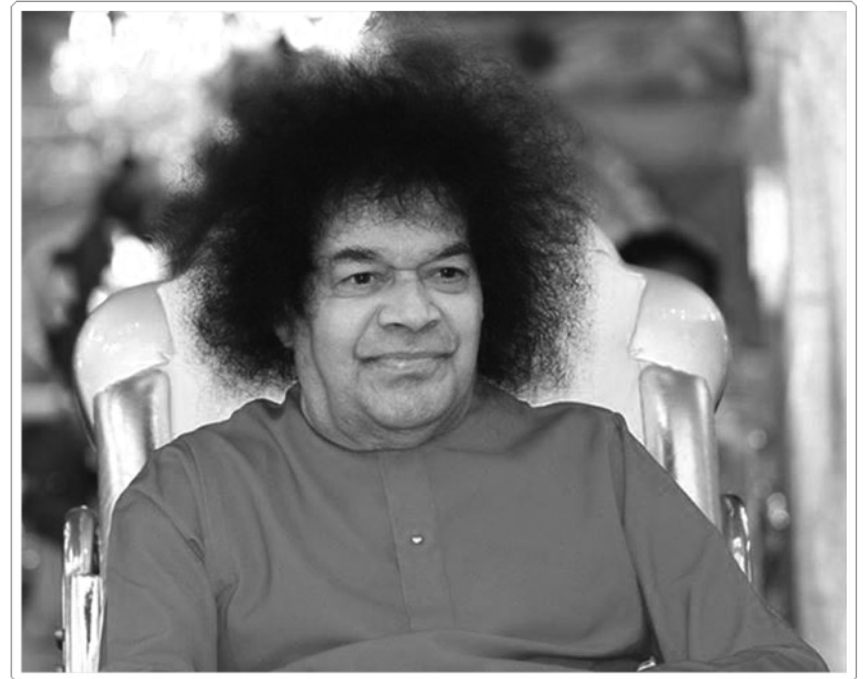


Dasaratha is the human body with the five senses of perception and the five senses of action - the ten chariots or Dasha-ratha. He wedded the Queen, the Mind, and the mind yielded to the servant and caused the downfall. This clearly teaches us the legitimate role of the mind as the master of one's senses. If the master serves the servants, then, he or she loses their self-respect and falls in the esteem of all. (Divine Discourse, 20 Nov 1982)

30.06.2014

As a pilgrim, you are helped or handicapped by the antics of the mind. The mind has as its warp and woof, desire or thirst for something or the other, getting some gain or avoiding some loss. Desire arises from attachment, which is a consequence of delusion. Desire distorts and denigrates the mind, and keeps it incessantly agitated. No sheet of water can be calm when stones drop on it, and if there is a perpetual shower of desires, it will be pitifully restless. The bliss which emanates from the Soul (Atma) must be stored leveraging the reservoir of your mind (Buddhi). But, if the reservoir has many cracks and crevices (senses), bliss (Aananda) will be frittered away rendering the reservoir of mind dry. When the hunger of the senses is sought to be appeased, your mind becomes vacillating and wayward. Your mind's legitimate role is to be the master of your senses, which are its servants. (Divine Discourse, 22 Jan 1982)

## Bhagavan Sri Sathya Sai Baba



## Thought for the Day

(June 2014)

1.06.2014

When the Asuras and Devas (Demons and Gods) churned the Ocean of Milk (Ksheera Sagara), first came poison. They did not give up the churning till they got the Amrit (nectar of immortality). Regard your heart as the Ocean of Milk and the intellect as the Mandhara mountain. Using your yearnings as the churning ropes, carry on the churning by reciting the Lord's name. Do not mind if the first thing to come out is poison. Go on churning till you get the nectar of divine bliss. When you study the Bhagavad Gita, you will note that it begins with Arjuna Vishaadha Yoga, the (the despondency of Arjuna). But ultimately, Arjuna experiences the Vishvarupa, the Cosmic Form of the Lord. (My Dear Students, Vol 2, Ch 11, Mar 5, 1995)

