

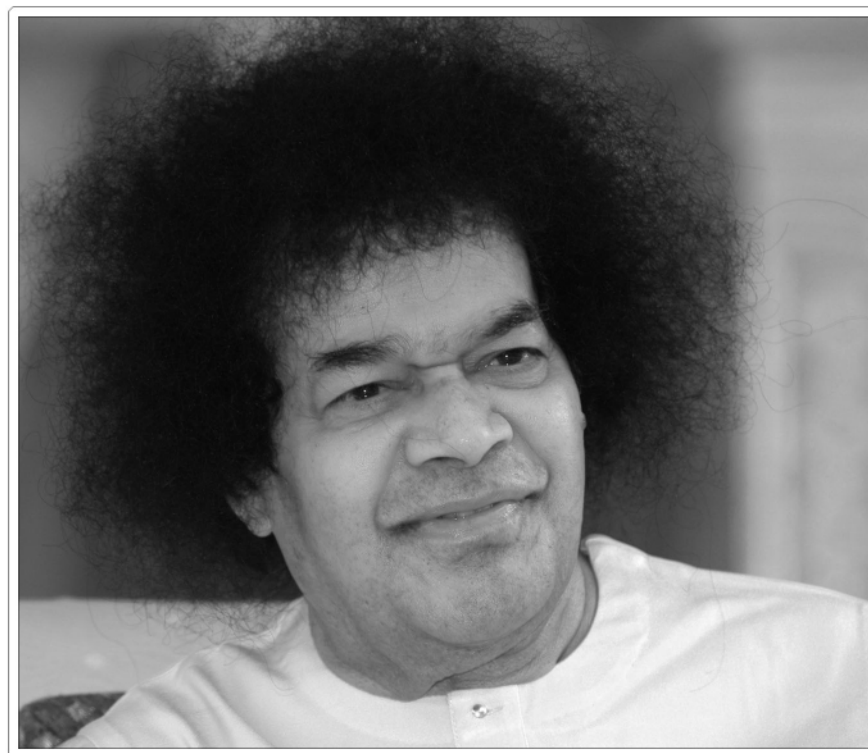
30.12.2013

Silence is the only language of the realized. Practice moderation in speech. That will help you in many ways. It will develop love, for most misunderstandings and factions arise out of carelessly spoken words. When the foot slips, the wound can be healed; but when the tongue slips, the wound it causes in the heart of another will fester for life. The tongue is liable for four big errors: uttering falsehood, scandalizing, finding fault with others, and excessive articulation. These have to be avoided if there is to be peace for the individual as well as for society. The bond between one another will be strengthened if people speak less and sweetly. That is why silence was prescribed as a vow for spiritual aspirants by the scriptures. You are all spiritual aspirants at various stages of the road, and so this discipline is valuable for you. (Divine Discourse, July 22, 1958)

31.12.2013

Human life is highly sacred, most precious and Divine. Do not fritter it away by indulging in unsacred activities. All that you find outside is nothing but the reflection, reaction, and resound of your inner feelings. Life must be lived in the proper way by exercising control over the ten senses. Speak sweetly and softly. You cannot always oblige, but you can always speak obligingly. Pray for the well-being of all. Sanctify your senses by serving all. By exercising control over your senses, you can achieve anything in life. You may think that you have given away ten bags of rice in charity and distributed clothes to 500 people. Such accounts are to be submitted to the income tax department and not to God. God is not interested in quantity; He sees the feeling behind your acts. So, whatever acts of charity you undertake, do it with the spirit of love and sacrifice. (Divine Discourse, Aug 22, 2000)

Bhagavan Sri Sathya Sai Baba



Thought for the Day

(December 2013)

1.12.2013

The body is said to be the tabernacle of God. In fact the world itself is the body of God. A pinprick on the toe is immediately recognised as an injury to the self, because the toe is part of the self-same body. So too, suffering in one corner of the world is as much the concern of the Lord, as suffering in any other. The whole world is a mansion of the Lord. All countries and states are mere rooms in His mansion. Never forget that the whole world is a temple of the Lord; it is His body and He resides in it! (Divine Discourse, June 25, 1960)

