

THE GOD REALIZATION SERIES

FROM

BHAGAVAN SRI SATHYA SAI BABA

CHANNELED BY CATHERINE KAPAHI PH.D

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channeled by
Catherine Kapahi, Ph.D

Bhagavan Sri
Sathya Sai Baba

Healing the Ego Mind



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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



Lord Sathya Sai Baba has delivered these 45 essays to instruct devotees in the ways to resolve and remove many mental and emotional issues and patterns lodged in the energy bodies. He is helping us become aware of them by describing them; for example, intolerance, inflexibility, and judgment, and suggests ways to remove them.

Baba also discusses qualities one should be open to cultivating; for example, empathy, compassion and self perfection.

By releasing some patterns and cultivating new ones, one creates space for more consciousness, peace and love to flow through the energy bodies. We cannot reach higher, purer levels of God consciousness when certain energy patterns block the energy field/consciousness.

Baba's Discourses when He lived on earth were often a mixture of many topics to give devotees what they needed. To this end, Baba also speaks about the world situation and Prema Sai Baba.



Forty-Five Essays

*Healing
the Ego Mind*

Bhagavan Sri Sathya Sai Baba



It is My good fortune to have dear Catherine channel yet another book of My Teachings for My dear devotees. She is happy and excited to begin this new series of My talks. Not only this, she has been serving Me in other ways as well. She channels My answers to devotees' spiritual questions and replies to the many emails, as well as delivering talks on My Teachings. I am grateful to have Catherine along with the many others who are serving Me with Love and dedication.

This new series of talks will center on the ways to heal yourself mentally and emotionally. Without this healing it is not possible to go to the spiritual level. The unhealed aspects will keep popping up and act to pull you away from your spiritual ideal. Many devotees do not realize this. They think that if they ignore reoccurring mental and emotional problems that they will go away. Not so. They can be pushed down into the subconscious mind, but will come up

again in dreams, during crises and when triggered by external circumstances.

An example: Many times when one is attempting to sit for meditation thoughts of hunger or thirst come up often due to cravings for certain foods or liquids. Then one wishes to get up and appease this thus disturbing the meditation. What needs healing here? It is the vital mind that demands that its wishes be fulfilled immediately, and does not want to wait or postpone this fulfillment.

Of course it is best to eat or drink sufficient amounts of food and water before meditation, but at the same time, trying to meditate after a heavy meal would tend to cause sleepiness. So a perfect balance has to be maintained where one would not be hungry or thirsty for one or two hours, and also not give into vital cravings right away but rather sublimate and transcend them.

Another example of aspects needing healing: You are at the supermarket and see all types of delectables such as sweets, candies, deep-fried treats, ice cream, etc. You know that these sugars and fats

are unhealthy. Your will is weak, your craving for these items strong. You throw discrimination and will to the wind, give in and purchase them. Here the will needs strengthening as well as the sense of personal power, discernment and self love.

There are so many unhealed, unperfected aspects in the being. Most people are unaware of this. To be a Master you need to be aware and conquer them all. We will look at many common and not so common aspects within the human being that require healing before one can truly be called a Master of the lower aspects, the physical, mental, emotional and vital bodies.

2

Today I will speak about another aspect that needs healing in many people. It has to do with the need to be accepted in every way by significant others such as spouse, relatives, close friends, children, etc. And if not accepted you feel criticized, slighted, let

down and saddened. This is the ego sense rearing its head. So how do you deal with these negative feelings that surface when you believe that you are criticized.

The first thing is to forget about it right away. Don't dwell on it. Forgive right away; let go. What other people may think of you, your beliefs, opinions or actions is their business. If you have made a mistake and have been hurtful to another, apologize. But if you have done nothing to cause another to behave or speak in an unloving or disrespectful way toward you, assume it is their business, their projection and not yours.

Next realize that no one is perfect; all are imperfect in their manifestation. Their thoughts, words, or actions may not be ideal or perfect at times. Forgive them. They most often do not intend to hurt you. They are unconscious of what they are manifesting.

Next realize that no one can offend or hurt you unless you allow it. You unconsciously allow it to happen to you because you are not aware of the unhealed aspects within you. If you react with

sadness or anger to criticism, judgment, slights, etc. you need to see what it is within you that allows these reactions to be triggered and surface.

Perhaps you were disrespected as a child and criticized a lot by parents or siblings, etc. Perhaps you were bullied at school. Perhaps you are too sensitive about these things and have not forgiven those who hurt you. It is never too late to forgive and clean the slate of your consciousness. But how to do this? Go back in your mind to the incidents you remember from the past. Look at the person who hurt you in the eye and say, "I forgive you. What you said or did was not ideal or perfect. It was hurtful. But you were acting and speaking out of illusion, ignorance and pain. You did not feel loving, loved or lovable so you lashed out at others. I choose to heal this pain now by letting you off the hook, by forgiving this."

Next one needs to affirm that he is the Truth, the God consciousness, the Atma that is unaffected by the content of consciousness. I am not my thoughts, feelings, emotions, body, etc. Take every unhealed situation like this one from the past, heal it and let it

go. Tell yourself you will never again be affected by what others think of you. You are the unaffected witness of this world. You allow people to be the way they are; you forgive them. You do not hold on to grudges, have criticisms, judgments and opinions of others. You are free from this. You live in pure consciousness, love and peace.

