

THE GOD REALIZATION SERIES

FROM

BHAGAVAN SRI SATHYA SAI BABA
CHANNELED BY CATHERINE KAPAHI PH.D

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Pitfalls on the Path

Sathya Sai Baba Speaks



Channeled by
Catherine Kapahi Ph.D



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Catherine Kapahi, Ph.D.

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DEDICATED AT THE LOTUS FEET
OF
BHAGAVAN SRI SATHYA SAI BABA
THE ETERNAL WITNESS
THE MERCIFUL GURU
AND
THE DIVINE MOTHER
AND
FATHER OF ALL





INTRODUCTION



I began channeling this book entitled, “Pitfalls on the Path”, on my birthday, February 27, 2013. What a lovely birthday gift from Lord Sathya Sai. I was thrilled with this display of His Love and thoughtfulness. I channeled the last three talks on April 12, 2013. The entire book was channeled while I sat in my prayer room in Halifax, Canada.

The previous book, “Not Gone I Am Still Calling”, began on December 27, 2012, in Puttaparthi; another ‘27’. The digits of 27 add up to 9, known as Baba’s number of completion. The number 9, the number of completion, has been closely related to the Sathya Sai Avatar, as He has come to help seekers realize liberation, and raise themselves to the Divine level. The license plate numbers on the cars Baba used are all a series of 9’s. Often when I and other devotees have taken flights to visit Baba in India, our seat numbers on the flights have been 9’s or numbers the digits of which add up to 9, such as 18 or 27. An unseen force has done this. It is understood by many that the number 10 that comes after 9 stands for ‘1’, the One God, Sat Chit Ananda. Sai Baba is helping His devotees in many ways to finish the game of life on earth and to realize it was all a dream projected by one’s mind. So let us avoid all the pitfalls and distractions on the Path, not waste time or suffer any longer, as our Dear Lord advises in these 45 talks He has so graciously and lovingly gathered and offered to His devotees.

Forty-Five Essays

Pitfalls on the Path

Bhagavan Sri Sathya Sai Baba



It has just come to My notice that you My devotees need something from Me. What is it? A big hug! Please each and every one of you take a big hug from Me and remember that I love you. Though you do not know it, I am with you watching over you, protecting you. It is My hope that you will realize your Divinity, and know that you and I are one. My dear devotee Catherine is prepared to channel yet another book of My talks for you My dear devotees that you may progress in spiritual life. Now what will be the topic of this latest book? It will be a psychological treatise describing the pitfalls to avoid for a seeker of Truth.

Let us begin by discussing the most common ways devotees fall from the spiritual path. Often they will pray and ask again and again for something they want very much. When it is not forthcoming, they will lose faith in the Satguru and God for not providing it. They think that if Satguru and God are all-powerful, then why can they not provide what the devotee is asking? The answer is not that simple. Here are some of the possible reasons: It would not be spiritually beneficial for the devotee to have it. It is not karmically available or due to the devotee. Having the desire fulfilled would be detrimental in some way for the devotee. It is not part of God's plan for the devotee in this life. The devotee himself is

psychologically blocked and thus unable to receive. The timing is not right. If the devotee has asked sincerely, and is still unable to receive, she should trust that it is not meant to happen at this time in the manner in which she imagines it to happen. To lack trust in God and fall off the spiritual path due to an unfulfilled desire is a pitfall to be avoided. The best thing is to surrender the desire to God, trusting He knows best and knows why. You may ask for the reason you are not receiving, and it will be forthcoming. God is not a punishing God; however there is a law set in place that you reap what you sow, as Lord Jesus said long ago. This law of karma holds true today as well. So rest assured you will definitely get what you deserve. Even if you are not thinking about it, it is certain to come your way. Whether you consider it good or bad, it offers some kind of a lesson to move you along the evolutionary path. How you receive it, how you react, determines how much or how well you have benefitted from the lesson karma has sent your way.

So I am advising that you look at everything that comes to you as an opportunity to prove or test your self mastery on some level. If you react right away with negativity, you have not responded as a master would have. Something within you has been triggered to cause you to react negatively. Seek and find the trigger within yourself—a past hurt you have not forgiven perhaps, or a strongly held belief, judgment, or conditioning that has caused you to

react negatively to an outside condition or circumstance. Everything outside of you is neutral. You with your psychological determine what meaning to give to it, how to react or respond. If you are pure and innocent within your mind and consciousness, there may be no need for a response or reaction. There is just peaceful acceptance of what is.

For a devotee, the work is to purify oneself so that the outside world is seen as neutral, not a reflection, or a trigger for your negativity held within your mind/consciousness. An example: You are walking along the street on a warm sunny day enjoying yourself. Suddenly a boy comes along on a bicycle and swipes you nearly knocking you down. You become very angry, feel abused, and victimized by the rowdy, negligent, uncaring adolescent. Your happiness and peace are disturbed. You feel sorry for yourself, angrily asking, "Why me?", lashing out at the person in your mind. This type of reaction may come up in many people due to similar situations. How should a devotee who is attempting to become master of himself deal with this situation? First of all see that he did not intend to hurt or abuse you. It was probably due to his negligence or unsteadiness and hurry that caused him to swipe you. Also understand that he did not target you specifically, so do not take it personally. It could have been someone else. Also it happened to the physical form. You are not the form but the Atma. Nothing can affect the Atma; it is

unchanging and the witness. If you have offered everything to God or Satguru, offer this incident too; do not take it personally as an ego would. Also you must look within yourself to see when you had encountered some similar types of disrespect, abuse, etc, in the past that you reacted to personally with negative feelings and thoughts. Forgive them now and forgive yourself for having taken them personally. Keep on forgiving the past abuse, disrespect, etc. until you can look back and see these as neutral events with no emotional energy attached to them. Send love to yourself and the ones who were the abusers, knowing in truth that all are forms of God, living in a body with mind, intellect and emotions. Realize that all humans are imperfect and make mistakes. And that it is harmful to hold negative energy within yourself. In your mind go back over the incident where you were knocked about by the boy on the bike, and respond as a Master would have, with neutrality, peace, love and forgiveness. Feel the difference in your body, mind and emotions as you compare your earlier negative reaction, and your imagined response as a master. To become a perfect master takes time and practice. Even if you react negatively to a situation, but are able to turn it around very quickly, and respond as a master, this is very good progress. Spiritual masters also show anger at times, but it is controlled and is there for a specific reason. It is not an uncontrolled reaction as that of most human beings; it is a planned response to teach a lesson.

It is My great pleasure to again speak to you, this time about the ways to avoid getting caught in psychological dilemmas that may pull you away from faith and trust in God and Satguru. I wish to talk about the need to have physical attention from the Lord, the Satguru. Many devotees have craved for this and still long for it. It is not at all important. The inner relationship mind to mind, Atma to Atma, is most important for all devotees' progress. Those whom I have chosen to work closely with Me during My advent on earth, have had much physical proximity to Me. I have chosen them due to their excellent karma, their abilities, and their great devotion to God. They earned it through many past lives and prayers. Though these ones have been close to Me physically, they may not have progressed as much spiritually as many would have thought. Their progress has been hampered by body consciousness and personality. It was difficult for them to go beyond body consciousness while interacting with My physical form and that of many others in such a large organization as the Sri Sathya Sai Organization. Though these individuals, nearly all men, often had physical proximity to My form, I did not speak to many of them often. You, My devotees, feel these ones to be the most lucky ones. Not so. The devotees who were able to go within and discover Atma for themselves are luckier in that they have progressed

more, spiritually. They are at a higher level of ascension than those who sat around Me daily.

I mention this to show you that it is detrimental for your spiritual progress to continually long for contact with My physical form through physical closeness, talking and touching. You may think you have gained a lot if you have these things, but it is not true. It is a delusion. And this continual thirsting after My physical form does not engender peace, pure love, acceptance and patience. Often devotees had become very depressed and disturbed mentally and emotionally for lack of proximity to My physical form. They often felt sad and angry, and unloved by Me. Though for many, having these feelings come up was a necessary process for them, because these negative feelings were already in the subconscious mind and needed to come up to be transcended. These were often feelings about rejection, neglect, abandonment, being unloved, and unlovable experienced with humans in the past. In their outer relationship with Me, I appeared to ignore devotees for long periods of time. They believed I am God, the embodiment of love. Negative feelings surfaced and caused them much pain because they associated themselves with these feelings and believed them to be true. If a devotee remained in this pain for long periods of time, as many of My devotees did and still do, it has served, and still serves as an impediment to progress. Why? Because I am love and you are unable to experience this love due to your emotional

encumbrances, and attachment to the physical form as Truth.

Holding on to this negativity has stalled progress for many. It is a trap based on delusion. My advice to you who are still stuck, is to keep discriminating between what is Truth and what is untruth in your daily life minute to minute. Read and know about the qualities of Atma. Meditate to find these qualities within self. It will be difficult to meditate while carrying negativity such as anger, hate, self-loathing, resentment, inferiority complex, etc. You must read a lot of self help books, develop self love, purify yourself of all negativity; lead a moral, ethical life; attach yourself to the formless God through bhajan, meditation on a form of God and so on. As God is love and peace, you must be these also to join with God in oneness. Now that My physical form is gone, it will be easier for most to contact Me where I am in the heart, in the pure mind/consciousness. You no longer need to rush to sit near where My form would walk, hoping for a look, a word, or interview. Know that I am always looking at you. Trust this and call on Me sincerely with a pure earnest heart. Even when I walked among you you could have done the same. However, many of you were so burdened with a heavy layer of mind and emotion that you would not have been able to hear Me; your mind was not silent.

Just because I know and see everything, does not mean that I agree with or condone everything. Some things go against Dharma and Truth. They are mistakes that need to be corrected. Another pitfall some devotees fall into is doing the wrong actions, thinking wrong thoughts, speaking wrong words, while thinking and believing they are perfectly okay. For example, watching violent movies and television thinking it won't affect them, that they are strong enough to ward off any evil effects, is not correct. Everything you experience through the senses and mind does have an effect on your consciousness, your vibration, either raising it or lowering it. I have said this before. Any action performed repeatedly has the danger of developing into a vasana, an addiction, a habit which has repercussions. What are they? A strong vasana will lead to another birth; not only that, it will lead to new actions, thoughts or speech; may lead to adopting new types of associations, relationships, etc. which are impure and burdensome. Everything you experience goes into the subconscious mind. So if you wish your conscious experience to be pure and good, see what is good, hear what is good, think, speak and act in a pure, clean manner.

Criticizing others goes against Dharma and Truth. How? When you criticize another you are finding

fault in them. You are associating your mind and consciousness with the fault you see in the other. So your consciousness is no longer pure; it is tainted. See what is good, what is true in another. Leave the rest to God. It is His drama and all are His puppets. You are responsible for your own purity not that of others. You are to love all and serve all; to see and love God in yourself as your Self, and to see God in others. So do not criticize, find and point out faults in others. That is not your business. Your business is to think of God, know God and become one with God.

You may believe you are a do-gooder finding and pointing out faults in others. You are not, believe Me. They will resent you for feeling superior to them, and for feeling guilty and inferior themselves. It is the best way to lose a friend. If you cannot tolerate being around a person due to faults you see in him, then do not keep his company. Your job is to love and accept the being of every person. You may not approve of some action, words or thoughts, but do not attack and find fault. Also do not agree with what you cannot accept, but do continue to love, seeing the Truth of the person, knowing they are God in human form even if they do not know it and are unable to express it in all ways.

Another unhealthy practice is that of comparing oneself with others, their grace and your grace, their level of attainment and your level of attainment. This is of absolutely no use to you. One will end up being

superior and the other inferior in your mind, and you have not transcended duality. Everyone is God. I know that; you do not know that or you would not compare. Only God knows where a person is in their spiritual evolution. Only God who is that person and every person, knows where, when and how to confer grace. It is non of your business. Your business is between you and your Creator; that is all. Listen for inner guidance from the Creator of all beings; that is all you need do. Leave others to their business and God to His business.