2.12.2013

Mud existed before plates and pots were made out of it; pots and plates are mud, and mud will remain when plates and pots are no more. The plate and the pot must be aware of their being always mud; that in other words, is Self-Realisation. When that is achieved, wherever your eyes are cast, you will find yourself; and wherever your attention is directed, you will see your reflection. Begin to feel it now, from this very moment! Seek to identify yourself as part of the grand and glorious Entity, for all Grandeur and all Glory is His, ultimately! (Divine Discourse, Nov 25, 1964)

3.12.2013

Do not consider prayer and meditation (japam and dhyanam) as the pastime of 'freaks, geeks and cracks'. Hold fast to them, for they alone can save you from ruin. Offer to the Lord, not flowers got in exchange for a few coins or rupees from the shop, but the fragrant flowers of your own virtues. Let tears of joy be the holy water with which you seek to wash the feet of the Lord. Consider the Lord you adore, be it Hanuman or Krishna or Jesus, as comprising of all forms of Divinity. Do not argue that other forms are less and your form is greater. Be aware that every form of Divine is equally sweet. (Divine Discourse, Nov 25, 1964)

28.12.2013

In the Prahaladha story, consider the emergence of the Lord from a pillar. The significance of the destruction of the pillar is a prelude to the manifestation of the Lord. The illusion relating to the body must be destroyed for the Divine to manifest Himself. The body is no doubt essential up to a point; it is for the performance of right actions and to discover the secret underlying all action. Do not give room for the waywardness of the mind. Purify your mind and direct it towards the righteous path. In the spiritual field there is no royal highway or shortcuts. The path is narrow and straight, and the goal is infinitely precious. Crowds swarm a fish market but only a few go to a diamonds shop. The road to God is for the genuine spiritual aspirants. (Divine Discourse, Dec 25, 1994)

29.12.2013

People worship God with devotion and sincerity, but God is not satisfied with external worship. You should serve society. Only service can confer bliss on you. By rendering service to society, you can alleviate the sufferings of the people, and also bring about transformation in their lives. Yad Bhavam Tad Bhavathi (as is the feeling, so is the result). When you serve with sacred feelings, it is bound to yield sacred results. Serve society to your utmost capacity. The satisfaction that you get by participating in bhajans is temporary, whereas service confers permanent satisfaction. Time is the most precious gift of God, but you are wasting it in vain pursuits and unsacred feelings. Sanctify the time given to you by serving society. Through service alone you can get rid of worries, ego, pomp and show, and other evil qualities. (Divine Discourse, Aug 22, 2000)

body as an instrument. It is the cause of all experiences. A body without a mind is as illusory as a crop on a barren field. In ordinary life people regard the body as permanent and for the sake of its pleasures undertake all kinds of efforts. This is a sign of ignorance. A body without the mind is as useless as a school without a teacher and a temple without a deity. The body should be regarded as an instrument for right living. Today, people are developing their intellectual abilities but are using their intelligence for wrong purposes. Knowledge without right action is useless. Mere action without knowledge is foolishness. Hence it is necessary to combine knowledge with cultivation of character. (Divine Discourse, Dec 25, 1994)

27.12.2013

The most important requisite for people in the world is truth based on noble thoughts. True thoughts constitute the real, proper wealth. The absence of good thoughts weakens the will power. With a weak will, one can not accomplish even simple things. To achieve anything worthwhile in life you must strengthen your willpower. Your bad or good fortune is related directly to your thoughts. Sowing the seed of thoughts you reap the fruit known as Karma (deeds). Sowing the seed of Karma, you then reap the fruit called practice (Abhyaasa). From Abhyaasa, you reap the fruit of character (Sheela). From Sheela you reap the fruit of good fortune (Adrushtam). Thus fortune is based on character, which is based on good practices arising out of good deeds based on good thoughts. Thus with the development of good thoughts, one's good fortune will also grow. (Divine Discourse, Dec 25, 1994)