3

Today it gives Me great pleasure to again share with you ways to heal your lower bodies to make them pure receptacles for the Christ consciousness energies to manifest through. To this end I will speak about the need to heal grief. What is grief? Grief is an emotional mental pattern holding the energy of pain, remorse, sadness and non acceptance. Grief manifests due to ignorance about the Truth, Atma, and also the ignorance of Maya, the illusion of forms being the Truth. Grief is also the result of expecting, believing that the world experienced through the five senses and sense mind will remain the same, or will

somehow live up to your expectations, your beliefs about how things should be and act. Grief is the result of blindness, ignorance, and lack of trust in the Higher Power that is running the universe. One person cannot know why situations, things happen when they do. When a person sheds the physical body at a young age, can all the past karmas of this person be known in a flash, or even the karmas to be exhausted in this life? Can one know all the events that have lead to the early demise? No. Can one know the effect the death will have on the many who knew the individual? No. An early death can be the result of karma being completed with certain others, lessoned learned , and so on.

All bodies come and go according to Divine Laws and Will. If one has become too attached to a body/personality/soul, not realizing that all bodies dissolve, that one will likely experience grief. Knowledge of non attachment to what is fleeting needs to be learned. Why to practice grief again and again to no avail? Learn the lesson this time around.

Then peace and happiness can be maintained no matter what comes and goes.

Grief itself is unreal. It comes, stays for awhile and then leaves. Long suffering grief is of no avail. It is due to over attachment. No one dies. The soul moves to another dimension that is all. If you are too much attached to another form, it is because you do not know who you are, the Atma, the eternal Truth, full of wisdom, awareness, equanimity, peace and love. Develop your Atmic awareness by uncovering it. Do spiritual practices that develop awareness, wisdom and self love. Then there will be no scope for grief or sadness of any kind.

4

My Dear Devotees and others who may wish to harken to My words, today I will speak to you about the need to soften your approach to life. What do I mean? Many of you take yourself and your life much too seriously. There are many aspects to this. One is

the lack of flexibility in the mind. Things have to be a certain way or else. Or else what? You are angry, sad and so on. Wouldn't you rather be peaceful and loving? So I advise you to be more accepting of the way things are and less demanding that they be different. Of course if you are able to change things for the better and others do not resist your ideas and actions, try it. Be flexible with others by allowing them to be who they are without your judgment and condemnation. Bless them and remain in peace and love.

In what other ways can you soften your approach? Be unconditionally loving toward yourself. Always be positive, accepting and loving toward yourself. Praise yourself, forgive yourself, and love yourself in all ways. Throw out all the old tapes running in your mind that are not loving. Forget the past. If you can unconditionally love yourself, mistakes and all, then you can love the world and accept whatever comes up without condemning it. Forgive them for they know not what they do. They are in ignorance acting from conditioning, wrong

ideas and beliefs that may be harmful and hurt themselves and others. Still forgive them in your own mind so you can remain in peace and love. Their errors are not about you; you do not have the right to condemn others. Take a softer attitude, one of compassion. See that people are suffering so much lost to the true Self, lost in the mire of illusion.

Allow your heart to melt at other's suffering. Yet do not become overwhelmed emotionally and lose awareness of Self. Extend a helping hand even in small ways. You need not get involved personally in the ego sense in other's projections. Just be the love that you are. You cannot fix the world. People have to experience in order to learn lessons and to uncover and manifest the Divinity within. It is a very long process that spans millennia.

So soften your approach to life with family, friends and society. By your example of acceptance, non judgment, unconditional love, inner peace and bliss, others will want to emulate you and have what you have. You will be a catalyst for others. I am not saying that you should not use discernment. Of

course use discernment as well and know when and what to tell your children, for example, who are in your care and whom you are helping to mold into decent human beings. But speak in a loving, kind, respectful way that honors the Divinity you both are.

5

My Dear Devotees today the topic is anger. When desire and expectation are thwarted often anger results. But this need not be so. For a devotee acceptance and surrender are important qualities to have. How do they help remove anger? If there is acceptance of every moment as it is there is no place for anger. It may be okay to have a desire but do not give it so much importance and power over you that you cannot accept every moment as it is. It is the thoughts in your mind that may cause anger. You allow the thoughts to disturb your peace because you are not content in the moment with what is. The thoughts about a desire or expectation being unfulfilled cause disturbance and overshadow the

peace and contentment of the present moment of your existence, awareness, bliss. So see that it is thoughts and your acceptance of these thoughts that is the problem causing anger. Deny the validity of the thoughts that lead to anger. Affirm that you are of the nature of peace and contentment and this is enough. The desire or expectation can be replaced by, "I do not need this to be happy and content", and, "Acceptance brings peace, and unfulfilled expectation brings disquiet, frustration and anger." If you cannot let go of the desire then be very patient and ask that it be fulfilled at the right time and in the right manner if it is God's Will. This is a way to surrender the desire to the Divine.

Anger carries a low vibrational energy. Love is of a much higher, purer vibration. The ego believes it will somehow be able to control, command and manipulate with anger. This does happen when others are weaker, such as children, animals and other humans who are unable to deal with another's anger toward them. They feel weak and powerless, though those who are strong rebel against another's

anger towards them. Anger separates; it is an animal quality not a true human quality. True human beings seek harmony, understanding, acceptance, love and peace with all.

Anger demonstrates that there are unhealed aspects within the mind that need to be examined and dealt with. For example, if one is angry because the mail has not arrived on time, the wife or servant has not cooked the food properly or on time, this angry one should see that his anger is about his own uncontrolled, impure mind. He needs to develop a more accepting attitude seeing that the world is not perfect; it is always changing. Situations come up such as traffic jams, people become ill, tired, or disturbed so cannot perform their jobs so well. More understanding of how the world works is needed here rather than thinking only of self and what one expects and needs. Tolerance, acceptance, humility and gratitude in every moment for what is good and right in one's life can keep anger at bay and eliminate the tendency altogether.