4

You may think that because the Satguru Himself is overseeing the spiritual progress of the devotee, that the devotee won't make mistakes detrimental to her progress. Not so. Devotees often make mistakes, some relatively innocent and innocuous, and others more serious. You see, devotees come to the path with a great deal of baggage accumulated from this life and past lives. What kind of baggage? Vasanas, inborn tendencies for instance, such as stubbornness, jealousy, bigotry to name a few, which affect, that is, condition the way they think and behave. For example, if a devotee is expected to love and serve all, she may in her mind find resistance to this ideal if she discriminates against black-skinned people, the

Jewish religion or another group. Her stubbornness along with negative discrimination against certain groups and people, can make the path painful for her. What should she do? Gain knowledge from scriptures and teachings of enlightened ones that all humans were created equal at the Soul/Atmic level, that in God's eyes all are equal in Spirit and also perfect. All is proceeding according to the plan of evolution of consciousness in each being. Though humans make mistakes all will eventually become God realized. The color of one's skin, his nationality and religion are all superficial and pertain to the body/mind/ego level which is temporary and fleeting. The devotee of God should learn these types of teachings and be prepared to practice them in daily life. The negative ego traits gathered in past living, the negative vasanas that foster discrimination based on race, religion, and nationality must be banished from the mind and consciousness. In Truth there is only one Spirit permeating and supporting all of life. This is what the devotee of God must realize.

Another common mistake is to see and label some people and things as superior and some as inferior. There is no true basis for this conviction. As I have said all are Spirit, all are equal in the eyes of God. This should be the devotees' focus in order to see the one God or Atma in all beings. If you do not believe this Truth, your progress will be delayed. So how should the devotee understand this? All physical bodies are made up of the five great elements: earth,

air, water, fire and ether. When the body dies the elements are released. So every physical body has this similarity; they are all composed of the five elements created by God. Also, all bodies are permeated by Divine energy and Divine consciousness, another similarity among all living creatures. So you can see that there are fundamental similarities, likenesses inherent in all beings. They are all permeated by Spirit/Atma which is consciousness /energy, love, peace, and bliss, whether they are aware of this or not. It is essential for a devotee to realize this sameness or unity in all life. So where does superiority and inferiority come in? The ordinary unenlightened human mind/intellect looking out through the five senses at the phenomenal, material world of duality and multiplicity would be able to make many comparisons, and give them importance, perhaps undue importance. Spirit sees all as one-the one body of God. The mind uses all types of reasons to view some things and people as superior and others as inferior. Indeed there are plenty of variations in the material world. It is the individual mind that pronounces one thing as superior and another inferior. Such thoughts and beliefs have no existential Truth to them. They are not lasting in a world that keeps changing, coming into existence and dissolving. I advise My devotees to look at all duality incorporated in the mind, and realize it is not Truth or Atma, but is rather part of the dance, the play of

consciousness/mind interacting with the world of changing forms.

5

When the devotee cannot hear the voice of the Satguru within in the spiritual heart, how is she to know how to follow His commands, His guidance from moment to moment? First of all she should become very familiar with His Teachings. In My case there are hundreds of volumes of My Teachings. The purity of My Teachings has been vouchsafed by My excellent translator, who was an expert in both the Telegu and English languages. This is not the case for many other spiritual leaders. For example Jesus' Teachings that are laid out in the Bible have been translated from the Aramaic language, into other languages. Some of the words have been changed from the original meaning. Also some explanations of Jesus' words have been incorrect. Why does this happen? Because none of those who have translated or commented on Jesus' words have been at His level of consciousness. Even Jesus' disciples were not at His level of consciousness, awareness, or understanding. Even in My case My devotees often find it difficult to understand exactly what I am trying to convey to them. To make it easier for them I have spoken for the most part in very simple terms, using

simple examples, as did Lord Jesus, so seekers at lower levels of awareness may grasp the meaning. So how can a devotee who is at a lower, much lower level of consciousness, know what I expect moment to moment? The first things to practice in life are My five values that I Teach. They are Truth, Righteousness, Love, Peace and Non violence. If these are practiced in thought, speech and action, you will be able to advance a long way in spiritual awareness. Love when practiced, is acceptance, overlooking faults and mistakes, seeing the Divinity in others, and forgiving. Being Love means living in Love, living as Atma. What else does Love mean? It means treating yourself and others with the utmost kindness, respect, caring, helping where you can. I am telling you these things so you will know how to remain on the spiritual path to Self-realization, and not stray away into unrighteousness, hate, anxiety, stress and the like. If moment to moment you practice the kind of love I have just spoken about, you will be following God's direction for you. Even if others scorn and criticize you, see this as grace, as an opportunity to watch your reactions, to see if negativity comes up in you. If it does, you will see that you are still not pure enough. Look at it, acknowledge its presence, and do not identify with the feelings and emotions as yourself. Can you see that they are not true, that they are imaginary feelings superimposed on the Atma, the Self? It is good if you can also try to understand why others are scornful and critical. To seek to know what is going

on with them is a way to develop your awareness, your understanding. I am not suggesting that you ask them what is going on with them. From your intuition, your awareness, try to see. So when you face criticism, etc. from another see it as an opportunity to know your self better. Inwardly, thank the one who was the catalyst to bring up the impurities hiding within your consciousness, without whom you may not have been able to see them. Thankfulness toward them helps you to maintain a positive attitude, rather than blaming or hating them.

God would wish you to choose Righteousness, Dharmic action over unrighteous action. Righteous action is action centered in Awareness of Atma being the only Truth. Such action is the only type worthy of being offered to God. And a devotee must offer all actions to God. So you see, I have given you the devotee much to be vigilant about from morning until evening. You must watch all your thoughts, words, and actions to be certain they are suffused with Love and Righteousness; then offer them to God.

What if they are not? Right away in your mind acknowledge that you have made an error, and correct it on the spot. Then there is no problem. This awareness must be developed; without this awareness, this discernment within yourself, you cannot purify. So discern what is loving and what is unloving, what is righteous action and what is

unrighteous action. Your conscience will let you know. That feeling in your heart, in your body, that something is not right, a contraction, an anxiety that a wrong thought, word or action has taken place within your self that needs to be noticed and attended to, is to be cultivated. In summary, I wish you to pay attention with acute awareness, to everything that goes on within your self to make certain it is pleasing and pure, and in line with the nature of Atma.

6

It is just a matter of time before you realize that you are God. It is bound to happen sooner or later. In the meantime there are certain conditions that need to be present for this realization to happen. I have been talking about the things to avoid and get rid of, in order to provide the optimal conditions for Self realization. What do I mean? I will give you an example; sometimes a devotee becomes psychologically trapped in a situation. She does not know which way to move to regain freedom. What should she do? Picture My form and call My name. Then pray to Me explaining the situation briefly, and ask My advice as to how you should proceed. It is best if you journal with Me to begin with, writing questions and My answers that you hear. Keep on

journaling until all your doubts and questions are answered. Read it over a few times to yourself to ensure that you understand everything. Then take action step by step to clarify your position, and free yourself from what is binding you and disturbing you. Do not think that you must remain in a place where you feel stuck or trapped. Not at all. Your true nature is freedom; freedom that is, while living according to God's laws, mainly the five values I teach. Try your best to understand why you feel trapped. Is someone curtailing your freedom? Have you given your power to someone? You are never to give your power to another. They have their own power. What power? Power to think, speak, act, will power, power of discrimination, power to love, respect and care for others, power to work, physical powers, and most importantly the spiritual power to be peaceful, non violent and truthful. These are available to every human being unless, by some unfortunate karma a person has become or been born deficient in some aspect.

Whether you feel trapped physically, spiritually, or psychologically, there is always a way out, a way to learn and heal. Call on Me, on God for the answers, as I have mentioned earlier. You will come to know as you pursue the spiritual path that no person or circumstance can take your spiritual power away, unless you allow them to. You must practice being very strong spiritually, through practicing the Teachings of the Satguru. Physical and mental

strength are also required so you can protect yourself and also be independent. When you are strong and independent, you are available to help others, though directing your love to the Divine in the others. Freedom is your goal. When you feel trapped or stuck, you must immediately seek Divine help to find your way back to spiritual, psychological and physical freedom again, as freedom is the nature of the Divine. Of course, if for some reason you have found your physical body imprisoned, it may take some time to release it. However, this situation does not happen often to devotees, ones who practice the teachings sincerely. Even while the physical body is in prison, one can be mentally and spiritually free, and practice the Teachings of God for liberation.

7

It is My great pleasure to again speak to you about the ways to smooth out the spiritual path for yourself, and others with whom you may interact in your daily life. It is not easy to go against the society you are immersed in. If you do others will criticize and judge you and try to make you wrong. Why? Because you are an individual not one of the crowd. The members of the crowd do not like too much deviation from their ways. The crowd for you may be your family, your church, or workplace, for example.

If you wish to try to fit in with these groups of people to the extent that you don't rock the boat too much and create big waves, I suggest that you do not talk to non devotees about your spirituality and especially not about your relationship with God or the Satguru. Let all of your relationship with God, and your worship of God be done in private. No one need know about it. In this way you won't unnecessarily disturb others.

Of course you must practice the five great values I teach, namely, Truth, Righteousness, Love, Peace and Non violence. You can do this where ever you are, without speaking about it, if others are not interested to hear about Divine Teachings. Do not keep company with those who are against these values. Be very discriminating as to whom you keep close company with. It is best if you keep to yourself, maintaining a close relationship with Me, while also seeing Me, directing your attention to Me in the others you must interact with. After all I am the Truth of all beings, the Truth, not the personality and outer forms of people. I am telling you these things so you will be able to live more peacefully and not encounter unnecessarily ups and downs with certain people in the society. Of course be courteous, friendly, respectful and kind to people, but not in an exaggerated way. Do not speak unnecessarily. Do not join in the glib gossip about others. Try not to be a party to it. Leave the company of those who speak ill of others.

Try not to disturb or upset others with your talk. They have their path that they have chosen to follow. All have free will and the influence of their karma to live with, so every person's path is unique. You who are seeking God-realization, and cultivating an intimate relationship with God or Satguru, must protect your energy, your thoughts, words and actions so as to have them fit to be offered to the Divine, and your self surrendered to the Atma. It does not have to be a lonely path, though often it seems that way at first. When you come to enjoy the intimacy with the Satguru, the talk, the love and bliss of Being as well as the Teachings, both reading and practicing, it becomes a full time occupation, one you love and cherish. All your thoughts flow toward the Divine Satguru or God Who is the Beloved of your heart. And He responds in many ways to show you how much you are loved, how much you are His Beloved too. You trust in Him as the Truth within and beyond all forms which are ultimately perishable. It is fine to keep the company of like-minded persons, devotees, and talk about the miracles, play and beauty of God, singing together, even meditating together, as well as studying the Teachings together if this is what you enjoy. There is always an opportunity to love all and serve all, and help ever and hurt never, keeping the Divine in mind as the ever present Reality or Truth.

As you know it is very difficult to judge how well you are progressing on the spiritual path. You cannot judge yourself how well you are doing. I suggest that you do not try to judge yourself or others. Only God knows how far a devotee has yet to go to reach the goal. By judging, you may in your mind place another person in a higher position or lower position than yourself. This observation may be completely wrong. When your goal is to see the one God in all, you are circumventing your goal, your ideal when you compare. If you do, when you admire some and degrad others, you are distancing yourself again from the One and remaining in duality. Only God sees all, is omniscient in past, present and future; only He knows the devotee through and through.

When you think you are not progressing well, that So and So seems to be closer to Self-realization, you degrade yourself and feel badly about yourself. Don't do this; it does not serve any purpose. You must feel that all are equal in God's eyes; that all are equally loved by God, and one with Him in Truth. You may ask that if this is so, why do other devotees seem to have more grace than you do. Again you are comparing with others. Do you know that I have an exclusive relationship with all My devotees? It is different with all of you. How could that be? Well, you are all unique individuals, with unique ways of expressing yourselves, unique ways of viewing

everything; unique past lives, karma, capacities and so on. So naturally you would relate to Me in your own unique way and I to you. Our conversations would be unique. My grace for you, the dreams in which I enter your sleeping consciousness are designed just for you. I wish you to be aware of these things, the unique ways that you and I relate to one another. Knowing this you will be happier, and try to make our relationship more and more intimate, beautiful and full, with your efforts, prayers and sadana. Comparing with others is of absolutely no use. Remove the comparison mind. Concentrate on pleasing Me, coming nearer to Me, and you will receive My grace. When you surrender completely to Me, My grace flows ceaselessly to you. Then you have no other thought but the Lord, the Truth of the universe, and you are fulfilled in every way.