4.12.2013

In every one of you, God is the moving spirit, the very Soul; how then can you be evil, when you are here fulfilling God's purpose, according to His will, His plan and His law? God has endowed you with many faculties so that you may seek Him and reach Him. You are not therefore, a helpless and neglected individual undergoing a sentence of death. You are an embodiment of bliss, born to a rich heritage, which is all yours! Only you fail to ask. Have faith in your destiny and work steadily to attain it! Devotion is attachment to God - you need not leave hearth and home for it. If the seed is planted away from the parent tree, will it grow any different? No! Boil the seed and then it will not grow again. Similarly, boil your instincts and impulses, and scorch the sensory cravings that enslave you. Then you will get nearer to God, wherever you may be. (Divine Discourse, Jun 25, 1960)

5.12.2013

Always remember that your education is not merely to amass wealth or to eke out a livelihood. Money cannot confer true happiness. Do not deviate from Right Conduct (Dharma) for the sake of wealth (Dhana). Dharma is our life; Truth is our breath; and Good Reputation is our wealth. You should not crave for worldly name and fame. Once you practise Dharma, you will naturally attain good reputation. Dharma is related to the heart. Practise of Dharma is termed as Ritam which will make you immortal. We have today forgotten the great scholars and those who demonstrated great ideals. We should remember people who have sacrificed their life for a noble cause and try to emulate them. It is the spirit of sacrifice that has protected and sustained this country and this Universe for many generations. Offer your lives for the protection of Dharma and not for amassing wealth. (Divine Discourse, Nov 22, 2003)

6.12.2013

The same, nameless, formless and attributeless Divinity is referred to as Atma, Brahman or Vishnu by different people. The underlying principle (Atma Tattwa) is one and the same. Take the example of a house. In the front portion of the house, you will find a verandah, then a living room and also a kitchen. Thereafter, you will find a bathroom and a toilet too. Thus, there are different names for different utilities. How did they acquire these names? It is only because they are so divided by walls, for different purposes. But the truth is they are all parts of the same house. Similarly, different people have different names and they establish different relationships with many people like mother, father, brother, etc. From where did these relationships come? Everything is your own making. Remove these barriers. What then remains is a vast expanse of Oneness. (Divine Discourse, Oct 21, 2003)

7.12.2013

Love is the eternal principle that is present in all. But people are expressing their love for selfish purposes. You should eschew selfishness and self-interest, and develop the spirit of sacrifice with courage and conviction. How can you become courageous? It is possible only when you practice righteousness (Dharma). Many noble persons have sacrificed their lives for the cause of Dharma and never craved for name and fame. Sacrifice (Thyaga) is true Yoga. You too should practice this Yoga and become deserving of Divine Grace. Any activity done with a business-mind will not make you happy. Enquire within yourself and develop the spirit of sacrifice. Only then there will be a transformation of heart. So long as you do not give up selfishness, you cannot achieve anything worthwhile in life. You should cast aside selfishness and cultivate selflessness. (Divine Discourse, Nov 22, 2003)

mankind be experienced. Out of that sense of unity will be born the love of God. This love will generate in the heart pure bliss that is boundless, indescribable and everlasting. For all forms of bliss, love is the source. A heart without love is like a barren land. Foster love in your hearts and redeem your lives. Whatever your scholarship or wealth, they are valueless without love. Sow the seed of love in your hearts and it will grow in due course into a big tree. God is one. Do not entertain any differences of religion, creed or caste. Carry the message of unity to every home. Embodiments of love! Regard Love as your life-breath and as the sole purpose of your existence. (Divine Discourse, Dec 25, 1994)