6

Today the subject is intolerance. What do I mean? People are generally intolerant of others, their words, their ways, their dress, demeanor and so on. This is not loving, kind or respectful. Allow everyone the space to be as they are. I do and so can you. Why to fill your mind with judgment, opinion, sarcasm, and negativity? Always think positively. If you cannot see anything positive, then do not think about it at all. Have no opinion, reaction at all. Be the Witness and be love. Radiate love and acceptance whenever and where ever you can. See the best in others. See God in others; a unique manifestation of God. It is He Who is supporting and existing as the basis of all life, and His energy comprises all forms. He supports and thus allows all forms, all manifestations to exist, to be. Who are you to judge and make negative opinions and thoughts about others? It is your ego mind that wants to do this, to compare, find faults and mistakes.

Your mind/consciousness will be impured by your own thoughts. And your negativity reaches others on a subtle level and affects them and also pollutes the world consciousness/chitakasha.

So be tolerant of all the differences, all the variety in the world. Feel that all are enlivened by the same Source, the one Source. and that all are moving back to oneness in Source traversing a unique path, unlike your path.

People are intolerant of so many things like the weather, political and economic circumstances, their relatives, to name a few. They complain a lot and criticize a lot. This only adds to the build up and reinforcement of inner negativity. Accept the weather as it is. Pray for the betterment, the improvement of that which you cannot change in any other way. Pray with love that a situation or circumstance be changed, though it is always, "Thy Will be done, not mine, O Lord."

Everything is happening and everything is changing too. Your positivity can contribute to a more favorable outcome, be it a relationship problem, the

world economic situation, or crime in your city. Rather than complain and see negativity, pray and also do what you can to improve things. Be very tolerant and always loving. I am not saying to put up with abuse from others. No, not at all. But do your part to make this earth a more harmonious, loving place to reside with your attitude and thoughts of loving tolerance and loving acceptance as much as is possible for you.

7

Today, My Dear Devotees, we will look at sadness; a continuing sadness that resides deep in the mind and also never far from the surface ready to rear its head at the slightest provocation. Sadness like this stems from an inability to cope with life. One feels he cannot master or deal with what comes before him. He has lost hope in his God given abilities that anything is there for him to make use of. Such sadness may have resulted from abuse, hurt and disrespect from others that one could not throw off or

be detached from. The hurt went deep into the mind and remained. Often there is an accumulation of pain that has not been examined and released that has led to deep sadness. Along with this is a sense of unworthiness and lack of self love.

So how to heal sadness? Sadness is not natural for human beings. The nature of Atma is bliss, joy, peace and love. Before the true Atmic nature can take over the human being and finally manifest, sadness must be dealt with.

Start by feeling the energy of sadness. Get in touch with it. Trace it back to where it first began in this life. Go into the situations, visualize and feel them again and then forgive everything that happened. Do this with every instance in your life that you believe contributed to you taking on the emotion of sadness.

You may need to do this several times with some situations or people in the past where you were deeply hurt. But do it so you will be relieved of this negative energy of sadness that keeps you at a lower vibration and prevents the higher vibrations from

fully living in and as you. Forgiving is for you, so you can be purified. You consciously tell yourself that what happened in the past was not divine but misguided, wrong, hurtful, etc., but you will now see it as having occurred in the past. You no longer wish to hold onto the emotions associated with it. For your sake and that of others, you free this energy; you no longer want it clinging to your being. Sadness, hurt and revenge be gone. I choose now to be loving to myself at all times and protect myself from all negativity. I maintain a bubble of God's protective Light around me at all times.

You must believe you are strong in your own right as an embodiment of God and that you can deal with what comes before you. Seek help from others you respect when you are not certain how to deal with a negative or difficult situation. Read self-help books and strengthen your intellect. In short, continue to work on yourself all the time to heal and remove all that is not of the highest vibration in your being.

My Dear Devotees, how much I love you, My extensions, My Self. The you I love is My Self, the Atma within you that has become lost to many of you. Yes, I love My Self in you. No it is not selfish to love one's Self. It is imperative. Without this Self love, or love of Self, life is a dreary, dry desert, unfulfilling and unfulfilled.

Many of you have trouble loving the life stream, the existence that you are. Why? You see so much imperfection, faults, short-comings and defects in yourself. Your feelings are polluted with negativity. You compare yourself with others and put yourself in an inferior place. You have bought into and believed all of these thoughts and feelings about yourself and feel stuck with them. You are using external means to free yourself and think highly of yourself; more education, more money, more material things, power, influence, a fitter body, more glamour, trips, jewellery, etc. These are all external means you are using to love yourself. It is okay, but does it really

work? When any or all of these outer embellishments are removed, do you love yourself unconditionally?

All of the above pertain to the body, mind, and emotional ego complex. But you are Spirit, Atma. How to love Spirit that needs nothing, that is itself Love. The perennial question: How do I love that which is itself love? Remove everything that is in the way of this love manifesting. How do you know what is in the way? When you do not feel unconditionally loving to yourself and others, you can be certain there is something blocking this love. Look inside yourself with awareness to see what is blocking love from manifesting. Ask to be shown what is blocking the flow of love to and from Self, to self and others. You are the embodiment of love. It is always there. There are many simple, pure, materially poor people around the world manifesting pure love, living in love.