2.06.2014

No one filled with greed, fear and anger can achieve anything in this world. Excessive desires degrade a person. One cannot give up desires entirely. But there should be a limit to them. When they exceed the limits one goes astray. Desires are dreadfully dangerous. Today's enemy may become tomorrow's friend and vice versa. But desires are perpetual enemies. They haunt man ceaselessly. The Gita declares desire as the Nityashatru (eternal enemy) of man. Hence desire has to be kept under control. 'Kamam hitva arthona bhavathi' (One who has given up desire is free from worries). 'Lobham hitva sukhee bhavathi' (Overcoming greed one becomes happy). When you rid the mind of impurities, humanness turns divine. (Divine Discourse, Apr 1, 1995)

3.06.2014

Prema (Love) should be shown not only towards God but towards all beings in creation. Love is a powerful force. No other power excels it. Misunderstanding the nature of love, people are falling a prey to suffering. This is the result of misguided expressions

must listen to the inner voice, the voice of the Lord within you. To hear Him, you must practice Devotion and Surrender. The easiest way to understand and experience God is to Love Him. You can easily grow in love for God, by worshipping Him in a specific form. A true devotee does all duties with total surrender only to please God, and dedicates every action to please Him. (My Dear Students, Vol 3, Ch 7, July 9, 1989)

28.06.2014

Co-operation among individuals grouped as a society guarantees security and stability. It is called, Shri Rama Raksha (protection), the mark of Divine Grace. The surest sign of awareness of one's Divine Nature is the recognition of the bond of kinship with other beings. This bond has now snapped, and as a result, life has been rendered meaningless. The evil spirits of greed and pride, of envy and hatred, are executing their demonic dance in the hearts of man. People are not able to appreciate the value of the air they breathe, of the Sun's rays that illumine the world, the drops of rain that sustain life, and the subtle power that underlies every object in Nature. They have become low-minded people, dedicating their lives to meaningless pursuits. What needs to be done today is to foster people who are determined to stand and even suffer to realise the holy goals of peace and prosperity for the entire world. (Divine Discourse, Jan 22, 1982)

29.06.2014

In the Ramayana story, Queen Kaikeyi yields to the selfish wiles of her maid and as a consequence, her lord King Dasaratha lost his life. Rama who she regarded as her very life-breath was exiled into the forest, and Bharatha her son, disowned her for the very same act! She drew on herself the condemnation from all the people in the Kingdom of Ayodhya. The story is an allegory.

state when you listen to the voice within you. God is present within you and He truly speaks to you from within. To experience that inner voice, you must silence your mind. You must control the activity of the external senses. When the inner and outer organs are completely controlled, you will clearly hear the Lord, speaking to you, from within. (My Dear Students, Vol 3,Ch 7, July 9, 1989)

26.06.2014

Health is the greatest blessing. Without it, you cannot do even the smallest work. Health is indispensable for your progress in material, moral, political, economic, artistic and spiritual fields. Food habits are of primary importance if health must be secured and maintained. 'No restraint, no success' is the axiom. Among the 8.4 million species of living beings, all except humans live on food as provided by Mother Nature. Human beings alone strive to make such food more palatable, more attractive to the senses of sight, touch and smell by boiling, frying, freezing and mixing, grinding and soaking. Natural Food is really beneficial. Catering to the cravings of the tongue, if you intake heavy food thrice or more a day, you will fall ill and lose the sprightliness of youth. Restraints, controls and limits must be applied to the tongue. Regular and limited intake alone will enable you to discharge your duties. (Divine Discourse, 20 Nov 1982)

27.06.2014

What manifests externally is called 'Manas' (Mind). That which is internal is 'Nama' (The Name of the Lord). Repeating the Name of the Lord, you can gain control over your mind and attain the state where there is no Mind (Amanaska). As long as you are under the influence of your mind, you will tread the worldly path and get lost. You can clearly hear the voice of the Lord, only when you attain the "No Mind" State. To attain that state, you

of what is considered love. People today worship God for the fulfillment of desires relating to this world and the other. This is not true love. People pretend to love their kith and kin and friends out of purely selfish considerations. This is only attachment and not love. Only that can be described as love which offers itself without any expectation of recompense. In the Gita, God has been described Suhrith (a true friend). Without expecting any return, accompanying you like a shadow, God fulfills your desires. God has no expectations. Suhrith defines the utterly selfless love of the Lord. (Divine Discourse, Apr 1, 1995)