9

It is My great pleasure to again be with you and speak with you about the troubles to be aware of on the path Divine. It is of utmost importance to develop self confidence and self love. If you do not have these in abundance, you may be easily pulled off the path. How? When others deride, blame or criticize you, you may react. You may believe in their words, their intent, and thus shrink into your self in shame, or

burst out in anger and retaliation. Neither of these reactions benefit a devotee of the Lord. Why should you feel shame when you know who you are, the unstainable, pure, unaffected Atma? You must develop this confidence in the Atma, this love for the Atma that resides within yourself and all around everywhere. If you do not have confidence in yourself as Atma, and love for yourself as Atma, you will find it very difficult to remain equanimous and loving at all times no matter what. Feelings of shame, inadequacy and weakness indicate that you do not identify yourself as Atma, a child of God, a part of God, one with God. If God be for you who can be against you. Having adopted this attitude, you have confidence in God as your Higher Self, your true Essence, and you rely and depend on this Truth and this relationship as the most important source of confidence and self love. Then whatever others say and do need not affect you, and never diminish who you truly are.

How does one acquire this strong self confidence and self love? It cannot be acquired outside of yourself from another. You have to have faith in God first, that God exists and He is Love and Loving. Next have faith that your Truth, your Existence, your Life is God. That He is the nearest and dearest to you. So first faith then experience.

Through faith, you turn your mind, your thoughts and feelings toward God Who resides within you and around you. You pray, and speak to God in the silence of your heart. You trust that He hears and knows everything. Then you get experience of Him. You see how He looks after you, fulfills your needs and good desires. You feel His love and His Being within you. Gradually you come to develop confidence in and love towards this Essential Being, Existence that lives in and as you. Through spiritual practices and practicing the Teachings of the Teacher or Satguru, you become very strong and courageous as a spiritual being, knowing what is Truth and what is untruth, what is everlasting and what is transitory, what is good and what is evil in the world of duality. A time comes when you are so strong, that nothing will pull you away from the internal state of Peace which you have become as a devotee of God. Neither the emotions of others or your own emotions trouble you any longer. You see them for what they are, passing energy patterns that you long ago believed were truth. Now you witness them disinterestedly, shine the Light of Love on them, and allow them to dissolve and pass away. When you have abundant self confidence and self love, you know that the Lord is yours and you are His. Next time we will talk about the roles of self sacrifice and self satisfaction that lead to self love and self confidence.

My dear devotees, in order to avoid troubles in life it is important to practice self sacrifice. What do I mean? When you perform an action, offer the action and the result of the action to God in your heart. Be disinterested in the results. Why? If you have performed the task, the work to the best of your ability, you need not worry about the result. God will accept it. Why is this self sacrifice important? Because you were never the doer of the action. The divine energy in you performs the actions. Knowing this truth, before every action or work mentally offer the work to God. As a result of this self sacrifice, your ego sense as the doer and enjoyer of everything becomes diminished and dissolved. The Atma in you, the God in you is the true enjoyer and doer of the experiences that come your way. You as body and mind are as a dream in God's mind. One day the dream will be seen as a dream, and you and God will be one again. You are one now in God's mind, but your dream self (ego) has allowed this truth to become obscured. Self sacrifice will bring you back to God, to a sublime partnership in which you exist together as two and also as one. When you spend your time in this way, offering all to the Lord, doing for the Lord as His instrument, living in this surrendered state wherein your will and God's Will are one, you will feel great satisfaction. Why? You as Atma will feel and know a oneness, an intimacy, an

eternal bond with the Lord, the Creator that is so very loving and sweet. You will be satisfied knowing, feeling that there is nothing more to be attained in life. You become desireless, content and peaceful, therefore satisfied. You live with God, as God and for God.

11

So you can see that self sacrifice is essential to reach a state of complete self satisfaction. The ego is no longer troublesome, egging you on to fulfill desires, run here and there in search of outer pleasures and happiness. You are fully satisfied in the intimate relationship with the Lord. You do the work that you know the Lord wishes you to do with Him as the inner motivator, the inspiration.

My dear devotees I wish to tell you about yet another pitfall that may come up for you as you pursue the path divine. It has to do with feeling superior, that you are better than others who may or may not be claiming to be spiritual aspirants. This feeling is rampant among devotees. It is spiritual ego and difficult to remove unless one incessantly shines the light of awareness on it. How does it manifest? How does it appear? Usually you have ideas in the mind such as, "The goal of life is to be spiritual, to

realize God"; "And the way I have chosen to reach this goal is the best way"; "My guru is the best, more highly realized than your guru"; "My guru is living in a body and yours is long dead, therefore I will make faster progress". So many of these kinds of ideas come up in the minds of devotees. They do not realize that these ideas are usually incorrect, have no relevance to one's spiritual path, are often judgmental and keep one trapped in the ego that you are separate from others.

All are on the spiritual path whether they realize it or not, call it that or not. All are proceeding toward God realization. Some take a slow route, some a fast route. What you need to know is that the Atma in each person, each being, is God Himself. The ideas about separation from God are like a dream. A dream has no reality. One day all will wake up from the dream of worldly life, and realize their true divine nature as God.

So why to compare with others that you are spiritually superior? When you do you are still in the dream. All are one; be alike to everyone, I tell you time and again. But My words don't sink in. One day they will and you will understand. In the meantime please be aware that ideas of superiority and inferiority belong to duality, and they are based on the body/mind/ego. The Atma in all is the one Atma, often covered in layers of delusion. Delusion is false, part of the dream waking state. Awareness and

knowledge will drive this delusion away. So seek awareness and knowledge (jnana) for Self realization, and leave others to progress at their own rate. Drop your opinions and judgments about this. Everyone, yes everyone is evolving at their own rate and in their own way. Variety is the name of the game. Be grateful to God for all the Blessings He has given to you. He is the doer and enjoyer and Paramatma (Supreme Being). Your job is to merge with Him, and be like Him, the all accepting, all compassionate loving One and true doer, the All-That-Is. Such satisfaction is naturally concomitant with the confidence that the Lord is resident in your heart, and you and He are one Atma.

12

As I have said, you must transcend duality to reach the one God, the one Atma. How to do this? You must remove the comparison mind. The ordinary mind goes on comparing things all the time. You must become aware of this, to see whether it is beneficial or a hindrance. Of course if you are purchasing an item in the market and there are several brands, you need to compare to get the best item for the best price. Why to waste money? After you bring it to your home you usually forget about the comparisons. You feel satisfied that you have

made a wise decision. So you have used the mind correctly when you have compared prices, quality, etc. But when you look at what someone else has, and what you have, and make comparisons, this is not a good use of the mind. Why? Because many negative thoughts and feelings may come into the mind, which cause you to lose your peace, happiness, self confidence, self love or devotion. You may think that another has more than you, more material things that you wish you had, more beauty, a bigger house, more money, etc. Then you may feel that you are inferior, you do not have enough. God has not favored you. You lose confidence, self love, and may even blame God that He has not loved you enough. It is the comparison mind that has fostered and brought out these insecurities and desires. You may think and feel that Baba gives more to some devotees and less to others. You may feel undeserving of His grace, that there must be something wrong with you. Even those who have received a lot of grace in the form of interviews, etc., may compare with another who receives more talk and attention from Baba when I walked among you all.

This comparison mind must be checked. It will bring you down. Negative feelings and thoughts about self and others will spring forth as a result of comparing with others. The mind can be your ally or foe depending on how you use it. When you catch your mind comparing your lot with others, immediately stop it. Then reason in the following way: I have

received what I have due to God's grace and my karma. I have received what I deserve. Everything that has ever happened is due to God's Will. He has allowed it to happen. I will be happy with my lot in this moment. I will see what is good in my life and have gratitude. Every life is unique. It is the result of karma accrued from past lives and this life. It is the result of my own thoughts, words and actions, no one else's and God's grace that I have earned, received. Starting this moment I can concentrate on my life and my relationship with God. These are what I have control over. I am unique. I must not and need not compare my lot with others, and feel negative or superior. I choose to mind my own business and not compare with others to my and their detriment, creating more negative energy in the world. This is not the role of a devotee. A devotee must root out and dissolve negativity while at the same time imbibing God's pure loving energy. Yes, many differences are there in the world, but you need not place your mind there. Keep your mind on God to realize a higher state of Being, the Atma where all are seen as aspects of the oneness of God.

It is with great pleasure that I come to address you again, to tell you about what to avoid on your

journey to God realization. Please bear with Me as we discuss yet another obstacle on the path to wholeness. It has to do with too much concern about what should not concern you. It has to do with taking too much interest in others' business or life. Each person on earth has his or her own life to live, their own path to follow. You are to follow your path using your God given intelligence, skills, capacities, and inner guidance, etc. Especially for a devotee seeking Self realization, much of the focus should be inward seeking Atma, and discerning Truth from untruth. For a devotee time is spent watching one's own inner self, that is, one's thoughts, feelings, speech, actions, etc., and discriminating which ones are good and which are to be discarded and not followed or acted upon. Self purification is important for a devotee and his interest should be focused here. The devotee should also concentrate on worship, selfless service to those in need, dedicating actions to the Divine, etc. I am here reminding you what a devotee should do with her time.

What is the pitfall to be avoided? You must not become overly involved in others' lives. Do not give your advice or opinions, however well intended, unless you have been asked for them. Do not meddle in others' affairs. Every individual has a life to lead, lessons to learn, a path with responsibilities, challenges, learning curves, desires, temptations, tests, etc. They have their own karma and you have yours. That is not to say that part of your karma may

be to interact with certain people. It is okay. But as a devotee seeking Self realization, your main focus should be on God, yourself and your relationship with God. Do not spend much time socializing, gossiping, speaking about mundane worldly matters, that non-devotees speak about. As I have told you, it is beneficial for you to speak as little as possible; only when it is necessary, helpful, etc. Yes, do help where ever you can, where help is needed. But this need not involve a lot of chatter, and involvement in others' personal lives. Unless you are a guidance, spiritual or therapeutic counselor, and both parties have agreed to the counseling, remain quiet.

Why is this important? You waste time and energy when you get involved personally and otherwise. No one really benefits spiritually. Often the ego is enhanced, that is, the sense of a separate self, as well as doer-ship and enjoyer-ship. For a devotee, the Atma is Truth and the goal to realize. The world of physical forms is transitory and illusory. So please do not take undue interest in other people's business. Often differences of opinion, judgment and criticism come up in the mind when one gets too involved in the details of another's life story. Be friendly and respectful to others knowing where to draw the line and not become too involved in what does not concern you. There is your business, other peoples' business and God's business. Respect these boundaries for peaceful, purposeful living.

My dear friends and devotees, I am here with you again to speak about distractions on the path to Self realization. I hope that you are finding these talks useful and helpful on your path Divine. Today I will talk about the need to watch your every thought, word, and action throughout the day. Ask yourself whether each one is a fit offering to the Divine. By fit I mean, is it true, good, kind, pleasant, helpful or useful. Of course everything you think, say, or do reaches the Divine because the Divine is your Higher Self. As a devotee aware of the importance of inner and outer purity and goodness, and also aware of the need to offer everything to the Divine, it behooves you to ensure that your words, thoughts, feelings and actions have the requisite purity. And if they are not pure? What then? Hopefully the attentive devotee will realize when thoughts, words, and actions have been impure or negative. If they are thoughts, they are easier to deal with than words or actions. Witness the thoughts, disassociate yourself from them, noting that this is not how you choose to think; forgive yourself and move on. You may immediately rephrase the impure thought into something more acceptable and loving. For example, a thought may come up about a fault you or someone else has, whereby negative feelings associated with this thought also come up. As you immediately become aware of this negative thinking and feeling, see that

this serves no purpose. Correct your own fault and move on. You cannot change others; it is up to them to change. So do not dwell on others' faults. Think of positive qualities in yourself and others; love yourself and others.