Your spiritual practice is to remove the blocks to love's flow and to keep it flowing to God and His Universe, including self and all creatures great and small. In this you find complete fulfillment.

My Dear Devotees, here we are together again, sharing the same words, the same vibration in our Oneness. When you realize this, it is not so difficult to realize oneness of Atma as you may have believed it to be. The Truth is always the Truth no matter how veiled it seems to be.

Today the topic is hopelessness. Catherine is balking as she hears the word “hopelessness”. It sounds so negative to her though it is just a word. But words have connotations attached to them in the mind of the listener. Catherine has been there in the past. At times she has felt hopelessness before she became aware of her true existence as Atma. Now there is no scope for “hopelessness” in her life. The love, bliss, and eternal life of Atma erases all negativity from the mind and consciousness of the one who lives as his true Self. There is simple trust and surrender to the Self, knowing that the Atma one truly is, is eternal and unchanging peace, love, knowledge and bliss.

So hopelessness is a lack of awareness of Atma as one's true nature. Hopelessness springs from a lack of faith in one's Self, that one's Self is God. Hopelessness has as its basis a lack of faith in the essential goodness of life as existence, awareness, and bliss (Sat Chit Ananda).

Hopelessness is a depressed state. One sees everything in black and white with no in between shades where hope may enter. And the white, the ideal life, the hopeless one cannot imagine for himself. Some great disappointments and hurts have become lodged in the consciousness, piled one on top of the other, along with lack of faith, lack of confidence that one can remove these. One is identified with the content of his consciousness, his mind. The light of freedom from this, the Atma is not able to radiate through this gloom and doom.

But there is hope always. Change is the name of the game on planet Earth. Every moment there is opportunity for change and energy is always moving. A person stuck in the energy of hopelessness needs to seek help from sources that will move and uplift this

energy of hopelessness to a higher vibration and to help this person forgive the past and let it go. Help to have a new more positive image of self based on I am an extension of God made in His Image. I am Love, I am Truth, I am Peace eternally. Be still and know that I am God.

Sometimes it is necessary for a severely depressed person to take medication to stimulate and supply the feel good hormones that may be missing or inactive. But eventually one has to discover and rely on the innate happiness within the spiritual heart and live in and as this Atmic contentment and joy.

10

My Dear Devotees, I see that most of you are making very good progress on your spiritual paths. As you take to heart My Teachings and practice them, you will succeed in the realization that you are Truth.

Today I will discuss 'ripeness'. You know that a fruit does not fall from a tree until it is fully ripe. An

unripe fruit is not that useful, juicy or tasty. It is the same or similar with human beings on the path of ascension. When they are truly ripe, they will be full of the juice and sweetness of Self-realization. What do I mean? They will be full of sweetness, sweet talk, sweet feelings, etc. They will be smiling, content, light, without worries, negativity and conditioning to weigh them down. The energy is very light and blissful. The talk will be appropriate, true, pure, and egoless. There will be clarity of awareness, seeing life as it is, without personal conditioning coloring what is. There is awareness of unity consciousness when one is ripe. There is no sense of personal doer-ship. All is One.

Are you ripe? Do you see where the pulp is hard, dry and not yet tasty and sweet? It is good if you can see this within yourself and try to make the improvements. It is up to you to change yourself. You can pray to be shown the way, to be motivated to do this.

Most devotees are not yet ripe, so they must continue with spiritual practice to reach this stage of

ripeness. Selfless service to society helps a lot. Practicing the 5 great values, self inquiry into "Who am I", and constantly discerning between Atma and non-Atma all help. Love is the greatest transformer, so I advise you to live in love as well as peace and non-violence in thought, word and deed.

When one is fully ripe, they are the embodiment of Christ or Atma, liberated, a jivanmukta.

11

My Dear Devotees, here we are together in mind and heart. Receive My Love through My Words, My Energy given to you this day. I instruct you so you will be free from all concerns, worries, negative formations and discover that you are Peace and Contentment in your True inner Self.

Today we will look at anger again. Why does it come up in you and others? Mainly due to thwarted desires or expectations. If you look inside yourself the

moment anger comes up, you will see that this is true. You desired, expected something from or for yourself or that another person should perform in a certain way. When you have desires and expectations about another person, you may think it is about them but it is really about you. Everything is about you and your reactions to what you see, hear, taste, feel and interpret from the outer and inner worlds – your outer and inner worlds. For example, someone is late and you are angry. Why? You feel disrespected that they have no manners, are uncaring, lazy and that is why they are late. Before making judgments about why one is late and become angry, wait a little and inquire why he was late. There could be a very legitimate reason and you can then exercise compassion and understanding. Or if it is a habitual occurrence with the same person, speak to him and explain how you feel when he is habitually late and reach an agreement that he will not be late in future. Communication is very important. Anger never helps, it isolates, separates you from others and creates negative feelings that may never be repaired. Better to communicate and set up some rules for

behavior where both parties can be happier in the relationship.

You are angry that your child has not performed up to your expectations in school studies. You are unhappy and now the child is unhappy and fearful also. Anger separates and blocks the flow of understanding, helpfulness and compassion. Instead have a meeting or series of meetings with your child to find out why the situation is as it is, and seek solutions that work. Such as more supervision at home for studies, a tutor, more positive encouragement, speaking to teachers at school, discussion of personal problems and worries, etc.