4.06.2014

It is not sufficient if you study well, receive degrees, get good jobs and earn high salaries. Today people worship wealth. They earn a lot of money and as they amass it, they waste it by spending it on constructing tall buildings, buying cars and for other such selfish purposes. Wealth acquired through unfair means is also being spent off in similar unfair activities. Money comes today and goes tomorrow, moves from person to person. Your ancestors also earned a lot of money. But they used it for judicious, righteous and noble pursuits. They built shelters for passersby, dug wells to provide water and established educational institutions and health centers. You must spend hard earned money in righteous ways. Else, that money will cause a lot of tribulations in your family. (My Dear Students, Vol 3,Ch 4, June 26, 1989)

5.06.2014

Meditation does not mean simply sitting with eyes closed, contemplating on a Form. You may close your eyes, and focus on the form. But if there is some fickleness in the mind while meditating, then it becomes concentration and not contemplation. When the fickle-mindedness fades away, then your concentration becomes steady and turns into contemplation and slowly, you

forget both yourself and the Form, and attain Samadhi. Ultimately, there will be no Form – hence it is called Atma. People give it different names. Don't worry if you are worshipping one Form over another – it is not the end; this is not concentration. Persist and focus on the Form and see that it becomes steady. As you proceed further on the path, your focus becomes fully steady and contemplation blossoms into meditation. (My Dear Students, Vol 2, Ch 12, June 4, 2009)

6.06.2014

Never get dejected at any point in time for anything. It is said that there are two losses for the one who is dissatisfied - Asantushto Dvijo Nashtaha. One is they will not have any happiness and second, they will also not be at peace. Why do people feel dissatisfied? People get restless or disheartened, if someone is in a higher position or is wearing better clothes or is more educated than them. Don't look at someone who is better than you. Compare yourself with someone who is in a lower position than you. Then, you will not develop negative qualities. When you compare yourself with someone better than you, ego and jealousy will certainly enter you. If you see the under privileged and the distressed, and have compassion for them and serve them, you will feel satisfied. Strengthen your empathy and develop noble qualities in this manner. (My Dear Students, Vol 3, Ch 5, June 26, 1989)

7.06.2014

Many imagine that God will appear before them in response to their worship (Yagnas). These are illusions, merely imagination. What ultimately manifests before you is the nameless, formless Lord. In reality, God does not have any one specific form. Your mind keeps prompting such imagination. When you think of God as Krishna, the feelings of Krishna are aroused in you by your

into water. Water's nature is to flow towards a lower level. It does not have the nature of flowing upwards. Hence the mind always wanders around the sensory and worldly pleasures. It cannot voyage towards the pure and higher stages. To divert the mind towards higher realms, spirituality is of utmost necessity. (My Dear Students, Vol 3, Ch 7, July 9, 1989)

24.06.2014

If you are established in peace, you will find that Love arises from it. Peace and love are intimately related. Many pretend as if they love all. Their actions represent how dramatic one can get in the field of love. This is not true love. True love finds fulfilment only when it is with peace. Once you develop true love, Non-violence will naturally manifest from within and you will not hurt or harm anyone. Love is present everywhere, in every being in this world. Love is beyond a specific name, form or action. Love is God, Live in Love. This is taught to you by Educare. The process of education inculcates desire, hatred, jealousy, lust, greed and avarice, which are worldly traits or behavioural tendencies. Educare on the other hand, consists of adherence to Truth, Non-Violence, Love, Peace and Righteousness - qualities that are present within you. (My Dear Students, Vol 2, Ch 13, June 7, 2007)