If by chance you speak negative or inappropriate words to another, immediately tell her you made a mistake, you did not mean what you said, and say, 'Please forgive me'. Hopefully this will heal any division that may have come up. Forgive yourself and move on. Acknowledge that everyone makes mistakes; learn the lesson and do not repeat the same mistake again. Try to speak what is pure, good, kind, helpful, necessary and useful. Ask yourself if your words improve upon the silence; if not, don't speak.

Now let us look at our actions. Are they kind, helpful, positive, caring? If your thoughts and words are positive, then your actions will be also, as actions usually spring from thoughts and words. Your thoughts, words, and actions should be in alignment ideally; then you live an authentic life, saying what you think, and doing what you say. It is very important for devotees to have this inner and outer purity, that is, unity of thoughts, words and actions. There is no inner purity if these three are not in alignment. You are deceiving yourself and others when you think and believe one thing and counter it by saying something opposite or different. You lose your purity, your integrity and your good character

when you say one thing and go against it by saying and doing something not congruent with your thoughts. So I advise you to be careful about these matters. You want to simplify your mind, break down the ego structures that have been built up over many lives. So be simple, sincere and honest in thoughts, words and deeds, and dedicate them all to the Lord, the Atma residing within and all around as your true Self.

15

I would be very pleased to see you following My Teachings on how to avoid falling away from the spiritual path due to distractions and loss of proper direction. Let us look now at another pitfall on the path to be avoided if possible. You all know what it is like to be overly influenced by other people, by their ideas, dramas, charisma, personalities, etc. Some people can be very domineering and dominating, trying to force their ways, beliefs and will on others. You must be strong enough and detached enough, not to let this happen to you.

When you truly know your path in life, and are following the guidance of Spirit, of the Satguru, from moment to moment, and practicing the teachings, you need not be influenced by others no matter how

strong their influence appears to be. You must be strong and resilient inside of yourself. Listen to others if you are in a situation where you must, but you need not carry on a conversation. Be respectful when you disagree with what another may be expecting or demanding you to do or be. Politely say, "No, I do not agree with that. It may be acceptable for you, but it is not acceptable for me. Have a nice day." Say what you mean and mean what you say. Speak in a respectful tone, and then change the topic or leave. Do whatever you have to do. It is no use being in the company of those who are antagonistic towards you because you do not agree or wish to follow their ways. It is better to not be in their company. However, I must emphasize here that you try to be friendly with all up to the limit possible, and not make enemies. The tone of your voice, your facial movements, and your words will determine this. Practice Truth Love, Peace, Righteousness, and Non violence in thought, word and action. You must protect your energy also. Keep a protective light around yourself at all times by visualizing it, asking God for it, and by repeating God's name and remembering Him at all times. Then other people's energy won't affect you.

When you are dealing with egotistical people, it is necessary to set boundaries, yet realize the Atma, Spirit motivating their thoughts, words, and actions is the same Spirit in all, the basic life of all beings. However, there are bound to be differences in the

manifestations of Spirit through different bodies, minds, and egos. When someone is overstepping their boundaries, attempting to influence and control others, this is clearly not right. Here I am speaking about adults who do not have a healthy sense of their own energy bodies, and others' energy bodies, their own business and others' business. In the case of parents and their children with whom they have the responsibility to raise in a moral, ethical, value based way, and in a disciplined way, the parents may need to influence the children in a positive manner. This is fine as long as parents adhere to the five values I teach.

A devotee should know when he is being unduly influenced and controlled by another as well as himself inappropriately controlling and influencing another, and know how to deal with it in a spiritual manner that reflects his status as a devotee of God.

Wouldn't it be easier for you if you knew the quickest, easiest path to Self realization? Well, that is just what I am showing you in these My Words to you. I hope that you will contemplate and use them well to your advantage and for your uplift. I am aware that many of My devotees chant My

Name and sing bhajans. The results of these exercises may not bear much fruit. What do I mean? If you merely chant and sing with your lips only, there is no depth to your practice. It is the feeling that will transform your mind, heart and consciousness. The deep feeling of love. Love transforms. How? Love is the nature of Atma, Truth, or Self. It is a powerful transformative vibration. So when you chant or sing with deep loving feeling, this feeling reaches and resonates with your true Self, Myself, the Atma within the heart. This resonance of like with like, love to love, etc., sets up a flow, a relationship, a sense of oneness. I have often said that chanting and singing is for the mind; it keeps bad or impure thoughts away from the mind. When I said this, I meant that the feeling, the depth and intensity of feeling of love is lacking; so here singing is merely for the mind.

Love is the binding force. So put your all into your chanting of the Divine Names and when you sing bhajans. Even if you listen only to bhajans, deeply meditate on the meaning with loving feelings and in this way, evoke the grace of the Divine. The Satguru will respond with enhanced love and light for you when you express yourself in this way. You will overcome awareness of separation from God and rejoin with God in your own consciousness. You will find love, peace, bliss and contentment in this union with God, the Satguru. You will realize, 'I am the embodiment of God'.

Don't expect to experience continuous union with God as soon as you begin chanting and singing the Divine Names. It takes time to purify the mind and heart of all that has been accumulated over many lives. But do not despair and give up hope. Pray for love and light Divine to encircle your being and to purify you. You will not be left in the dark if you sincerely pray for Light and Love and perform ample spiritual practices to purify yourself to reveal the Divine Atma that is your basis and Source. Before you realize yourself as God you are called Jivatma which means your Atma is bound and/or covered by impurities, lost in illusion. After realization, your Atma will be free from attachment and illusion. It will know oneness with the Satguru, the All-That-Is, and will be called Jivanmukta, or liberated while living in a body in the world.

It is not easy to remain on the spiritual path and not face obstacles and potential pitfalls. They are bound to come your way at one time or another. Be prepared for them. How? Maintain your power and strength at all times. Be prepared to face anything. Don't let your guard down. If you have offered everything to Me, then offer everything to Me, good and bad. Offer it and remain equanimous. You know

everything is a passing cloud; it will soon pass and be gone. Let it not leave any trace in your consciousness. What am I talking about? Any misfortunes, upsets that come and tempt you to react in a negative way and disturb your equipoise, offer to God Who is the Truth. In this way whatever happens has nothing to do with you, in that you do not take it personally and need not react. You can choose to respond in a dharmic, responsible, loving, peaceful manner if that is what is required. For example, a close relative suddenly dies in a car accident. Realize that all is God's Will in that He allows everything to happen as per the laws He has set forth for the workings of the universe. Realize that karma happens; it is one of His Laws. Realize that most often a person can never know all the reasons an event happens. So trust is important here. Trust that God knows all, sees all and is in control.

So if any feelings or thoughts around this incident surface, offer them to God and remain free of botheration. If it is up to you to make funeral arrangements, inform family and friends, and this is the dharmic action for you to take, see it as a responsibility and offer it to God. Do likewise with all occurrences, events that many may view as negative, due to their experiences, attachments and lack of wisdom. However, devotees should perceive such occurrences with wisdom, practicing the Teachings of the Lord, the Satguru, and the sacred scriptures that embody Truth and the ways of

Dharma or Righteousness. Be not led astray My dear ones. Know the ways of Truth and the Truth shall set you free. Free from upset, disturbance, negativity and ignorance.

To continue, you need not follow the ways of the world in these matters. Others have different reactions and ideas and beliefs. You need not buy into any of them. You need not agree with others' ways of being. It is best to keep quiet as much as possible. Do not alienate others with your ways of being and your beliefs. Better to say nothing. Just be love and compassion. Help where ever you can. Be positive, always knowing the Truth that no one dies, only the physical body dissolves. That all is the play of the Lord-His Consciousness and Energy. You are the actor and the witness. Play your role until the curtain falls, remaining in union with God, Your Self, equanimous, happy and content.

Be prepared. For what? To face anything that may come your way. How to be prepared? Keep the company of God, Satguru or Atma at all times as much as you remember to do. You must get the consciousness of God to be God. And realize this consciousness is eternal. You have consciousness

now; you are aware. But this consciousness must grow in purity, and expand to eventually include All-That -Is. For now it is enough if you realize this pure consciousness within yourself and identify with it as the Self, God. It will protect you when you depend on it, trust in it, and offer your life to it. This is the most important way to be prepared for all that may transpire in the world. This consciousness of God as yourself makes you very strong and acts as a buffer between your Self, the Truth, and all that is false. You know that Truth is eternal, unchanging, pure, unsullied, etc. Take it as your refuge, your protection, and never entertain fearful thoughts.

In what other ways can the devotee be prepared to face any eventuality in the world? Develop the relationship with the Satguru to the extent that you become clairaudient, telepathic. You hear Him the voice of consciousness speaking to you within your purified mind and consciousness. Then you hear all direction and guidance as to what to do and what not to do, etc. There comes a time also when you have surrendered to the Lord, that spontaneous right action and words come through you. You are so in tune with the Lord, the correct, required words and actions happen through the mind and body. At this stage little or no verbal guidance is required from the Lord. The devotee has become a perfect instrument through purification, having relinquished ego and the consciousness that I am the form.

Another way to prepare yourself for any outer occurrence is to practice living in a peaceful, equanimous, loving way all of the time. This way of being will carry over when a so-called calamity strikes. It is good not to be too complacent, expecting your life and life in general to carry on as it always has. Most devotees know to expect the unexpected, as well as to have no particular expectations. If you have no expectations you have no disappointments. It is best to be as much accepting as you can of others' ways, and be not bothered by them. Work on yourself, develop equanimity, acceptance, inner peace and unconditional love, not expecting from others unless an agreement has been made between parties, or as in a family where rules have been set for proper righteous behavior, practices and disciplines for children to abide by.

You must see that your thoughts are so very important for Self realization. If your thoughts are largely negative and centered on the false world of name and form, such thoughts act as an obstacle to Self realization. Why? Because such thoughts go against, are counter to the nature of Atma or God, in its purest form, the unchanging nature of God as Peace and Love. So it is important for devotees to

monitor and manage their thoughts. They may discriminate and categorize the thoughts as pure Divine thoughts and ego-based thoughts. What are ego-based thoughts? They are thoughts that are based on the perception and belief that the world of name and form is the Truth, the Reality and there is no other Truth. Ego thoughts relate to duality, that duality is True and Real. Well, it is Real for those that believe in it. But it is not the Truth for those that know the All Pervasive Atma as the basis and motivator of thoughts, feelings and actions. You may believe in the world of duality, and names and forms, and also keep a positive mind. But without intense self-inquiry, you are unlikely to know and be the Self, the Atma. Keeping a positive mind and emotions will help a great deal to know the Self, along with self inquiry and devotion to the Truth.

It is the negative thoughts and feelings that keep one pinned down in the darkness of ignorance. Where there is darkness the light of true knowledge and wisdom is obscured, hidden from awareness. Many people live in this darkness most of their lives. What kind of darkness? The darkness of fear; many kinds of fear are there in the minds of people who live in the midst of strife, uncertainty, cruelty, etc. as in totalitarian states run by leaders who are full of darkness. Darkness of hate, greed, cruelty and demonic behaviors such as torture, murder, etc. Darkness of ignorance comes in many forms. It is an obstacle on the path to God realization and must be

removed and replaced with faith, confidence and trust in the Light and Love of the Supreme Being we know as God.

You may know, be aware, that God, The All-That-Is contains all that is. Even the darkness is contained in God. God is aware of what is Truth and what is false, so the false does not really affect God, though He is conscious of it. You see, the darkness is unreal in that it is a distortion in the energy forms of thought, feeling and action. A handkerchief is white when it is new. It may become soiled black depending on how it is used. The same handkerchief when bleached can become white again. So too the consciousness of beings was pure and white when it entered into forms. Through time and many incarnations, negative conditioning from negative thoughts, words, and actions, soiled the consciousness and energy patterns of the forms of humankind. Animals act according to Divine law, their inborn instincts and other programming. It is members of humankind that have descended to the demonic level of great darkness and distortion, using Divine consciousness and Energy. Though the darkness is essentially false, it causes much pain and suffering for many beings on earth. God takes a human form from time to time as an Avatar to put a stop to this and turn the tide towards greater Light, Love and Righteousness in the minds/consciousness of human beings.