Someone cut you off in traffic when you are driving your car and you become angry, sending negative energy to the other person. Not good. People are what they are in the moment. It has nothing to do with you personally. Forgive them and surround them and yourself with the white light of protection, the pink light of love and the blue light of healing energy; all three at the same time. Then you will feel good and the other person will benefit also.

It is best to eliminate desires and expectations as much as possible for self and others. Work with what presents itself to you moment to moment in an understanding, kind, and very dharmic manner remembering to love all and serve all. Anger will dissipate and disappear in you as you practice these understandings and teachings. Decide that you no longer want the energy of anger in your being, your energy fields and work on yourself to eliminate it. Having said this, sometimes you need to be very firm in certain situations with your words and actions to support Dharma and Truth.

12

My Dear Devotees, how much I love you, you will never know. My love knows no bounds. You are My very own, My children. Through these talks I am helping you to grow into your pristine Divine Self, free from all limitations and conditioning. This is called healing. Let us look at another aspect that needs healing.

It is pandering to the physical body. When you are not the body but rather the indwelling Spirit/Atma, why all the attention given to appearance and dress? People spend hours and hours in front of the mirror to enhance and perfect the appearance, often with a lot of complaining and self deprecation. This is not right. Self criticism lowers your energy vibration, self-esteem and self-confidence. You must have the firm conviction and experience that you are the Self, God and that the body is a vesture, at best a temple. Yes, keep the temple clean and beautiful but do not spend more time than needed on this. You are to rid yourself of the conditioning that says, "I am the body, the physical appearance. I need to impress others with this vesture." No, not at all. Impress others with your sterling character and your Divine Being, your peace, love and non-violence in thought, word and deed, your righteousness borne of the Truth that you are. Not that you should even think of impressing others. No. Be who you are, the Self, the Atma; that is enough.

As you have noticed, the shops today are full of items catering to the physical appearance. Not only that, advertisements use the physical body to sell merchandise, often using sentiments like love and romance to sell them. The physical body and material things have nothing to do with love which is the property of God. So beware! Do not fall into the lure of all this brainwashing. Keep your mind centered in God knowing That to be the eternal love filled, blissful Truth. All else including body and its props will fall away and dissolve as the receding waves drag things scattered on the shore out to sea, never to be seen again.

My Dear Ones, hearken to My Words. They will heal you and see you free in God consciousness. You must do the work of purifying your mind and emotions so your consciousness will become free of all limitations that keep you bound into a small separate burdened individual. You must realize that too much interaction with and absorption in the

external material world will sap your energy and make you weak. You need to pull your attention away and go within your heart to the unending reservoir of energy and keep on filling up. Spend long periods absorbed in the fullness of God consciousness/energy and become and remain revitalized, never depleted or exhausted.

So the lesson today is to remain absorbed in God as much as possible. Pull the senses and mind away from the external world. Many waste time and energy keeping their minds and senses on external things from morning until evening. These ones are not true devotees. True devotees seek and long for union with God as the ultimate in every moment. When they are not feeling one with God, they are crying, longing to do so. True devotees have no attachments to the external world. They do not relish shopping, dining in restaurants, sight-seeing vacations and special food or drink, only sattwic simple food.

True devotees know God/Self/Atma is the most beautiful, loving, blissful and peaceful consciousness

that is so fulfilling that nothing in the external world has any enticement whatsoever.

I am not saying that you cannot or should not participate in external happenings if your job or family situation demands this of you. Just be aware that none of it gives true happiness and may cover the Divine consciousness – all the mundane worldly talk, images, sounds, etc. act as maya/illusion to cover the pure consciousness. So be vigilant, chant God's name, remember His Glory, sing His Glory to yourself when immersed in worldly life. Be in the world but not of the world. Keep your mind as much as possible in God consciousness.

Today the topic is movement. You see everything moving except rocks and mountains and some few other things. Plants move in that they grow, flower buds open and close, etc. Human beings are almost always in motion, going here or there,

performing their duties with their bodies, their hands, feet, tongue, mouth, etc. Did you ever stop to think about what makes the body move? It is Divine energy, intelligence, consciousness that allows and causes all movement. A human being and all living beings are using Divine energy and intelligence and this Divine energy and intelligence is flowing through them, helping them to have and accomplish all that they need and would wish to have and do. Most people do not acknowledge this Self, this loving power of God within them. They simply take it for granted that, "I am doing"; it is my life, my hand, my body." They have no idea in their mind that it is God's Grace given freely to all that allows all movement. True lovers of God know that the body is full of Divine consciousness, intelligence and energy and feel very close to God due to this awareness. They feel gratitude to God for supplying all that is needed through one's body and mind, as well as through everything everywhere.

When the power of God leaves the body, it is pronounced dead, a corpse. So when you know that it

is the power/intelligence of God that moves you, you do not waste His energy and you are grateful, no longer taking it all for granted without a thought for Him. Devotees of God dedicate all of their thoughts, words and actions to God because they know that without God's Power in them, there could be no thought, word and action. Dedication of these to God is acknowledgment that the individual person does nothing, it is God doing, making all things move. You are the consciousness, the witness of all the movement. You are not the doer. Giving up the sense of doer-ship and individual enjoyer-ship will release you from the wheel of karma. So dedicate and offer all actions to God, aware that God is the true energy/intelligence/power/doer, and remain as you were created, the Consciousness, eternal pure Being, bliss, peace and love in oneness with the One Consciousness.

My Dear Devotees, here we are again together as one mind and one heart sharing the wisdom of the ages so that you may find the way to liberation and Self-realization.