25.12.2013

Today we celebrate the birthday of Jesus Christ. Jesus taught that you should seek the Kingdom of Heaven and to enter that Kingdom, you must cultivate loving hearts. Then your hearts would become the Kingdom of Heaven. When Jesus was born in the manger, three kings were led by a star to His place of birth. One of them, seeing the infant Jesus observed: "This Child will be a lover of God." The second said: "No, God will love Him." The third one said: "Verily He is God Himself." The significance of these three statements is - "To love God is to be His Messenger." To be loved by God is to be a son of God and finally, as Jesus Himself said: "I and My Father are one." Be aware that all of you are messengers of God. All of you are Children of God. So be free from selfishness and manifest the qualities of the Divine Father from today. (Divine Discourse, Dec 25, 1994)

26.12.2013

The human body, made up of the five basic elements and endowed with the five sense organs, is not different from the mind. The mind wears the body as a vesture. The mind, for its enjoyment, uses the

behavior rigorously and find out whether there is some habit or trait, which if imitated by the student, will be harmful. They should themselves follow the advice they give. Otherwise, they will be teaching hypocrisy to the little children and encourage them to acquire the cunningness of not being caught when doing wrong. It is sheer mental weakness and cowardice that allows hypocrisy to develop. If you have the courage to face the consequences you will never utter falsehood. The teacher should not try to rule through the easier means of fear, for that is full of dangerous consequences for the pupils. They should try rather the path of Love. (Divine Discourse, Nov 25, 1959)

23.12.2013

Life must be associated with love, not hatred. Some people do not know how to talk courteously. Whatever they say is discourteous and harsh. This is not correct. Every human being should talk sweetly and softly. Your words must be suffused with love. Only then will you experience peace. When your behavior and speech is unpleasant, how can you expect peace to reign in your heart? Peace is not in the outside world; it is very much in your own heart. There are only pieces outside, not peace. You say "I want peace." Let your behavior be good and courteous. Then, peace will flow from you. Lead a life of mutual love. 'Love all! Serve all!' This is My exhortation to you. If only there is love, you can achieve anything. Love is everything. Love is life; life is love. (Divine Discourse, Dec 25, 2006)

24.12.2013

You should broaden your heart that it may be filled with all-embracing love. Only then can the sense of spiritual oneness of all

8.12.2013

The Atmic consciousness that permeates every living being is referred to as Brahman. When it is individualised, it is called conscience. It is also referred to as Jiva. When the Atmic consciousness is encased in a body, it becomes an individual. The individual, the Atma and consciousness - all the three are one and the same. People think they are different because they are given different names. Remove the names, there is only one Consciousness in every individual. Supposing you name this object (showing a handkerchief) as Atma. It is a handkerchief in common parlance. I can call it threads or cotton. But essentially it is an object. Whatever name I may give, it refers to the same one object. There is only one Atmic consciousness in every individual. It has no form; it only assumes different forms. (Divine Discourse, Oct 21, 2003)

9.12.2013

Consider love as your life and truth as your breath. There is an intimate and inseparable relationship between love and truth. Today people use the word love without actually knowing its meaning. As they do not know the value and meaning of love, it is trivialized. People are under the mistaken notion that worldly and physical attachment is love and consider such love as large as life. True love will reign supreme only when you get rid of selfishness and develop the spirit of sacrifice. Love is God, God is love. But you are craving for worldly love which is bereft of life. You should aspire for Divine Love which is truly your very life. True spiritual discipline lies in connecting your love with Divine Love. Your life will be sanctified when you have such steady and selfless Divine Love. (Divine Discourse, Nov 22, 2003)

10.12.2013

What is true humanness? You should treat your fellowmen as your own brothers and sisters. You deserve to be called a human being only when you cultivate the spirit of unity. Where there is no unity, there you find enmity and hatred. Consequently, the principle of love is lost altogether. Your foremost duty is to share your love with others. Only then can you realise the dictum: 'Brotherhood of man and fatherhood of God'. You may or may not believe in the fatherhood of God, but you must have faith in the brotherhood of man; practise it and experience bliss therefrom. It is only when we share our love with our fellowmen, can we experience Divinity. (Divine Discourse, Oct 17, 2003)