The more human beings fill themselves with pure loving thoughts, feelings, words, and perform these types of actions, the more Divine Light and Love will be present and manifest on planet earth. This Light Energy being of a higher vibration than the lower darker energies will transform the darker, distorted energies into purer energies that reflect the oneness of the Atma. So watch your thoughts, words, actions, character, and heart that all are pure, and in so doing realize the unity and Divinity that the world truly is, despite the appearance of darkness.

20

My dears, do not despair, the world is not going to end. It will surely change, transform, but it will never end. I have a Plan to bring more Love and Light onto this earth; and it is happening now. My Plan cannot fail. The forces of good are overpowering the negative forces surely and steadily. You have heard that good always triumphs over evil. Why? Because God is goodness, and evil or darkness is a distortion of what was and essentially is goodness. It is just a matter of time before this Divine drama comes to a happy ending, though there is no ending. Creation of one type or another will always be there in the universe, some aspects devolving and some aspects evolving. So I ask you not to worry about anything.

Worry is ego; worry implies lack of trust and faith and confidence in God, Satguru and your Higher Self. For a devotee who has surrendered, all will be well. Even if the body is lost, all is still fine as life goes on in another dimension, in another form. Trust in God and Satguru is very important. It is the binding force to keep you safe and sound; sound in mind, body, and consciousness. You need not worry what to do, where to go, how to be. Live in the present moment and think, say and do what comes to you to think, say and do. Mainly give attention to Being, Being Atma, the eternal, unchanging Atma. This is the only true security for life. It is eternal life, unchanging. There is no need to worry about the changing world; its nature is to change; change is the only constant for the world. Cling to the Truth, the Atma, God, Satguru and know safety and security in this oneness of Being. Remove the obstacle, 'worry', which sets you apart from God, and keeps you in the dream world of body/mind/ego.

It is My hope that My devotees progress to God realization without undue delay. That is why I am sharing this knowledge with you all, that you may not fall back and cause pain for yourself. Did you know that once you take to the spiritual path

and unconditionally surrender your life to God, He makes a Plan? What kind of Plan? He maps out all the main events, circumstances and grace that will come your way in this birth and the next birth if there is one. He has a Plan for your spiritual unfoldment. This involves using your gifts and capacities for your spiritual uplift and that of the world. The Satguru or God will plan situations to force you to surrender more, to show you that you are not in control, to force you to accept, and develop equanimity no matter what. He does all this for you to bring you home to Atmic oneness by destroying your ego. You must be aware that these things happen when you attempt to surrender to God, and not resist them. If you wish for deep eternal peace as your goal, you must be prepared to go through tests and to let go, accept, and be peaceful no matter what. Otherwise you will face confusion, unrest, and other types of psychological pain.

The Satguru may wish to develop and use your skills such as inspirational speaking, or channeling and writing, as a service for the uplift of humanity as well as your spiritual unfoldment. Be prepared to have the Divine guide you in unforeseen ways. Once you have offered your body, mind and intellect to Satguru/God, to be used as His instruments, consider yourself as belonging to God, and allow Him to use you. Of course you must be certain it is pure Divinity that is using you. Beware of gurus who claim to be God realized and who are not. You must

be very careful in these matters. I have outlined these matters in the previous book entitled, "Not Gone I Am Still Calling".

So once you have surrendered to God/Satguru, obedience to the Divine is expected, following all the guidance as perfectly as possible. You will know in your heart whether it is correct to follow; God will never deceive you; He is all love and compassion. So trust your Satguru with your life and you will be rewarded with eternal life. This is what Jesus meant when He said, "I am the Way and the Life". Every true Satguru is the Way and the Life and there have been many who have graced planet earth with their Presence.

It is My great pleasure to again speak with you dear seekers of Truth. It is My hope that you will imbibe and benefit from these My Words given to you with Love. How will you use My Words? Please read them and ponder over them again and again until their essence becomes part of you and you no longer need to think about their import. Living them will be natural to you.

One more obstacle you may come upon on the path is that of friends and relatives leaving your company. You need not feel dismayed when this happens. It is bound to happen when your vibration, your energy level, changes and theirs does not. Why? What is important to them is no longer important or interesting to you. What the devotee cherishes and adores may not even be on the radar so to speak, for ordinary worldly people. You both may have very different interests and outlooks. But nevertheless you must continue to love everyone and be helpful where you are needed. But it may be very difficult to engage in meaningful conversations with non devotees. They may not wish to speak about God, Satguru and spiritual matters in which they have no interest. You are not much interested in worldly matters or discussing or hearing about them. So what should you do? Be a good listener; and you need not spend much time in their company. You have your spiritual practice, meditation, reading, service activities, or whatever you do to further God realization and purification. It is okay; just accept things the way they are. See it as God's Will for you, for your uplift. Continue to see God in everyone you meet; be kind, courteous and respectful. But also be true to your heart and do the activities you feel motivated to do and dedicate them to God. Do not be at all disturbed that certain people do not relish your company any longer. Spend time alone in silence with the Divine; with bhajan and Divine Discourses. Others who do not think about God cannot understand your heart,

your mind, when you have surrendered all to God and wish to be with Him every moment.

It always happens that when one person changes, others change also, the ones who are closely connected to you. They may resist your ways and you feel uncomfortable, unaccepted, even shunned. Find like-minded people to spend some time with so you do not feel alone. Of course God is always with you, though formless, and you may not have developed the capacity to hear and feel Him that much. Then it is difficult for you; a transition period. But you will adjust to being alone, more than you ever have before, and also enjoy being alone with the Divine. Relationships can be difficult; the ones with other egos. But the relationship with God is very easy. It is Being, Awareness, Bliss, Love, Freedom, Heart to heart, Atma to Atma.

I wish you to realize that there is always an adjustment period after you have changed your life to the spiritual path of Self realization and all that it entails. Others may not understand and distance themselves from you. It is okay; do not be disturbed. Remain as loving and accepting of them as you can. Know that all are evolving toward Self realization in their own time and way. Practice acceptance and love for yourself and others; love your own company, that is to say, My Company. Be Happy; never worry.

Another obstacle on the spiritual path I wish to speak about concerns your relationship with your partner, your spouse. It often happens that one partner takes to the spiritual path before the other. This often causes friction in the relationship. How? In many ways. When God enters your life in a strong way, you feel pulled toward Him to feel Him, see Him, and to know Him as much as you can. One feels he is definitely missing something very valuable if he does not come closer to God dwelling within the spiritual heart. So he will often spend more time doing worship, prayer, bhajan, reading spiritual texts, performing selfless service, etc. If the other partner is not interested in any of these activities, a rift in the relationship may develop. The partner who feels left out may feel resentment or dislike for God, Satguru and religion or spiritual matters. He is not receiving the time and attention he used to receive from his spouse, so the rift may grow larger. The two should sit down and have a frank discussion about the purpose of human life and human values. The main purpose of human life is to gain God realization, though many people do not realize this. And the way is to love all and serve all. Many do not know this either. Spouses, partners should love and serve one another and at the same time be independent and look after their own individual needs where possible. It should be a partnership where duties are shared in

a manner in which all feel happy. This can be negotiated between the two partners whereby both feel that their needs are taken care of, and they also have time to pursue their individual interests such as God realization, in their own way. Often an adjustment is needed by each partner, so that both feel comfortable in the relationship.

People must realize that life changes from day to day; things do not remain the same the entire lifespan. If the Divine has prompted your spouse to seek God realization, you must understand and accept this, and not be selfish for your own ends. And she may not seek God according to your ways and understanding. She cannot. She must follow her own unique path based on past life experiences on the path, having gone through different religions with different gurus, as well as this life's conditioning with parents, the religion and family deity one was born into. So it is best to be very tolerant and accepting of another's ways, as long as they do not trample on your ways. Remember that God or Satguru is the embodiment of unconditional love and acceptance. So you, having been created in the image or likeness of God, have the same qualities within you. Uncover and cultivate them more and more. Live and let live. Allow your spouse to follow her own spiritual path, and you also have yours. It would work for the harmony and peace in the relationship if you both could follow the same path, that is, worship together at times, meditate, listen to discourses together, etc.

But if it is not possible to worship together. cultivate peace and love between you. You are both Divine beings, though the manifestations may be somewhat different. I bless you that you find love, peace and contentment in your relationship, though your paths to the Divine may be different.

24

It has been said that when the devotee is ready, the Master appears. The spiritual seeker becomes very interested in God, to know all about Him, and the answers to questions such as, "Who am I really; where did I come from; and where am I going?" When the desire for this knowledge becomes intense, the Master will appear. How? A spiritual teacher with whom you have had a relationship in the past, who knows you well, will be placed on your path. God does this. A certain teacher, guru or Avatar is there for each seeker. There may be several appropriate teachers for a seeker, and he may take knowledge from each of them in turn; or only from one teacher.

Obstacles may come up for you when you do not recognize your teacher to be your teacher. You may waste a lot of time going from guru to guru and not feel a deep resonance with any of them. Why is this?

You are not quite ready and ripe enough. You have not gone deep enough within your self or the guru. You are still skimming the surface looking at the outer superficial aspects such as how he or she appears physically, how many devotees the guru has, how big is his ashram, does he give a mantra, does he give me a lot of outer attention. None of these are important really to Self-realization. It may take years before a seeker gets settled with a guru or teacher. Often a Satguru will outwardly ignore a seeker for years if He sees she is not ready, not pure enough in thoughts, emotions and actions, or there is too much conditioning and clutter in the consciousness. All these are obstacles to God-realization, and mergence. They have to be cleared. And this process can be painful for the seeker. When the devotee has decided upon the guru or teacher she likes and wishes to be with, to help her progress spiritually, the teacher may test her for some time. He may not look at or speak to her. This can be painful for the devotee, if she does not know the guru's ways. However, the guru will always try to contact the devotee inwardly by speaking in the consciousness, or through dreams, to let her know what is happening. He is full of love and compassion, and knows the hearts and minds of everyone.

Once the devotee knows who his master is, he should stick to Him, have patience, perseverance, and develop purity, trust and surrender. One should also expect great purity, love, compassion, wisdom,

spiritual strength, fortitude and grace from the Satguru. Know that it is a two way relationship always. You purify yourself and develop devotion for the Divine, and He showers grace on you that will move you in the direction of Self-realization.

25

It has come to My attention that many of My devotees are leaving Me in favor of other living gurus. This is not right. I have told you that it is of no use to dig many shallow holes looking for water. To find water you must dig one hole very deep. Now that you have been with Me and know Me to some extent, you should not move away from this name and form of God. Moving to another name and form, another guru in human form, may delay your progress. Why? As you have been looking to Me for some time, I have been looking to you. I have been scrutinizing you, knowing all about you in detail. I am familiar with you, and you with Me. There is already a bond established, and this is beneficial for you, for your spiritual progress. When you go to a new guru, a guru who may not be a true Satguru, who therefore cannot help you that much, the process of developing a deep relationship will have to begin anew. You may believe it will be better for you to have a guru who is living in a body, but this is not

true. You still have to go beyond the form to discover the Atma. You still have to attach yourself to a new form and then become detached later. There are a lot of mundane worldly distractions around a guru in physical form that have nothing to do with God realization. All the moving around from place to place which often happens as a guru is usually invited to many places can be distracting. Getting involved with the personalities and stories of many new devotees you would meet when you come to a new guru, and also the time wasted getting the new relationship with guru established, getting to know his ways and expectations take time and are distracting. All gurus do not use the same approach.

When you have been with the Poorna Avatar, the Guru of gurus, it is not a wise decision to move to a new guru just because he or she is in a physical body. The work you need to do is inner work, not outer work. That is, you need to work on yourself to purify, discriminate correctly, do spiritual practice and serve the society if possible. I am telling you these things so you do not waste time, and also not become disappointed that you have not progressed, but may even regress in Atmic awareness. The decision is of course yours. I always wish the best for all beings. I am willing to work with you to the extent that you are willing to work with Me. I am always available to My devotees for their spiritual uplift and Atmic awareness.