Today we will discuss the need to seek the perfection in all that you may encounter in your days. In order to find the perfection you let go of the need to see the fault. As you practice this, your vision will be lifted to a higher level of being and awareness whereby you will know there is a higher perfection in all that occurs. Seeking and finding the faults keeps the consciousness at a lower level.

Allow Me to explain more in order to clarify. First of all, there are many laws that have been set in motion by the Creator of this Universe that cannot be transgressed. One is the Law of karma that states that whatever one puts out in thoughts, words and actions will come back to that one. What you sow you reap at a later time. Not only that, souls carry forth

from life to life, their tendencies, impressions, skills, and intelligence acquired from past living. Also there is a life plan set out for a soul before it enters the earth realm. And then there is all the conditioning a soul accumulates while in a body. So all of the above is happening, is there in the life of every soul. Added to this is the effect of maya or illusion on the souls, most of whom do not know who they really are; that is, Atma/Spirit. They are under the spell of maya that keeps them in, “I am the body; me and mine”. When you look out at the world and see all of these forces at play, a wise one would have only compassion for the struggling souls lost in the maze of illusion, trying to find some happiness, enjoyment and pleasure in this earth school of hard knocks.

Devotees have some light of awareness of Atma. They are to use this light of awareness to rise above the lower consciousness that seeks to find fault and condemn. You all know how painful is the darkness of ignorance. You have all been there. Now I ask you to see the world with a new vision; to have compassion and understanding rather than criticism

or condemnation. All souls are evolving, learning their lessons, undoing karma and facing their tests.

16

Today the topic is compassion. Compassion is not just for others, it is also for self. Love yourself as God loves you. He does not see your faults. He sees your Divinity, that you are like Him, made of the same substance, essence, that is pure Spirit. Your condemnations of yourself and others have no meaning, no truth. You are condemning what is false. Here I am referring to the so-called faults that you see in yourself and others. They are all the effect of maya or illusion so how can they be real? Once the vision is corrected, the so-called fault will disappear. An example: Family members are quarrelling over the dress code that religion has imposed upon its members. The adolescents do not wish to follow the dress code; the father insists they must. Condemnation is rife. It is all due to ignorance and lack of compassion. I say ignorance because the

clothing worn on the physical body has nothing to do with true religion or even Spirit. I say ignorance because parents often see their children as their possessions to be controlled rather than as free spirits with self-determination and wisdom. Compassion would allow and accept another's wishes to be fulfilled as long as they do not transgress upon another's freedom nor hurt or harm others.

Compassion has as its basis love and acceptance of the way things are. Compassion does not seek so much to change anything as to encompass and fill another, be it an individual or situation, with love, peace and light. In compassion there is always acceptance of the free will of another. The love, light and peace flowing from true compassion will often be enough to give another a new vision, a heightened awareness, and healing on some level so that they feel more loved, loving and peaceful.

And the world continues and keeps on changing. Bless the world; never condemn it. To change the world for the better, give it your highest

vibrations of love and peace. And give the same to yourself.

17

My Dear Devotees, receive My Love today in the forms of My Words delivered to you with the purest intent to set you free in God. To be free you must heal and release all that is not of the highest, purest vibration of God.

To this end, we will discuss the need to release judgment. Judgment takes many guises. Sometimes it is criticism, other times righteous indignation, righteous anger at another, condemnation, derision, blame, non-forgiveness and so on. Where does all of this come from? From inside you. It is in your mind, your psychological from where you project it outward onto others. Why do you do this? It is a learned behavior from family, religion, society and past lives. You have in your ignorance, adopted judgment and projected it out onto the world. Did you ever stop to

consider that you need not do this any longer? How do you feel when you are judged by another? Unless you are fully awake, living as Atma, you do not usually feel too good about someone judging you. Judging separates; the one judging feels superior, more righteous and the one judged is the guilty one, the inferior one. And the game of separation and duality keeps on going.

Devotees, seekers of Atmic Truth are to see God in everyone. They are to rise above judgment, criticism, condemnation and the like. Be a love finder, not a fault finder. Love is God, live in love. In order to do this, you must purify your own inner self and see that you are God-consciousness. As within so without. Remove all self-judgment, all negativity from yourself and live as pure Being, Awareness, Peace and Bliss. Never judge another; see God in the other. Overlook distorted thinking, speaking and acting in others. Yes, overlook it as best you can and radiate love. Connect with others love to love. If the other cannot radiate love, you radiate love and bless that one. Forgive them for they know not what they

do. Love them for only love heals. Wipe the slate clean for all time. Only love is real; all else disappears in time. Rise above the false world of projection and duality and live in and as the peace and purity that is the unchanging Truth.

18

My Dear Devotees, it is now time to speak about the advent of Prema Sai Baba. As Prema Sai, I will continue the healing work, healing the consciousness of humankind. It is the consciousness overlaid by mind and emotions and much more that needs to be made pure and pristine again as when you were created as an exact replica of Myself, an extension of Myself.

I have come again with love, immense love that will flow throughout the earth touching the consciousness of all living beings. Those open to receiving My Love will be transformed. My great love will work its miracles among humankind and even

the animal kingdom. The levels of love, joy and peace in the world will raise dramatically during My Advent as Prema Sai Baba. Societies will become more harmonious, though there will be some pockets of violence as the darker energies try to keep hold of human minds. But over all the earth will be a much more pleasant place to live. There will be more humanitarian efforts by groups to supply the needs of suffering humanity. There will be more sharing of the necessities to sustain life. Ruthless totalitarian leaders will no longer be tolerated; will be removed from power. There will be much less strife on planet earth by the end of the advent of Prema Sai Baba. I tell you these things to give you hope and promise that the conditions on earth will improve in the not too distant future.