11.12.2013

Today there are many who are highly educated. But what help are they rendering to society? Practically nothing! They are acquiring degrees for the sake of earning money. Modern students are taking to the wrong path in the name of love. They do not understand what true love is. People often use the word saying, "I love you, I love you." You should be prepared to sacrifice for others all that is dear to you. That is true love. Love is God, live in love. Only then will you be able to understand the true nature of love. Do not misinterpret love in a worldly sense. Love is the gift of God to every individual. It should be utilized for the service of society. You must share your love with others through constructive service. Only then you will have the right to be a part of society. (Divine Discourse, Nov 22, 2003)

12.12.2013

You are under the mistaken notion that you are rendering service to others. You should give up such a feeling. Only then does the

only love and the sense of oneness shared with others. The bliss of life is embedded in love, and it gives you pure bliss. When your life dances on the waves of this love, it attains fulfillment. Love and Sacrifice (Prema and Thyaga) are the two most important ideals in life. Love all, even those who hate you. That is the index of your devotion. Peace, truth and love are inherent in every being. Why do you search for them outside? Manifest these qualities which are within you. Cultivate forbearance and compassion. This is the way to foster the love principle. (Divine Discourse, Feb 13, 1997)

21.12.2013

People suffer from two types of agony - the first one can be allayed through others' intercession and the second can be allayed only by your own effort. For instance, hunger and thirst can be overcome only when you eat or drink. However much others may eat, will it abate even an iota of your hunger? So too, if your wife, mother or son offers to take an injection on your behalf, can your illness be cured? The hunger and illness of your soul is also the same. You must help yourself. The illness you face today is due to some infection. Your illness is caused by the viruses of desire, anger, greed, delusion, pride, jealousy (Kama, Krodha, Lobha, Moha, Madha and Mathsarya). These viruses prevent your Divinity from shining forth; they cause discontent, worry, grief and pain. You can overcome them by manifesting your inner strength. Do not yield, fight them with the faith that you are eternal and unconquerable. (Divine Discourse, Nov 26, 1964)

22.12.2013

Teachers should never curse their pupils, whatever the provocation. They must always bless them. The teacher who swears like a boor, reduces oneself to the level of a boor. They should watch their own

one specific sphere. Many students consider book knowledge as education. This gives them only superficial knowledge. They need practical knowledge which will enable them to lead righteous lives. Education should also result in the purification of the heart. Men and women must be taught to be sincere in thought, word and deed, as a mark of humanness. Students must also revere their parents at all times and promote the cause of social improvement. They must co-operate with all fellow-beings. These are the things all students should learn. (Divine Discourse, Nov 22, 1997)

19.12.2013

Man can learn any number of good qualities from animals, birds, insects and worms. The animal, donkey is viewed with contempt. But the quality of patience to be found in a donkey is not found even in man. Whatever burdens may be heaped on its back, it bears them all with forbearance. Even when it is starved of food and water, it presents a calm face. Man has thus to learn the quality of forbearance from the donkey. The ant is one of the tiniest among insects. But the ant has a capacity for foresight; with foreknowledge of the rainy season ahead, it starts storing food from three months in advance. Then, there is the spider - Determination is one of its traits. How many times its web may be destroyed or broken, the spider will go on remaking it with relentless determination. (Divine Discourse, Feb 13, 1997)

20.12.2013

You must develop a sense of spiritual oneness. Out of that sense of oneness, love will grow. Love alone can bind the whole of humanity into one unit. What do you see in the precincts of Prashanthi Nilayam? People gather from Japan, Indonesia, Malaysia and all parts of the world. What has brought them together in this small village? It is

service you perform become real service in the strict sense of the term. Service does not merely mean helping others. The best way to love God is to love all and serve all. Your acts of service should be suffused with the spirit of love. Without the positive aspect of love, all service you render becomes negative in nature. All bodies are like bulbs and love is the main switch. Only when the main switch is pressed, will the bodies radiate light and happiness to one and all. You are switching off the main switch and trying to enjoy happiness. It is impossible! Hrid + Daya (compassion) = Hridaya (heart). Your heart should be filled with compassion. All your activities should be suffused with love. There is no strength superior to love. (Divine Discourse, Jan 1, 2003)

