society. Each Varna has its own set of rules, regulations and restrictions. Be it the Varnas or Ashramas (the various stages of life with their fixed duties), they are merely convenient arrangement for the conduct of worldly affairs and paths to attain supra-worldly joy. Whether head or heels, it is the same blood that circulates through each; it is the same body which claims them as limbs.

3.11.2013

The unmistakable sign of rain is the wetness of the ground. So too, the sign of an educated person, who has had several years of schooling is good manners. Such a person will be humble knowing that the field of knowledge is so vast that even after years of learning one has hardly touched its fringe. They must also be aware of their kinship with all beings and must show a keenness to serve others gladly, at all times, without any desire for publicity. The educated children must move with everyone in a friendly manner, without inhibitions, knowing that God is the moving force in everyone. God is behind all good impulses and useful attitudes. All of you are separate beads, strung together on one common thread, which is God. (Divine Discourse, Nov 25, 1959)

4.11.2013

A person or an institution is to be judged according to their integrity, whether their acts are according to the principles professed. The mind, the body, and the word - all three must work in unison. When work (Karma) is thus disciplined and regulated, automatically your senses will become sublimated and you will attain everlasting Prasanthi (inner peace). From this will arise Prakanti (the great light), and from that will emerge Param Jyoti (Supreme Illumination). That Illumination will reveal the Paramatma (Divinity) present within you! You must achieve that success by following the path laid out for you – conquer anger and desire, achieve love through the practice of incessant meditation (Japa-Dhyana), which will lead to the blossoming of the lotus of the heart and the emergence of Divinity from within you! (Divine Discourse, Nov 23, 1964)

5.11.2013

Always respect another's opinion and another's point of view. Do not start a quarrel at the slightest difference of opinion. The other person may be right and you may be wrong. Ponder over the argument; the other might have had the advantage of knowing more about the subject or you may be prejudiced either for or against it; or the other possibly may not know as much as you do. Remember that all differences of opinion are not due to personal hatred. Hatred is ugly, unnatural and inhuman. Know that it is against the very core of love that is in every one. (Divine Discourse, Nov 25, 1959)

6.11.2013

Everyone is now seeking comfort and pleasure; it is considered the be-all and end-all. If you tell someone that he or she can eat whatever they like and as much as they like, they will be delighted. If you add that they may develop, as a natural consequence, illnesses and describe the suffering associated with it, you will immediately become their enemy! No regimen or control is ever popular. However, know that strength is derived only from control, only from restraint and regulation. One becomes tough and capable of endurance only if hardships are welcomed. Struggle, and you get the strength to succeed. Seek the basis for the seen in the unseen. The tall skyscraper has a deep base buried deep into the earth. (Divine Discourse, Nov 23, 1964)

7.11.2013

The body is the instrument for doing your duties (Karma) and your intellect (Buddhi) is shaped by your Karma. Prayer and meditation will purify your intellect and make it an effective instrument to win the Lord's Grace and for self-realization. The

as a Sadhana (spiritual act). Through Seva Sadhana, Hanuman attained identity with Rama, just as the river attains identity with the sea. Arjuna too considered his every act as Sadhana to attain Lord Krishna's grace. He followed Krishna's counsel, "Mamanusmara Yuddhyacha - fight, ever keeping Me in mind." You too should keep God ever in your mind as the pace-setter for every task you do. Serve anyone in need with a full heart and experience the resultant joy. It may be small and even unnoticed by others, but must be done to please the God within you. Every act of genuine Seva attracts the Grace of God. (Divine Discourse, Nov 19, 1981)

24.11.2013

Shed the feeling of 'mine' and 'yours!' - these attitudes are only for temporary identification. Everything is 'His' - that is the eternal truth. Be like the headmaster of a school who takes temporary charge of the furniture in the school. The headmaster treats the furniture with diligence and hands over the items when he is transferred or retired. Treat all people and objects, entrusted and endowed to you with due care and diligence as the headmaster treats the furniture. Be always aware that they do not belong to you! Be always aware that the final checking-up is imminent. Have your accounts ready for inspection and handover, and be ready; wait for that moment with joy! (Divine Discourse, Nov 23, 1961)

25.11.2013

Just like a fish which can live only when it is immersed in water, when it feels the element all around it, so too man is a being that can live only when immersed in ananda (bliss); one must have ananda not merely at home, in society and in the world but more than all, in the heart. As a matter of fact, the ananda in the

unto others. There should be no differences or quarrel amongst devotees. When you come together and work on a common cause, there should be no scramble for power or position. What matters is the purity, intensity and sincerity of the devotion and the spirit of selfless sacrifice in which each devotee renders service to the needy and the suffering. God is always with you, in you and around you. When all differences are eradicated and devotees unite and conduct themselves with selfless devotion, each one of you will realise that God and you are one. I bless you so you may attain that bliss. This is Sai's Message to you all. (Divine Discourse, Aug 1981)