I encourage you all to do your part to uplift the energy and consciousness of earth by radiating the Light and Peace of God at all times, everywhere. You are My messengers, My very Self. I am grateful for the parts you all play as My instruments to raise

earth's, your own and others' consciousness levels to the highest vibration possible.

19

My Dear Ones, here we are together as one mind and one heart. You are here to learn the ways to be free from all that binds, hurts and harms self and others, for in truth there is only one that manifested into many. Though the 'many' are false, and the One is Truth, healing needs to take place before Truth can be won.

Healing takes many forms and involves many aspects. Today we will look at projection. Projection is a fault the mind has adopted to protect and absolve the self from wrongdoing and guilt. It is a wrong use of the mind. It is a device to keep the ego-self intact, to hide what is going on within oneself and project it outward onto another thereby making the other guilty and maintaining one's own innocence. For example, your mind may blame another person for talking ill

about you to others. In your mind you determine that this person is unworthy, mean spirited and so on. Can you see those qualities within yourself; that you feel this way about yourself?

Rather than overlooking the faults in another or giving them no importance, you have made a big deal of them and banished that person from your life. In this way you try to banish these qualities from your psyche by not seeing them; by projecting them onto another.

This projection is happening all of the time in the world of the human psyche. No one wants to feel guilty, or to look with honesty within themselves to see what needs to be removed and healed, so they project onto others. In this way they do not need to purify and heal themselves. They remain in ignorance believing themselves to be holy and pure.

Another example: you see a mother and child at the supermarket. The mother is acting unkindly toward the child, yanking its arm and dragging it along, child weeping. Immediately you have the mental idea that this is a mean, cruel mother. Where

in your past have you experienced a mean, cruel mother? Was your mother like that; are you like that? Very often what we think and have to say about others is our own projection from our own minds related to what we have experienced ourselves. Atma looks innocently on all things and does not judge; does not project. You must forgive everything from the past and give it your blessing and let it go. Where you are projecting, seeing negativity in the external or even in yourself needs to be forgiven and purified. Then the screen of your consciousness will be pure and clean. You will have a new vision of the world. How will you see the world? Hopefully you will see Atma in all, and understand that people are acting through learned conditioned behaviors, ignorant of their true status as Divine Beings. There is Pure awareness, consciousness without judgment.

My Dear Devotees, in the book “How to Remove Conditioning”, I showed you many aspects

that needed healing. Please study My words carefully and do what needs to be done. Though God is in charge and conducting the drama of human life, your effort is essential to your healing and liberation. Liberation from what? From ignorance and ego which amount to the same thing; from karmic effects, rebirth and suffering. You know that I love you and wish the very best for you.

Many devotees are still praying to Me asking for material things that they do not need, asking for children's jobs and so on. I say to you, surrender to God truly and all your needs will be looked after. You need not ask for material things. Ask for Divine Love, Peace, and Bliss; to be a channel for these and your happiness and contentment will know no limits.

Everything will be carefully planned by Me when you surrender to Me. You will not want for anything. When I say this, I mean that your wants will have disappeared. Whatever is there in each moment of now will be enough and you will be grateful. It is the desiring mind that is unhappy. So

drop desires, rest in My loving arms and I will look after you.

Surrender to God brings about great healing for the mind and emotions. However, few know how to surrender. How can you surrender that which you have no control over, such as your wayward mad-monkey mind and raging emotions? You must control these two through practicing the teachings of the Satguru, through austerities, wisdom, discernment, meditation and so on. God does not want the mess you have created. First clean it up, purify your mind and emotions, and then offer your pure mind full of love, peace and all noble feelings to God and merge with Him. Devotees wonder why they do not hear from Me, see Me or feel Me. There is too much in the way of our coming together. You have not taken the time or means to purify. Sublimate your ego and personality. Become sattwic, pure in all aspects, body, mind, emotions, personality and vital. Empty the house so to speak. Begin renovating each room, one by one. Take stock of all that is there and slowly eliminate the non-essentials. A good place to

start is your physical space, your home where you spend your time. Remove the clutter, cleanout your refrigerator; live with the basics. Clean your closets and basements. They are all reflections of what you carry within your mind and your subconscious also. See where your attachments are and cut them out. So clean and purify every level of yourself as well as your living and working environment. Then surrender what is left to God. True lasting happiness is union with God, being just like Him though unique in your manifestation.

21

My Dear Devotees, here we are again together as you read and imbibe these My words, My energy brought forth from the Truth that I am always.

Today we will look at the human ego mind's desire to be always 'right'. Why does this happen that the ego mind desires to be 'right'? Does this need make for harmony in a relationship? No it does not.

The desire to be always 'right' stems from the ego's need to be in control of its world, in order that it maintains its continuity and security. Ego is an illusion; it is a made-up, contrived, elaborate self concept. Since ego-self has no true basis or existence, it lives in continual fear of annihilation. It feels it must protect itself and one way is through always being 'right'. Ego feels itself to be a separate entity and all others to be separate. Though ego would prefer others to agree with it, it is equally fine for it to be 'right' and others 'wrong'. If others are 'wrong', they are mistaken, in error. So in this way ego can maintain its sense of righteousness and superiority. This is not the righteousness of Dharma where all are seen as equal in Spirit, but a distorted sense of righteousness wherein, 'I am right', and because 'I am right', you must be wrong. Ego minds very often live in rigid duality that does not allow for all to be 'right', due to the world they have projected and live in. Most egos have very little freedom as they are living through their conditioning, vasanas, reactions, illusions, projections, effects of the three gunas, etc. They believe they have freedom but this is illusion.