13.12.2013

Every individual, every family, every society and every nation seeks peace in all possible ways. People are perpetually in quest of happiness. But what is the happiness they seek? Is it worldly happiness and transient pleasures? These cannot confer true happiness. Only spiritual happiness can give true happiness. Why have people lost happiness? It is because they are afflicted with insatiable desires. These desires are the cause of various maladies. It is only by limiting desires and thereby eliminating the diseases arising from them that one can secure peace. Every person should strive in every way to achieve peace as the most desirable objective. Embodiments of Love! There is no greater happiness than contentment (Santhosham). There is no penance superior to peace of mind. (Divine Discourse, Feb 13, 1997)

14.12.2013

A country does not mean a piece of earth. People make a country. And transformation should not be one dimensional. It is the entire

process of refinement by which people get rid of their bad thoughts and actions, and cultivate good thoughts and do good acts in daily life. The value of a person is not derived from his or her educational qualifications alone. The cultural refinement of one's lifestyle is also essential. A life without culture is like a house without light. A person without culture is like a stringless kite, which is tossed hither and thither. An education bereft of culture is worthless like a counterfeit coin. What is meant by culture? It is the realisation of the inherent Divinity in man and making it manifest in one's way of life. (Divine Discourse, Nov 22, 1997)

15.12.2013

Men and women must be governed by morality. In all countries morality and integrity should be like the life breath. It is only when people adhere to morality that human ideals like fraternity, equality and liberty can become meaningful in daily life. It is because of moral values having been given the go-by, that you find today's society filled with disorder and unrest. The world will have respite from violence only when progress in science and technology is accompanied alongside by development of ethical and spiritual values. In the economic sphere, when one's desires are governed by righteousness, a divine impulse will arise in that person. When the quest for wealth and the concern for worldly desires are based on righteousness (Dharma), the mind will spontaneously turn towards God. (Divine Discourse, Feb 13, 1997)

16.12.2013

True education will make you divine. Education is not mere knowledge of words; it should broaden the mind. The mere acquisition of degrees is valueless. Character is more important and it can be developed only by taking to the spiritual path. Of what use is an education that does not promote good qualities? Together with

academic education you have to acquire wisdom and a sense of right and wrong. Knowledge without wisdom, scholarship without determination, music without melody, learning without humility, a society without discipline, friendship without gratitude, and speech without truth - all these are utterly useless. Hence everyone should seek to follow the correct path. It is not greatness that matters but goodness. Make proper use of your education for the good of society. (Divine Discourse, Nov 22, 1997)

17.12.2013

Just as a child is entitled to enjoy the milk from its mother, there can be no objection to man enjoying the resources of nature. But as a result of uncontrolled desires and reckless exploitation of natural resources, Nature is exhibiting frightening disorders. Natural calamities like earthquakes, volcanic eruptions, droughts and floods are the result of disturbances in the balance of Nature caused by this reckless exploitation. Mankind today appears like a foolish man who is wielding the axe at the branch of a tree on which he is sitting. You have to develop a sense of spiritual oneness. Out of that sense of oneness, love will grow. Man today does not recognise this sense of oneness. 'Man' is not the body alone. One has the mind, intellect and the Spirit (Atma) too. When the balance among these constituents is upset, people are plunged into troubles. On the other hand, when there is a balance, true humanness blossoms. (Divine Discourse, Feb 13, 1997)

18.12.2013

True education means trying to manifest the inner divinity in man. How is this manifestation to be brought about? Students must receive education that illumines every aspect of life - the economic, the political, the moral, the spiritual and the physical, the mental and the social environment of man. It should not be confined to