I am always looking out for your welfare. That is, when you turn to Me in a concerted way seeking spiritual uplift, I help you. This is what I love to do; help aspirants evolve to higher levels of consciousness, awareness, as they purify themselves through self inquiry, spiritual knowledge and other types of spiritual practice whereby unconditional love is brought to the forefront of their existence.

It has come to My attention that My devotees do not like to constantly chant the name of God. They think that it interferes with their work, their talk, their activities. I advise My devotees to take this name chanting up again. It is more beneficial to your vibration than you realize. Chanting the name of God counters the negative vibrations you meet in the workplace and in the world at large. It is very important to keep your energy vibration high in order to raise yourself to higher levels of ascension and awareness. Otherwise you will not progress spiritually when your energy remains the same or takes a dip. You may keep a recording of the chanting of the Divine name and bhajans in your office, workplace and home to keep the energy vibrations high around you. When you work all day in a place of negative or lower vibrations, they seep into your energy bodies, perhaps unknown to you. So please be vigilant about this matter, and keep the

Divine Name with you at all times for your purification and uplift.

Another matter that I wish to discuss with you is that of meditation. Now that you no longer take My darshan in India, it is important for you to concentrate, contemplate, and meditate on Me. Start by concentrating on My form or the form of God dear to you. At the same time contemplate on all the aspects of this form, the glory, beauty, Divine qualities, memories of loving interaction, etc. As you remain with this contemplation for some time, eyes closed, you will move into the formless Atma that is the Essence, the Truth of the form. It will take some time sitting in silence to move from the Lord with form to the formless, but it is well worth the time. Let this practice become effortless, so that there is no striving on your part, just simple witnessing and feeling of love and peace, while you are contemplating. In a flash you will move into the formless. It happens automatically without effort, as you remain very still, gently witnessing the Lord in your mind, having transcended body consciousness. Practice is the key. As you become formless within yourself, you merge with the formless Lord of your heart.

It has come to My attention that many of My devotees have not understood some of My Essential Teachings. It is necessary that you understand so you will practice properly and not fall behind due to misunderstanding. Which Teachings? I will tell you. When I said that all are one, I meant that the Atma is the all pervasive Truth in and around all beings. I did not mean to say that all are the same. All manifestations are not the same. What do I mean? Human beings are at differing levels of evolution. That is to say, the consciousness in each being is at a different level. Consciousness of what? Consciousness of Divinity and manifestation of Divinity through that being. So, though all are one from the standpoint of Atma through the Eyes of God, all are not one in the quality of the manifestation of Divinity on earth, in the world of duality. This is why I ask My devotees to keep the company of those beings who are manifesting more of Divinity through their thoughts, words and actions. Their energy vibration is purer, higher, and being in their company will be good for you to raise your vibration. Do you see? If you keep the company of rough, negatively thinking, speaking, and acting beings, your vibration is likely to be lowered, unless you have a lot of protective energy around you. So please be vigilant about this.

Some of you have chosen to work in negative environments such as prisons, court rooms, slums, etc. Be sure to call for protective energy at different times throughout the day, chant God's Names, and maintain a positive, loving attitude remembering God. I have told you, "All are one, be alike to everyone." However you must use discrimination. Be polite, respectful, kind and helpful without putting yourself in harm's way, remembering God is in everyone as their source and substance. This does not mean that you invite everyone you meet to your home or give them sums of money. You must know that some people carry very negative energy, and can be dangerous to be around. I have also said, "Tell me your company and I will tell you what you are". So keep the company of the holy, those interested to know and be one with God. Be in the world but not of it. Your body is in the world; you work in the world. But as much as you can, keep your consciousness in God consciousness and try to see the One that is in all.

There is another Teaching of Mine that is not clearly understood by some devotees. When I said that you should always speak softly and sweetly, I did not mean to be too meek and weak. Sometimes it is

necessary to put some strength into the voice so that others know you mean what you say. Don't shout. However, a slight and firm raising of the tone will indicate that you are firm, and others need not argue with you. You need to maintain your credibility to some extent. If you appear to be always too soft and faint, others may think you are weak and try to take advantage of you. So be firm and strong in your beliefs and faith, without appearing aggressive and rude.

Another misunderstanding is about the nature of detachment. What do I teach about detachment? I teach you to discriminate between God, the Atma and what is false. Be detached from the false. What is false? All forms, all bodies, of people, animals, plants, minerals, etc. All thoughts, words, emotions, feelings, conditioning. All things.

Pay attention to the words of the Satguru and the sacred scriptures, knowing they are pointers to the Truth that is beyond words. So detachment is not getting attached to what is transient and fleeting. You may love it as a manifestation of God, seeing the beauty and majesty of God in it, such as the sun, beautiful people, animals and flowers, etc, but don't be attached to anything except God the Eternal Truth. What else does detachment mean? If someone you love has died, the body has died, and the person is no more, do not feel that your life is over. Feel sad and grieve if you must, but see your feelings as transient.

Become detached from your feelings as soon as possible, remain in equanimity, and come back to a positive sense of contentment. Detachment is not bothering too much with that which is certain to disintegrate and disappear in time. Be detached from your own body, thoughts and emotions. See them as passing clouds. Detachment will lead you to a state of deep peace, serenity, contentment, equal love toward all. Equal love? Yes, in realizing all is the manifestation of the One Atma, and that one Atma is manifesting through every form. The Atmic radiation manifesting in and through beings is the main reason for the great amount of variation in the world.

29

I have told you many times that God is love, so live in love. Many devotees have a difficult time with this advice. Why? Until you become God this is very difficult to perfect. I meant for you to have love as the basis for your thoughts, words and actions. But what if, for example, your son yells at you disrespectfully? How do you respond to him with love in your thoughts, words and actions? You do not think about yourself in this instance. You think about what is best for your son. You must take him aside to speak to him in private. Tell him that speaking in this manner to elders and to anyone in fact is not acceptable. He should not use those words or that tone ever again.

Get his compliance for this. Get him to agree that he will not. Then ask him if something is bothering him; why he was disturbed. Together try to find a solution to the problem. Speak firmly, though respectfully. Let him know that you will not tolerate such behavior again; and if it happens again there will be repercussions. If he has a problem about something, he should ask to speak with you, his mother, in a respectful way, and you will always be there to help him.

What I have described to you is a way to be loving yet masterful and in control, using your voice and authority. No one should be denounced or trampled upon. If others are involved in the problem such as school mates, teachers, other family members, there should be no negative judgments or words about them. One must be very careful and discriminating with words so as not to offend others even in their absence. Let the incident be dealt with as quickly and as clearly as possible, and then resume normal relationships. It is best that once the message has been conveyed, and the lesson learned, everyone forgives and forgets, not mentioning again, unless the infringement occurs again. Forgiving and forgetting is being loving. People make mistakes. After the lesson is learned, put it behind you and do not repeat the same mistake again.

Being loving is not always about hugging and kissing. Being loving is about acknowledging and

maintaining one's own and another's dignity and respect as Divine Beings. You do this with kindness, a smile, a nod, a loving hand on the arm or shoulder, respectful, kind words, etc. The other can know and feel your love is there without any hidden motive or expectation of return. It is Divine Love, Atma to Atma, from God to God. What is not love? Anger, shouting, screaming, demanding, controlling others, not giving psychological space to others, not respecting boundaries, hate, greed, lust, jealousy, are not love. Not speaking and acting in a kind, caring way with family members and friends or with any being is unloving.

30

In many years past it was the habit of people to remember God in many different ways. For example, when they awoke in the morning they would pray that the new day would be auspicious for them and for everyone. And they themselves would make efforts to be auspicious to others; that is, loving, kind and helpful. People would pray for their families and friends on a regular daily basis in their prayer rooms and altars in their homes. I am mainly speaking here about the billion plus people who live in India. But there are and have been pious people in all countries who think of God and pray to and worship God

many times throughout the day. Some people reading this may ask, "Well, if India is such a spiritual country, why is it so poor and lacking in so many necessities of life? Doesn't God hear and answers their prayers?" There is not a quick and easy answer for these questions. However, Indian people have not and do not pray only for material wealth and items for themselves and family. They pray for the progress and happiness of the entire world and its peoples. Many Indians, as well as those from other nationalities and religions may be poor materially compared to western countries, but most who are religious and spiritual in the way I am describing have a simplicity and purity to their lives that fosters faith and trust in a Higher Power, as well as inner happiness, love and sharing. Love, happiness and sharing is what life is all about. From this simplicity and purity of living, one comes to know unity- the One Spirit in all things, animate and inanimate. When unity is known, experienced, then knowledge of one God is there also in one's awareness. So I am suggesting that devotees simplify their lives as much as possible. When you believe that you are God/Atma, and this awareness in its fullness is what you are seeking, you need very little in the way of material items. Too many material things distract your mind and take your energy. Keep on eliminating things; give them away to those who need them. Live with the basics. Like the simple pious people of India and other countries, be prayerful throughout the day, not only asking but

also blessing others, and having gratitude. I have said that hands that help are holier than lips that pray. So also help where ever you can. If you live only for yourself, you will not know the expansiveness and boundlessness of God. See others as yourself. Rid yourself mentally and physically of clutter. You want the spaciousness and freedom of God, so keep your mind and living space also free and spacious. Be simple and sincere and you will attain to the Truth that will set you free.

31

It has come to My attention that many of My devotees are not chanting My Name as they used to. They think somehow that I cannot hear and I do not know. It is the name of God that connects you with Me. If you do not say My Name, how do you expect to connect with Me? Saying My Name all day long keeps Me connected to your Atma/Mind, and confers extra grace on you for Self realization. Do not give up on this. It is unwise to give the mind full reign after you have done so much sadhana (spiritual practice), and achieved a level of purity of consciousness. Protect this purity by keeping the Divine Name on your tongue and in your heart. Picture Me swinging in your heart as a reminder for you.

Hopefully by now you are aware that I turn My attention to you the moment you call. Though I am very busy attending to many acts of service and uplift, My attention and power are always at My command. So continue to keep the faith and confidence that your God, Satguru Sai Baba is here for you always. Keeping a nearness to Me in the mind and heart is important to have My instantaneous Grace in times of grave difficulties. However, you can still call My Name and I will be there to act accordingly.

There is yet another pitfall I wish to speak about for your benefit so you will know to avoid it. It is that of feeling guilty for your errors and mistakes in the past and present. Never carry guilt because it serves no purpose. It is ego. You are judging yourself or allowing others to judge you. Who are you? You are the blemishless, pure Atma. It happens sometimes that when you are moving towards this awareness of Atma, that all is Atma that you forget and mistakenly hurt someone, act or speak in an immoral way, etc. Immediately tell yourself that you see you made a mistake. You did not intend to; you did not know something would turn out the way it did as a result of something you said or did. Immediately repent and forgive self and others if need be. Learn the lesson so it is not repeated again. Be vigilant always. Try to do the right thing always. Do what is good, speak what is good, and think what is good, then you will have no problems. Your conscience will be clear

and pure. Guilt means that you have judged and condemned yourself. You need not do that. No one is guilty. Only in the false dream of body, mind, ego has the idea of guilt been used. You are an extension, a part of God made like God. God cannot be guilty and neither can you. If you feel a mistake has been made due to ignorance of your true Self, take note and then forget about it. Also forget others mistakes. Live in love and forgiveness. Forgive yourself for thinking that you or any child of God could be guilty.

Please do not ask Me for anything material. I have come to give you the Grace of liberation, to release your soul from bondage. If you are truly with Me, joining with Me in consciousness at every opportunity, there is no need to ask. Pray for Love, Light, and Peace; that you be filled with these. Then you will be able to help uplift others by giving to them from your fullness. How? In your spirit mind envelop others in your Love. Light, and Peace and they will feel, receive, and benefit from these gifts on some level. You are to share your gifts with all who need them, through your prayers that all become aware of the Divinity within and around. Once you have filled yourself with My Peace, Love, and Light, you may embrace as many as possible, the whole

world in fact. This does not cost a penny, is not material. It is giving God to God. This is what people need today; the awareness that God is immanent everywhere in the world; that all belong to God.