25.06.2014

Understand the Nature of the Divine Soul (Atma), which gives sustenance to all the senses. The five senses originate from Ether, which emerges from the Atma. Hence, if you understand the Atma, it is highly likely that your senses will be under your control. Then you will always be happy. Know that happiness is beyond comfort and sorrow. Comfort and sorrow are just the manifestations of the human mind. The state which is beyond this pleasure and grief is truly happiness. You can realize this

not befit a human being. These changes are due to one's food habits and behavior. The food you take and the water you drink must be pure, and timely. Lead a well regulated human life and realise the Divine within you. (My Dear Students, Vol 2, Ch 13, June 7, 2007)

22.06.2014

Truth is not merely describing what you have seen, expressing as is what you have heard or sharing honestly what you have experienced. Truth is beyond all this. It is a deep inner feeling and it must come from within. Truth must originate from your heart. Truth is permanent; it does not change with the passage of time. When you rely on Truth (Satya), Righteousness (Dharma) arises out of it. It is Truth that teaches how one should conduct oneself and perform one's duties. Righteousness is a reflection of Truth. You will experience peace when Sathya and Dharma co-exist. This is indeed peace, Shanti. It is foolishness to think that Peace exists elsewhere and is separate from you. If you separate truth and righteousness, you will find only pieces, on the other hand if you blend them you will experience Peace always. (My Dear Students, Vol 2, Ch 13, June 7, 2007)

23.06.2014

Mind is present inside the body amidst the five sheaths (Pancha Koshas). The five sheaths are gross body sheath (Annamaya Kosha), Pranamaya Kosha (pertaining to the life force), Manomaya Kosha (mind sheath), Vijnanamaya Kosha (intellect sheath), and Anandamaya Kosha (Bliss sheath). Above the mind sheath is Prana (life force) and below it is discrimination power. Both of these are related to Fire. Mind is related to Water. The Moon is the presiding deity for the Mind. Hence coolness is its nature. Because of the presence of life force above and discrimination power below, the Mind melts and gets transformed

mind. As your feelings guide you, you see the manifestation of your favourite Lord everywhere. You must proceed on the path, focusing on the Divine Self. Control the activity of the mind and proceed on the path until the mind vanishes. The Divine Self has no name or form. Install within yourself that nameless, formless Divine. The whole world is the manifestation of the One Divine Soul. In all the beings, whether they are small insects, birds, animals or human beings, the same Lord pervades. Therefore, salute the Lord in every being. (My Dear Students, Vol 2, Ch 12, June 4, 2009)

8.06.2014

Accept everything as God's gift (Prasadam). Always feel that whatever you have is not yours, and it has come from God. Accept pain too as God's gift and be content with that. Learn to be happy that God has given you two square sufficient meals. If you compare yourself with a wealthy person, who has four rich meals while you are having two, you will feel discontented. On the other hand, think of the poor man who cannot manage even one meal a day. In this manner, develop contentment. You must learn to be satisfied in simple things too. It is only then that Divinity can blossom from humanness. Being contented is a most important human quality and it can be gained through incessant devotion to the Lord. Continue chanting His name and develop your Love for Him, and dedicate your Life unto Him. (My Dear Students, Vol 3, Ch 5, June 26, 1989)

9.06.2014

Wherever you see, whoever you see, there is nothing but Divinity that is present. Salute all beings, even if you think they are inferior to you. Remember, you are not saluting the individual but to the Divine within them. If you have one thousand pots filled with

water, the reflection of the Sun shining above will be the same in all the pots. So too, the reflection of the Divine is present equally in all beings. Just as the reflection of Sun will depend upon what is present within the pot, what you see around you is a reflection, reaction and resound of your own actions. Whatever you do or say comes back to you. You see your own form in the mirror. If you hate others, you hate yourself. There is no use in blaming God for your own actions. God is attributeless, sacred, pure and wise. It is human ignorance to attribute qualities to God. (My Dear Students, Vol 2, Ch 12, June 4, 2009)

10.06.2014

You should not pursue spirituality with any end result in mind. One who works for wages is a worker and not an owner. The daily wage earner will not have any ownership or interest towards completing the tasks. He or she will worry about being present till the schedule, collect their wages and leave. Thus, he or she thinks that they are separate from the organisation. In your home, the wife or the children do their respective duties, but do not demand any wages. The wife does not ask any sort of income for the activities she does. She discharges her responsibility with purity and perfection, and takes care of everything at home. One who prays, just for a result is like that daily wage earner. One who enjoys the feeling that God is his own, and that God is within them, is like the owner. Aspire to become owners and not servants. (My Dear Students, Vol 3, Ch 6, June 27, 1989)