22.11.2013

What is education? It is of two types: The first type is collection of facts and knowledge about the external world, and sharing them with students. The second type is educate. Educare involves the deep understanding of the knowledge that springs from within, and imparting it to students. But today's education gives knowledge only about the external world. Only culture or refinement can develop good personality and not this type of education. So only if education is blended with culture, it will shine forth as true education. What is culture? It is the cultivation of discrimination between good and evil, sin and merit, and truth and untruth that we experience in our daily life. It is also removal of one's evil thoughts, feelings and qualities, and cultivation of good thoughts, feelings and qualities. Not only this, culture makes one broad-minded. (Divine Discourse, Nov 20, 2001)

23.11.2013

Service is the highest penance and serving any living being is to serve Him. Many do acts of service as 'social service', not

warmth of Divine Grace will melt all ignorance away. You can win it by engaging yourself in good deeds. Do your duties that you are best fitted for; that which you are ordained for, your Swadharma. God incarnates for teaching people to perform their dharma (duty). He corrects the Buddhi through counsel and command; at times condemning but also by being a close friend and well-wisher, so that people would willingly give up evil propensities and recognize the straight path. Tread the noble path and attain self-realization. (Divine Discourse, Nov 23, 1964)

8.11.2013

Be eager and earnest to learn more and more about the art of joyful living, the art of being happy always. People are happy when they dress well, wear rich clothes and strut about the streets. At times, this may cause envy among the little children who cannot afford these, and one may even feel elated with that response! But you can afford to be legitimately proud, only when you are able to control the vagaries of your mind and direct your emotions along honourable and healthy channels, braving even the ridicule of your so-called friends. That is true freedom; that is true success. If you reach that stage, then you become a seasoned driver and you can be trusted with the wheel on any road, and with any cargo, however precious. Now you are trained to not cause harm, either to yourself or to others. This stage is when you truly deserve to become a leader. (Divine Discourse, Nov 25, 1959)

9.11.2013

Once a miser lived in a leaky house. Rain water poured through the roof, into his house and he sat through it all night. Neighbours, seeing his plight, suggested he get the roof repaired. The miser

remarked, “Let the rains subside, how can I repair it now?” And when the rains stopped, he replied, “Why should I worry about the leaks, now that the rains have stopped?” Do not take this approach. Instead of choosing to suffer when the rains come, as they are sure to do, wouldn’t it be wise to repair the roof right now? This example conveys the importance you must give to acquainting yourself with spiritual primers and textbooks without postponing this by even a moment. Begin right now, the first lessons of silence, prayer and repeating the Name of the Lord. It is never too soon to start the spiritual journey. (Divine Discourse, Nov 25, 1959)

10.11.2013

Singing the glory of the Lord is highly sacred. When you sing the Names of the Lord (Namasmarana), the snakes of bad qualities will come out. Namasmarana is like the piped musical instrument (Nadhaswaram), that attracts the snakes of evil qualities and draws them out and away from you. You must repeat the Lord’s Name in order to get rid of your negativities. Sing unto Him from the depth of your hearts, without any inhibition, with total dedication. Only then you can experience divine bliss. Today the Universe is facing a lot of problems due to lack of this habit. Young or old, rich or poor, educated or otherwise, everyone must do Namasmarana. Make this habit the very breath of your life. Let each and every cell of your body be filled with the Divine Name. Nothing else can give you the bliss, courage and strength you derive from singing the Lord’s Glory. (Divine Discourse, April 14, 2002)

11.11.2013

Have the progress of your country, your duty (Dharma) and your innate Divinity (Atma) before your mind’s eye at all times.

The welfare of the children depend on the mother. It is because of the mother’s love that children become eminent and great. So the foremost duty of every individual is to be grateful to one’s mother, respect her and serve her. The Ladies Day serves as a reminder that one should revere and love one’s mother and never hurt her feelings. It is not only the rulers who protect the nation, but women of great chastity are also responsible. All the prosperity and good we find in this land of Bharat is due to the strength of women of virtue. (Divine Discourse, Nov 19, 1998)

20.11.2013

Have you ever visualised Viswa Virata Swarupa (the Cosmic Form)? Earth, water, sky, etc., can be seen in it. The universe is made of five elements, and the same five elements are present in you too. So, you are Viswa Virata Swarupa. God is in you and in everybody. So hurting others amounts to hurting God. Do not criticize and find fault with others. Love all, Serve all. First of all respect, adore, and worship your parents. They constitute the real wealth of your life. The blessings of your parents will confer health and wealth on you. God comes to you on His own when you love and serve your parents. We need not go to God but should make God come to us. One can select one’s wife, but not one’s parents. Only God (when He comes in human form) selects His parents. I wish that you obtain the blessing of your parents and set an ideal for the rest of the world. (Divine Discourse, 19 Nov 1998)

21.11.2013

May you all develop Divine Love and stand out as the harbingers of a new age, free from selfishness, greed, hatred and violence. Let each of you be light unto yourself and thereby be a light

have not undergone any change for good. Egoism and greed are still rampant; hatred has not abated and envy eats into the vitals of the society. Henceforth, do not treat My words lightly. Decide to implement in your life, atleast 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. (Divine Discourse, Jan 22, 1960)