It is true that living beings need food, water and shelter. If you can, give these also to those who need them. God knows everything. He also knows what is Truth and what is false. Living life as only mind/body/ego is a dream in God's Vision. Those who live the dream of ego-based life and forget God, God leaves alone. They reap the karma good and bad of their past thoughts, words and actions; that is, they reap what they have sown. Whatever seeds they have planted, those seeds will grow into plants, not any other seeds. So plant the seeds of love and compassion and knowledge of Truth, so these are what you will harvest, receive or experience. As you give to others, so will you receive. Do you think God has caused so many on the earth to live without necessities? No, not at all. It is the result of one's own karma, what man has done to his fellow man, and due to apparent separation from and disbelief in a loving Higher Power. This is a simplified version of what causes suffering in the world. There are many other factors involved such as one's life plan, karma owed to others, tests, lessons and too much desire. Suffice it to say that when the Soul/Atma sincerely attempts to join with its Creator and Likeness, basic needs are provided for without asking. So I ask you

to pray for Peace, Love and Light for yourself and the world and cultivate these within.

33

You see all is not as it seems. When you are true to your heart, you will experience all the way it truly is. The heart knows, the mind thinks it knows. So when you wish to know the Truth, defer to your heart, away from the habitually thinking mind. The mind cannot take you very far toward Truth. Truth is in the heart; seek it there not in the outer world. How? Mainly by meditation and self-inquiry. The grace of God and the Satguru which are the same can help immensely to realize Truth. Do not think you can achieve God realization on your own. That is an ego trap. The ego cannot destroy the ego. It is not possible. A higher transcendental reality must be realized that can see the ego for what it is- a pretender though it believes itself to be real and true. So pray to know the Higher Truth, the Higher Self, that can see the ego self, the body and thinking/desire mind for what they are; that is, false and temporary. It is absolutely essential to develop the Higher Consciousness. Where is it? From whence does it come? It is an aspect of your Soul, your Atma that knows who you really are.

When you go within yourself seeking to know Soul/Atma, and ask the essential questions, and ask for the essential knowledge, it will be given to you. You may find this knowledge in sacred texts, but you will not feel fulfilled until you experience within yourself that which is spoken about by Self realized saints and avatars. So go within as often as possible and sit or lie quietly with the questions in the form of sincere prayer. Do this again and again. Ask to be shown, to feel and know the Divine Truth you are seeking. Have love and passion in your being for this sacred knowledge. Make this seeking the major part of your life's quest and meaning. Spend time for it. Become a sincere seeker of Truth during all of your days and nights. You will not be denied this knowledge and experience. Realize that time is God given to you just for this purpose. To find your Self and wake up from the dream of worldly life; to see it for what it really is; a mixture of Truth and untruth. When you know this you are free from bondage.

34

If you look at Me what do you see? A body form? Do you see anything else? With your inner vision you may see My Love, Peace, My Awareness. These originate from the heart; all Divine qualities originate from the heart. They do not originate from outside of

you. It is exceedingly important for you to realize this. Everything valuable comes from within you. So wouldn't it make sense to spend more time searching within to become aware of the treasures within the heart? And when you become aware of them, to cultivate and practice them more and more. Here I am talking about Peace and unconditional Love, which are the state of Being of the heart. Acceptance, kindness, equanimity all originate from the heart. So the world peace that human beings would like to settle upon the world must come from within each person's heart. A choice must be made from within the heart in compliance with the mind to value peace and be peace. You are each peace in your true Atmic Self. So fighting for peace is useless. It is much more effective to practice peace, and teach others how to find the peace within themselves, through purification, meditation and trust in the words of sacred scriptures, as well as lives of saints and avatars. Join a meditation group or spiritual organization that values and cultivates peace and love as essential values for humankind.

Of course, the members of the Sri Sathya Sai Baba Organization practice Truth, Righteousness, Peace, Love and Non-violence as the pillars of human life and essential for transformation of the human to the Divine level. I help all of them with this transformation into Divinity with My Grace through My Omniscience, Omnipresence and Omnipotence.

Just as Jesus Christ claimed to be, I am also the Way and the Life for all who accept Me and cling to Me as their God. Just as Jesus realized on earth that he and the Father are one, so too My devotees will realize that they are one in Me. I am the Father, Mother God Who took a human form named Bhagavan Sri Sathya Sai Baba in order to bring My devotees home to Me, reestablish Dharma (Righteousness) on earth and avert the destruction of the planet by unrighteous forces.

35

I have told you many times that I am prepared to hold your hand, that is, remain with you during your ascension to oneness with God. The term ascension also means decension of God into matter. What do I mean? Matter can and will become Divinized. Your body can and will become full of high vibrational energy, so that the Atma and body become one. Then you will be a manifestation of God on earth in form. All of your thoughts, words and actions will be Divine, having no ego sense. And I am with you to help make this happen. How? By overshadowing you with My Divine consciousness and energy, sending high vibrational energy into your energy matrix, thus raising your consciousness/energy. You go through this transformation of mind/body. At the end of this

process you may declare, "Yes, I know I am God; I am Sai".

So it is your job to remove the obstacles as much as you can and ask Me, God, to help you where you are having difficulty. The main obstacles as we have been discussing, are the ego sense that all you are is a separate body/mind complex; the idea of "me and mine"; many psychological types of conditioning that have been attached to the pure Atmic consciousness that you are in Truth; the realization that the world as people know it is unreal and a projection of the mind. These are some of the main obstacles to Self realization. Spiritual practice is to remove these false mental constructs and uncover the Truth that you truly are.

Are there more pitfalls? There are so many, gross and subtle that could come around and present themselves to you. For example, when you dine in a restaurant, an old vasana to eat meat or consume alcohol could arise in you as you see people around you doing so. You consume these items and enjoy them. Then again and again you give into these temptations and before long you have lost your resolve to consume pure food and drink. Meat affects your energy vibration and alcohol is not conducive to a pure, alert intellect or buddhi, nor to concentration, contemplation and meditation.

Another example: You attend a party where there are a lot of people who speak negatively about the world situation, politicians, having generally doomsday attitudes about the world and its future. They are fully caught up in the dream/illusion that the world as it presents itself is the solid Truth. They express fear, judgment and other types of negative talk and feeling. You begin to be mentally drawn into it, unable to maintain the perspective of Atma as the reality. You begin to lose your feelings of love, peace and equanimity. Your mind/consciousness is affected by the words and images the words conjure in your mind. You begin to believe the world is real rather than a dream projected by the mind of the multitudes who believe the world to be Truth. So you see you must protect your developing awareness of Truth until it becomes strong by keeping the company of those like-minded persons who are also working to purify their thoughts, words and actions, and thus experience unity consciousness and Divinity. You need to protect your energy. How? Keep a protective bubble of pure white light around your body/mind/soul that will prevent lower vibrations from entering. By keeping your inner and outer environments clean and pure, by chanting and hearing the names and qualities of God daily. There are many different ways to keep your energy vibration high. You may have noticed that saints and sages, all types of holy people live in simple, clean places often in the midst of nature. Nature is pure, minus the pollution created by humans. The

consciousness of trees, animals, rivers and oceans is pure; so nature offers an ideal habitat for humans to live. Saints and sages often live in isolated areas away from cities. In this way they easily protected their energy, as well as having the pristine energy of nature around them. Today it is more difficult for devotees to live in purity. But they can establish a pure environment in their homes and at work by chanting inwardly and practicing the five values of Truth, Righteousness, Peace, Love, and Non violence at all times, remembering God, practicing non judgment, and thinking, speaking, and doing only what is good and beneficial.

It is just when you think that you have arrived that you see where there is still more work to do on yourself. Don't be deceived by experiences that lead you to believe you are Self-realized. Experiences are passing clouds whereas Self-realization is a permanent state that will not be lost. How do you know when you are Self-realized? I will tell you. When you see yourself in everything and everywhere as the Atma. The One God that is and was never separated into parts called souls and jivatmas. You are Self realized when you know experientially that there is one Truth and you are That, and that the

changing forms are not Truth. As a Self realized being you are God and carry the qualities of God such as universal love, deep peace, supreme wisdom, everlasting contentment, complete freedom, compassion and more. These are the qualities to look for in a spiritual teacher or guru. If she/he does not exhibit such qualities, stay away. He won't be of much use to you.

These qualities are already within you in the deepest part of yourself which isn't so deep. It depends on how much accumulation and conditioning you have held onto. It may seem to you that you cannot find your true Self, but it is really very near to you. Your True self is within and behind the mind and intellect. It is often not enough to quiet the mind and intellect to reveal the Atmic Presence. Often the ideas that one is the body, the doer and enjoyer, the sense of ownership 'me and mine', are thick layers on the consciousness blocking awareness of Atma. Also, emotions, feelings and ideas connected to greed, anger, lust, and jealousy further cover awareness of Self. So even when the thinking mind is relatively quiet, there are still layers of dross, of conditioning that block awareness of Atma. That is why I tell you purification is important to Self-realization.

Some people have no luck in meditation for the above reasons. However, when purification, prayer and meditation are combined in the life of the aspirant, there will eventually develop awareness of

Atma. For some aspirants the best approach is to do selfless service to society, offering the actions to God, as well as practicing and seeing God in everyone. In this way the sense of ego, body consciousness, me and mine, personal sense of doer-ship and enjoyer-ship, and evil qualities will diminish and disappear. There should be no ego in serving God in man. Feel God is in you loving and caring for all His manifestations. Try to sense the Spirit in all beings and get the conviction that this is the unchanging Truth that will set you and all others free from bondage. Of course others have to realize Truth for themselves, but you can reflect it to them through your selfless love, so they may recognize their own Divine Self in you.

It has come to My notice that many devotees do not know the meaning, nor how to integrate some Teachings into their lives. For example, some devotees are confused about how to integrate My Teaching, Love all serve all. The problem is with the word 'love' and the word 'all' when used together. To some minds it seems impossible to love all; especially people who are evil, nasty and hurtful. How to love them? Love them from a distance with your mind. How? First realize that the same Divinity resides in

them as in you and all beings. They also have body, mind, intellect, etc., as you do. Their soul, Atma, is one with God as is yours. And life is a dream, an illusion, when you believe you are just a body, mind, ego subject to birth and death. So called evil, nasty people are exhibiting distorted qualities, through speech and actions due to their ignorance about the basic reality as Spirit, and due to very negative past experiences, conditioning, beliefs, etc. Lord Jesus said to forgive them for they know not what they do. It may seem that they know what they do when they perform an evil action, but it is the false conditioning, the false ideas and beliefs about life that are driving them to think, say and do what they do. How to love them? Do not condemn, criticize, or abhor them in your mind. Keep a neutral stance. It is the way it is in the moment, every moment. If you can, pray for their welfare and uplift, surrounding them with God's love and light. Feel compassion for their plight. They are looking for love in all the wrong places. They abhor themselves, feel tremendous guilt, and are trapped, not knowing the way to begin to change nor have the moral, spiritual strength to change. They desperately need your love to know who they truly are - Atma.

I am not suggesting that you keep the company of such people, but try to have understanding in your mind and compassion in your heart. Some people have traveled a long way from their True Self, Atma, in the dream of ego life, though they are still one with

God in Truth, as Atma, and have gone no where. So love with your mind, your heart. If you have opportunities to help others without putting yourself in harm's way do so. Always protect your energy by visualizing and affirming Divine Light around you and in you.

Love is mind to mind, Atma to Atma. You manifest it through your words and actions in relationship with others. Love cannot be forced but it can be cultivated. Through purification the way is opened for it to manifest through the body and mind. Loving all means not hurting anyone with your thoughts, words or actions. Love all because all are essentially Divine, even though the physical body is subject to decay and dissolution.. The ones you love are not the body, mind, ego they may believe they are. They are the Atma; love the Atma and you are loving God the Self in all beings. Then you may realize yourself as the Self of the universe.

As I have told you, it does not matter where you live, which religion you profess, what job you do, what language you speak. These are all superficial, related to the transient physical body and mind. You must

transcend this conditioning and remain as the pure Atmic consciousness to know oneness of Spirit.