11.06.2014

An individual, who had a large family, sat down for meditation in his home. As one child or another was disturbing him, he locked himself in a room. But even now he was disturbed by frequent knocks on the door by someone or other. So he betook himself to a forest and began meditating under a tree. But here he was

Your mother has undergone many hardships for your sake. She nourished you in many ways. Forgetting or ignoring your mother is the worst of sins. Father has worked hard to take care of you and raise you. Never make your parents feel distant from you. Love and respect them at all times. You must satisfy the needs of your parents, using the education they gave you. Their satisfaction will give you infinite joy. Do not believe your friends to be your everything – as long as you have money in your pocket, they are your friends. When you are penniless, most of them will bid goodbye. (My Dear Students, Vol 2, Ch 12, June 4, 2009)

20.06.2014

Devotion these days appears more as a way of spending one's time rather than as the royal road to the eternal mansion of the Divine. You need not make much effort to grow grass. But to raise a useful crop you have to labour hard. Likewise, it is no great achievement to experience the trivial and transient pleasures of mundane existence; it is like growing grass. You must strive to cultivate the nectarous and lasting bliss of divine Love. Those who aspire for such love are not easy to find. All appear as devotees. But the one who has experienced the Divine Principle will not go after sensuous pleasures. (My Dear Students, Vol 3, Ch 6, June 27, 1989)

21.06.2014

Lord Krishna said, "Don't conduct yourself like a beast, not even like a human being. Know that you are the spark of the Divine. You are ancient, eternal and essentially Divine. Mamaivamsho Jeeva Loke Jeeva Bhoota Sanatanaha." Being the sparks of Divine, you must have the sacred qualities of Truth, Righteousness, Peace, Love and Nonviolence. Instead of behaving in accordance with these noble virtues, people submit themselves to evil qualities like lust, greed, anger, jealousy, hatred and avarice which does

heart which is free from all blemishes. Like fragrant air, your purity should spread everywhere. You should share with others the pure thoughts and the pure feelings that emanate from you. Whatever you do, it should be helpful to others. Help Ever, Hurt Never - If you imbibe these two qualities, everything will become good for you. Today educated people are proud of their Ph. D. degrees. What does the true Ph.D. mean? The letter 'P' stands for Person, 'h' for Help and 'D' for Divinity. Hence, one with Ph.D. degree is the person who helps others and attains Divinity. On the contrary, if one does not help others, then the letter 'p' will denote that he is a papi (sinner). You will attain everything if you protect your humanness. (My Dear Students, Vol 2, Ch 12, June 4, 2009)

18.06.2014

There is no harm in pursuing one's worldly duties while having Self-realisation as the goal of life. Life is not meant for just living, it is a means to realize one's true nature. Treating life as a righteous journey, you should devote at least a few minutes every day to thoughts on the true aims of life. Many hours in a day are wasted on selfish pursuits, but not even a few minutes are devoted to contemplation of God. Alas! What misfortune is this! In the Bhagavad Gita, Krishna called upon Arjuna to regard himself as an instrument of the Divine. All of you are instruments of the Divine. Discharge your duties leaving the result to God. Your role is to do your duty sincerely. Victory and defeat are in God's hands. Do not even feel that you are the doer. You must think the Lord is giving me this opportunity and making me play this role in life. (My Dear Students, Vol 3, Ch 6, June 27, 1989)

19.06.2014

Never forsake your parents till your last breath. Even if they didn't provide for all you asked and wished, you must love them.

troubled by the droppings from the birds on the tree. Disgusted with the disturbances at home and in the forest he felt that the best thing was to end his existence. Unfortunately, he was unable to realise that God was present in everything and cultivate forbearance. He indeed exemplifies the devotee in whom Rajo guna is predominant. To be able to concentrate wherever one may be is the mark of the devotee with satwic quality. Such a devotee will be able to practise concentration whether in the midst of a crowd or alone. Any disturbance will be looked upon as coming from God and be accepted. (My Dear Students, Vol 3, Ch 6, June 27, 1989)