18.11.2013

The hopes raised by the advances of science and technology have proved dupes. While science has overcome the barriers of time, distance and nationality, it has done little to promote better understanding between man and man, and nation and nation. However there are heartening signs that earnest seekers around the world are turning inward to find answers to this crisis. The oneness of all creation affirmed by the ancient seers must be expressed in transcendental love that embraces all people regardless of creed, community or language, to overcome this mammoth challenge. Never forget that the real source of happiness and bliss is the discovery of the true self (Atma) within yourself. All of you are essentially divine. Observe basic human qualities in daily living and raise yourself above the level of animals. (Divine Discourse, August 1981)

19.11.2013

Divinity is immanent in every being. But who is responsible for this Divinity within? The mother who has borne you for nine months with many difficulties, and is even ready to sacrifice her life for your welfare. You owe your existence to your mother.

Let your hunger for serving these three, grow more and more. Then your education will serve its purpose and give you a sense of mission and fulfillment. You will naturally acquire respect for elders, faith in your own Self, fear of sin, and fear of going against the voice of God present within you. Never cross this line “Do not do anything which brings tears in the eyes of your parents. Honour them and obey them. Do not condemn them as old-fashioned. Remember the adage, “Old is Gold”. Your parents can guide you; they can share with you their experience of the world and its tricks, and you will benefit from them. (Divine Discourse, Nov 25, 1959)

12.11.2013

Do not demean your talents; when you dive deep into yourself, you can discover the source of all strength. Small ants in millions creeping over a rock, can carve a deep groove along their path. Even the minute feet of the ants have that power. You might have seen on the walls around village wells, how hollow pits are produced on granite slabs by placing on them mud water pots continuously. Even though the pots are made of mud, over the years they erase even the hardest granite and make them hollow. The Aathma Swarupam (Embodiment of Divine Self) is not Alpa swarupam (insignificant). It is a powerful dynamo, capable of generating enormous power. The Spiritual teacher (Guru) shows you the goal (Guri), but you must generate the power yourself, by your own spiritual effort (Sadhana). (Divine Discourse, Nov 23, 1964)

13.11.2013

Spiritual knowledge cleanses the mind and helps us undertake good actions. But that is not enough. The heart also should be pure. In the absence of purity of heart, there can never be

purity of the mind and intellect. We should not give scope to the creepers of bad qualities to entangle the heart. A creeper that goes around covering the tree ultimately smothers the tree itself. One should ensure that the creepers of lust, anger, greed, and infatuation do not get entangled to one's own Self. The society will ultimately value purity of heart more than all other achievements. One can escape from the house on fire, but not from the senses which are ignited by the fire of evil qualities. It is the foremost duty of every individual to keep their senses under control. (Divine Discourse, Nov 19, 1998)

14.11.2013

Nothing is ever born without the will of God, nothing ever happens without His will. This is the message of the Vedas. Understand the scriptures well and this lesson will be instilled in you. Fleas suck and taste only the blood of the cow, but we draw from her, sweet nourishing milk. So too, you must draw and learn from the scriptures, the potency of the will of the Lord. If fixed in that faith, you will be able to brave all dangers. In Ramayana, not all the stones that Lord Rama stepped on, turned into a human being. Only one stone changed into the form of Ahalya, for repentance and penance had elevated that stone to win the Grace of the Lord. If God is invisible to you, the fault lies within you. You are unable to recognize His various manifestations. You yourself are His very own manifestation. Fix your vision! (Divine Discourse, Nov 25, 1964)

15.11.2013

Usually when you are asked where God is, you point to the sky or some distant place of worship and say He is there, as if He is just a person and has a definite place of Residence. Every single individual in the planet is essentially Divine. It

is delusion that has induced one who is Naraayana swarupa (embodiment of God) to imagine and behave as if he is just a nara (human). To remove that delusion, there are various means suited to the needs of each sufferer. But all the treatment and all the struggle is to achieve the experience of being Naraayana, and discard the limited, bound, and relative entity, nara. That is the one harvest yielded by all the various processes. Until one understands oneself, the delusion and the resultant grief cannot be ended. Make use of this precious opportunity, invest time to understand yourself. (Divine Discourse, Jan 22, 1960)

16.11.2013

You may sometimes feel you are a sinner, and are essentially wicked. But if someone were to think like you and calls you "Hello sinner!", you will resent it! Why? Because, your real nature is purity, peace and joy. You are divine. You are a manifestation of God! Your mind, intellect, memory, egoism and the senses (Manas, Buddhi, Chitha, Ahamkara, Indhriyas) are like the bricks, iron rods, cement and wood that go up to make a house for your soul to live in. They are not you; the real you is the Divine Soul (Atma). You will truly appreciate this only by constant meditation, moving in good company, listening to the talks of the realised ones, and by following certain prescribed course of discipline. That is why I lay so much emphasis on discipline. (Divine Discourse, Nov 25, 1964)

17.11.2013

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