Now another Teaching that may cause devotees to feel confused. When I say that devotees should maintain silence, I do not mean that you should not speak in order to do your job, talk to your spouse or children, etc. Speak when you need to convey information, to promote understanding, etc. But talk for the sake of talk, gossip about others, and negative talk is to be given up. Often people talk not for any useful reason or cause, but because silence makes them feel uneasy, and also because the mind is totally untrained and allowed to blurt out and ramble on with anything that comes to it. There is no master present to control the mind and discern what needs to be said, and what is not necessary to speak. Birds of a feather flock together. Those that are used to speaking out anything that comes to mind will usually keep the company of like-minded people. Devotees are not to be like this. Devotees are expected to be masters of their minds, that is, their thoughts, feelings and speech. I have advised devotees to speak what is good, kind useful and truthful. If it is impure, dirty, unkind, false, useless, nonsense, and does not improve upon the sacred silence, do not speak it. If someone in your company is speaking such kind of words, you need not continue such conversation. However, often it is necessary for you to speak. You as a master must decide whether to or not and use all your intelligence

and discernment. Do not speak out of ego self enhancement that you are special, better in some way than others; don't speak from your pride, boasting; don't talk about yourself and your stuff. Don't share your private family and financial matters with others in a casual way. Keep these matters private within your family. So you see there may not be a lot to talk about. It is good. Keep the mind pure and empty or filled with thoughts of God, His qualities, glory, the nature of Self-realization, etc. I hope you now understand what I meant by keeping silent, and not wasting time and energy on what is non essential to Self-realization, living in and as God, while in this world of name and form.

Please realize that your salvation, your realization is up to you. The Satguru walks with you, inspires and guides you, but you must walk the path with earnestness, following, and practicing the guidance and Teachings to the best of your ability. That is all you need do. If you have constant commitment and earnestness, and the intellect to understand the Teachings, you will progress well. I guarantee it. Though do not be in a hurry. Hurry and striving is ego. It is the false personality trying to get somewhere and get something. Relax and just "Be" as

much as possible. And consciously dedicate all thoughts, words and actions to the Divine. Don't do this hurriedly; rather do it consciously with awareness and understanding of what you are doing, feeling the higher Power within your mind and body. I have said, "Hurry makes worry, and haste makes waste". When you believe and realize you are the unchanging, permanent reality, Being, Awareness, there is no longer any point to rush and hurry. Slow down, relax, enjoy; Be yourself, the eternal Awareness.

People hurry and rush because they believe there is not enough time. They live with their minds and bodies in the ego world of time and space. But you are the eternal Self. I am not saying to waste time either. In your job, work at a steady pace. If you rush too much you may lose awareness that you are Awareness, and become lost in the maya that suggests you are a limited body/mind/ego complex. Striving takes you into the ego idea that you are the doer, that you need to make things happen. Are you still in the dream? Are you lost in the dream? Look and see. Give up striving and just "Be". Watch and do what needs to be done with the Awareness that you are the watcher, fearless, peaceful, and loving. Whenever you catch yourself rushing, hurrying, striving, just stop for a few moments and clear your mind and emotions. Quiet your body and go back to being the Watcher, with acute, serene Awareness. Affirm that you are a Being and not a doing. The

body does action but you are a distant onlooker. I hope these words help you to understand that spiritual aspirants must gradually get off the wheel of owning doer-ship, by dedicating it or realizing the Divine shakti does everything. You will gradually move into Atmic Awareness as your reality, a state where there is no rush or hurry. It just, "Is", peacefully the same always; of the nature of stillness and silence.

40

Just because you have been on the spiritual path for decades and many lives does not mean you are nearing the destination. Some people take a meandering, circuitous route due to desires and attachments and too much investment in the outer world. Perhaps they have also misinterpreted the Teachings so have not been applying themselves properly to the task. Or they did not have a proper teacher who led them astray, with whom they did not make good progress. For so many reasons devotees delay their progress.

Today I wish to speak about the role of relationships in terms of spiritual progress. Relationships in your life are there for many reasons. The most important reason is so you can see yourself in others. What do I

mean? I am talking about your true Self, Atma, as well as your projected ego self. First I will talk about the projected ego self. What is it? It is the false dream self whereby you identify yourself as a separate body/personality with a specific name, form, address, nationality, religion (or not), and all types of characteristics, beliefs, and conditioning including anger, jealousy, greed, hate, selfishness, etc. It is often true that what you see in another is your mental projection, showing you what is also in yourself, your false self. For example, when someone you know does not look at you or speak to you, when you pass them on the street, you may immediately project certain ideas onto this occurrence such as, "She is mean, uncaring, and stuck-up"; or, "She does not care about me; there is no friendship between us." You must look inside yourself to see where you are or have been mean, uncaring, and stuck-up with yourself or others; where you do not care about certain others or yourself: also where you have not been in friendship with yourself or others at times. When you understand your projections, that they are your own, belong to you and no one else, you can let them go. Also develop understanding, acceptance and love for those aspects that have been unaccepted and unloved by you, whether in yourself or others. This is your inner work in your own psychological, and need not be talked about with others. So all relationships can show you something about yourself, positive or negative. They can show you

about your attachments also; where you have to let go or accept things the way they are.

I have said that the world is reflection, reaction and resound. So another use of relationships is to see how you are reacting to what others do and say. Are your thoughts, words and actions pure and loving when you are reacting or interacting with others? Or do you sometimes have negative reactions and resounds (words)? They are often about you not about the other. You choose how to react from the purity or impurity of your mind/consciousness, in alignment or mis-alignment with Sathya, Dharma, Shanti, Prema, and Ahimsa (Truth, Righteousness, Peace, Love, and Non-violence). So relationships offer a way for you to see how you are doing on the spiritual path.

Relationships also offer an opportunity to see God in the other person. Do you see another as part of yourself, a child of God, or do you see only the ego/personality/body of the person? If you see your Self as Atma/Spirit, you will see the other the same way. You must be grounded in Being, the I Am Presence to see it in others. If you see yourself as only an individual ego self, you will project this onto others. So purification of the consciousness/mind/heart is essential to see God/Atma everywhere. All are one Atma. Do unto others as you would have others do unto you, said Lord Jesus. Then relationships have more chance to be

harmonious, loving and Divine. So use relationships to know yourself, purify yourself, and to know God.

41

You need not be surprised if you hear that I have appeared in a specific place for a specific purpose. I have a plan to visit devotees more in the future in form, to encourage, uplift and guide them. So be prepared for My appearances. How? Keep a list of questions in your mind you may ask Me, and maintain inner and outer cleanliness and purity. You may pray to Me to visit you but expect nothing. Leave everything to Me. I know most of you would love to see Me again in form, and I would love to make you happy.

Now I wish to talk about another difficulty aspirants sometimes have. It has to do with understanding some of My Teachings. When I said that you should help ever hurt never, I did not mean that you must always be out in the world doing charity work for the less fortunate. It is good to help others when you have the time. When I said to help ever I meant that you should not cause problems for others, not disturb and upset them by any of your words and actions. I also meant that you should think, speak and act in a positive, up lifting manner so that others feel

benefited by your presence, not dragged down. It is not possible to be always lending a helping hand to others. You need time to sleep, rest, do your job, and look after the needs of family members at times, and so on. So, by helping ever I meant for you to be loving, and also helpful where ever possible, not hurting anyone with your thoughts, words or actions.

It has been said that hands that help are holier than lips that pray. I did not mean that you should not pray. Prayer is very important. By all means pray for the well-being and spiritual uplift of others. The best prayer though is to surround others with My Light, Love and Peace, even groups of people, countries, and the planet earth. The more of this kind of prayer the better, as the earth and its inhabitants need much positive energy to counteract the abundance of negative energy that permeates this planet. Of course hands that help without ego-sense, and offer the results to God, are holy. The idea here is that it is not enough to sit and pray; the world needs your help in the form of action also. Do both and you will have fulfilled your purpose for being on earth. I bless you that you take up both prayer and work to uplift your brothers and sisters unto the Light and Love Divine.

My Dear devotees, I hope you have benefited by My Words to you through My very dear devotee, Catherine. She is My Life and breath and she knows it. I certainly hope that you will avoid pitfalls and distractions as you walk the path Divine, and reach Self-realization sooner rather than later. Why to waste time? Of course when you realize the Self, you are eternal. But before that realization, you have a limited life's sojourn here on planet earth with a body, living amid multitudinous forms.

It is My hope that you all reach Self realization in this birth; if not you definitely will in the next birth in the Presence of Prema Sai Baba, the next Sai incarnation. However, do not idle your time now because I have said this. It is not easy to achieve Self realization. It is arduous, so work hard, be vigilant, and grow in awareness and detachment.

Another pitfall to be wary of is that of identifying with the illness or other state of your physical body such as fatigue. You cannot say you are a diabetic, a heart patient, or a cancer survivor. If you do you are referring to the body and it's condition, not the Atma, the Witness. So be careful here not to identify as a body or your progress is delayed. When the body goes, the affliction goes. However, you as consciousness/awareness are still there. Also, when

the body feels tired you may say, "I am tired". The, "I am", is never tired. So be vigilant and maintain the correct awareness of what you truly are. You may think it is impossible to carry on a conversation when you speak the Truth from the Self. Indeed it is difficult. There is often little to speak about. That is why I ask you to maintain silence as much as possible and concentrate on Me, the Atma, which is also your Atma, the One Atma. Why remain mentally immersed in the false? It leads nowhere. So maintain the, "I am Presence," as much as you can, and hopefully fulfill the purpose of human life.

43

As I bring these talks to a close there are a few more things I wish to tell you. You are dearer to me than you will ever know, My dear devotees. It is My hope and desire that we will continue to travel the Path together and that you will make progress to undo and let go of what has been gathered and held onto for ages past. It is time now to truly let go of all that you think you are and have been. It may seem fearful, but keep on going. I am here to support you and guide you to the final goal.

I have said that life is a game, play it. You are the knower, the seer, and your body/mind may have to play a role a little longer. Do not involve yourself with the role too much. Just do your best and leave the rest . . . to Me. Yes, life is a dream game and God is playing the role. There is only room for One in Truth; this is why you must die to your lower self.

I have also said that life is a challenge, meet it. I have been showing you some of the possible challenges to Self realization. However, there are so many varied challenges in life. Be vigilant and the witness, and do not get drawn in to the extent that you lose yourself. Do your best to meet the challenge retaining peace and equanimity of mind, and have patience and perseverance; then all will be well. All is well anyway. You are always the eternal Self. I have also said that life is love, live it. This is most important; to live in love, in Atma. Then you will always be blissful like Myself. So you can see, the guidance is simple but the path is arduous. It all depends on how you take it; how you react or respond. The purer you are in mind and emotions, the simpler will be your journey.

It is My great pleasure to tell you that there will be another book soon in this series of channeled books through My dear devotee Catherine. She has made herself available to Me for this work and I am very grateful to her. These channeled books are a way to make My Grace, My Teachings available to all who would avail themselves of them, take them to heart and make use of them. I am always ready to speak to My devotees, but there are few who can hear Me. I do hope more will develop this gift of inner listening as they purify their minds, bodies, and consciousness more and more. Then they will hear My guidance and Grace for them directly without the need of a channel. However, My channel provides a great service to devotees through conveying what I wish to tell them in this manner. How is it that I chose her? It was her destiny planned by Me long ago.

You My devotees all have your destinies. Be open and surrendered, and everything will manifest as it was designed by Me. You need not plan; live in the present moment and your life will unfold as it was meant to. No more worries; no more striving; relax and allow the Lord to work through you. All will be taken care of. Do what you need to in the moment and dedicate it to God. You are safe in the loving arms of God; in the Oneness of Being, Awareness,

Bliss. So be at rest; this is what I wish you to know and be.

45

These My latest talks have come to a close. Of course I am always sharing My Wisdom and Guidance in one way or another. I do hope you will read these My Words over and over so you will not forget their import. Their essence should become your essence. My dear devotees, know that I am with you and will never forsake you. That is guaranteed. I am you and you are Me. As you purify and realize this, you will be very, very happy, blissful and free. I am your greatest well-wisher, your best friend. Depend on Me; rely on Me. Claim Me as your own, and you will realize the greatest fulfillment possible for a seeker of Truth.