12.06.2014

God is beyond all qualities. He is blemishless, steady and selfless (Nirmalam, Nischalam and Niswartham). He is beyond time and space. Don't try to confine God to just one form. Install the principle that God is the Divine Soul (Atma) present within you and contemplate on Him. In every step, everything you see, God is present. God is the current that makes fans work; God is the mike that absorbs the sound, and the speakers that help others listen. If you put off the main switch, all the lights will go out. When you forget Divinity, you forget everything. Love God deeply, from within. Love God and you will be able to conquer the demons of bad qualities and also develop the society. Only a person with character can bring development in society. Only the one with love for God can lead a life of morality. Morality is truly a life principle. Without morality there is no community. (My Dear Students, Vol 2, Ch 12, June 4, 2009)

13.06.2014

Cultivate the five values of Truth, Righteousness, Peace, Love and Nonviolence (Sathya, Dharma, Shanti, Prema and Ahimsa). When you have Sathya and Dharma, you will automatically get

peace (Shanti). When you are peaceful, you will not hurt or hate anybody (Ahimsa). This peaceful attitude blossoms into love and brings about equality in every being. When such a loving environment prevails, there will be no quarrels in the world. Therefore, truth and righteousness are essential to attain and grow in love. In any situation, come what may, never take the path of untruth. If you speak untruth, there is no love. Speak the truth at all times, attain love and feel it everywhere around you. This is the essence of the scriptures, taught by many sages and saints in various methods. God is Love. (My Dear Students, Vol 2, Ch 12, June 4, 2009)

14.06.2014

People who take a pledge to observe certain disciplines in all times, fail to do so when the circumstances are not congenial. One day all the deers in the forest held a conference. They discussed thus: “Do dogs possess the abilities we have?” One of them bravely said, “If we kick a dog appropriately, it can be disembowelled; we have that power!” Another deer added, “Dogs cannot run at speeds we can. We can even leap in the air.” The third said, “Exactly! Dogs can’t run as fast as us and we are stronger and more capable. From now on, we should not be afraid of dogs. We must face them with all our strength and fight back”. Having thus decided, they all clapped merrily. Hearing this noise, a dog in a distance howled loudly. No sooner did the deers hear the sound, all of them, without any exception, fled the place. The behaviour of those who preach Vedanta these days is very much on a par with these deers. (My Dear Students, Vol 3, Ch 5, June 27, 1989)

15.06.2014

There are many educated youth with multiple degrees. How do they put them to use? To earn money! Money does matter a lot

in the present times. You need money even to go to the temple, to drink a cup of coffee or a bottle of water. However you must develop more humanness rather than just running after money. We are responsible for all problems around us. If you shape yourself into a good person and practice what you have learnt, the world would be a different place. Do not lead your lives with arrogance, pride and other wicked qualities. Instead, live your life with a sense of humility and obedience. You become pure, only when you get rid of your wicked qualities. To remove the pollution around you, you must have a pure mind. A pure mind is one that is without any doubts, selfless and steady. Only a pure mind can uphold the honour of a Nation. (My Dear Students, Vol 2, Ch 12, June 4, 2009)

16.06.2014

Today people tend to go by the letter of the scriptures. The words of the scriptures should be interpreted and understood in the context of the prevailing time and circumstances. Then their real meaning will be clear. Also no one adheres to what one says or preaches. More than listening to spiritual discourses, one must try to practise at least a part of what one learns. Vedanta is being expounded at many places, not to speak of the discourses on the Gita. But how many understand the real spirit of the Gita and act up to its message? It is because of this dichotomy between preaching and practice that spiritual teachings are being treated with little regard. Only when the feelings emanating from the heart, the words coming out of the mouth and the actions one performs are all in perfect harmony will one’s life be based on truth. (My Dear Students, Vol 3, Ch 6, June 27, 1989)

17.06.2014

Wherefrom does humanness come? It comes from your heart. Here, the heart referred to is not the physical heart but the spiritual