So who is 'right'? No one is 'right'. The idea of 'right' is an illusion put forth by an illusionary ego.

Having said this, religions do have codes of conduct, ways of being in the world that foster harmony, respect, allowance, acceptance, and justice in the interactions among human beings, animal and plant kingdoms. Ideally, practicing these values would help all live together without ego conflict, and the need to 'be right'. At higher levels of consciousness peaceful co-existence is the natural way to be. In society today humans exist at many levels of consciousness/awareness and this needs to be understood. One cannot expect those existing at lower levels of awareness to think, speak and act as those at higher levels of consciousness would. So tolerance, allowance, acceptance, forgiveness and compassion are required to live in such a world and maintain peace, love and non-violence in thought, word and action.

My Dear Devotees, here we are together as one heart, one mind sharing the wisdom of the ages in order to wake you up and set you free in God. Breathe in My Love, My Consciousness. Bask in it and share it with all; that is what I am asking you to do. You are My Messengers, My Message. Truly Be It and Live It.

Today we will discuss mental anguish. What is mental anguish? It is when the mind contains one or more disturbing thoughts, worries, concerns and finds no answers. There may be panic, hopelessness and despair as well as other emotions mixed in. Such mental anguish can be short-lived or go on for some time. For one who has cultivated detachment from the mind and is able to witness the thoughts and emotions, there is a much faster recovery back to peace. With such detachment and witnessing, one can look at all angles of the situation to find solutions if there are any solutions. And, as well, such a one who is steeped in spiritual wisdom can reach a

decision very quickly that, "I have understood the situation, I will do the action required, if any, and then leave it in God's Hands. I am free; it is no longer 'my' problem."

One who has surrendered to God does his best then offers all to God, so there is no longer anything to worry about. Whatever is truly destined to happen will happen; what is not destined to happen likely won't happen. Everything is a passing cloud. Nothing remains the same so why to worry and fear?

For those who do not have spiritual wisdom, detachment from mind and emotions, and have no idea how to deal with mental anguish, mental anguish becomes problematic. They often feel overwhelmed, hopeless and depressed. Others may try to console them, offering their solutions and support. While this maybe helpful, the suffering person is not yet a master of his being. To be a master one has to develop the witness, the seer, the natural capacity of the Atmic Consciousness. With this consciousness, one witnesses in a detached manner what comes upon the screen of the consciousness and without

reacting, deals with it appropriately in a calm manner. For a master there is no mental anguish, for he has the wisdom to understand how the world works and that the senses, mind, intellect and physical body are instruments the Atma uses. The master knows that the worldly life is illusion, maya, and has no lasting reality. God is the reality and worldly life is a drama. To avoid mental anguish, delve into spiritual life to learn how to be free from the effects of maya and live in eternal peace and bliss.

23

My Dear Devotees, here we are again together as one life, one existence. I am always one with you in love and light ready to help you achieve your goal of Self-realization and liberation. Trust in Me, call on Me, rest in Me, take refuge in Me.

Today the topic is the need to give up striving. Striving is ego, is doer-ship. If you are not the doer, what is there to strive for? There must come a time

sooner rather than later that devotees on the path to freedom give up striving in their spiritual practices. Striving does not allow you to merge with God consciousness or to BE God-consciousness, the Presence that you truly are. A big 'Let Go' is required.

I see many in meditation striving with gusto chanting the mantra, as if chanting the mantra vehemently will take them somewhere. There is no where to go. The mantra is to take you to silence and stillness, to help control the mind, to create beneficial energies and help transform and purify the mental/emotional bodies. You be the witness to the mantra/chanting. Be the consciousness/space around the mantra chanting.

There comes a time when devotees no longer need to or wish to go from place to place, rushing here and there to satsangs, spiritual talks and workshops. When stillness and silence within have been realized, one need go nowhere any longer. All striving has ceased. All devotees need to calm down, give up the sense of urgency that revs up the mental,

vital and physical bodies and be the peace and Atmic Presence.

Do what needs to be done but realize you can add nothing to what you already are. You are That Satchitananda, Being, Consciousness, Bliss, Peace, and Silence. Live it, Be it. Spontaneous right action will happen from that state of Being. No need to worry about what to do next. Whatever truly needs to be done will get done or not.

So give up all striving and rest in the loving arms of the Infinite in Eternal Peace and Bliss.

My Dearly Beloved Devotees, today we will discuss the need for vigilance. Vigilance is an aspect of awareness. So what do you need to be vigilant about? Everything that is going on within your being, such as the thoughts, emotions, vital movements and habitual patterns. There is also a need to be vigilant

about what is going on in your immediate environment but less so. I will elaborate.

Why to be vigilant? For several reasons and please do not take this as a mental structure. It is to be a tool to be used when needed. I will explain. Firstly, when thoughts, or emotions come into your inner landscape, be aware that they are not Atma, they are not Truth. You are Atma, the witness. Do not give attention. Allow them to pass quickly. If it is something you need to deal with, take note and let it pass. Do not have the habit of ruminating for long periods on ideas and thoughts that come by. Be vigilant to see whether you have the habit of holding fast to thoughts and allowing them to spin a web of illusion that takes hold of your consciousness for sometime like a daydream. Pull away quickly from this, observing that you are living in the imaginary past or fanciful imaginary future. Truth is now in the present. Remain in the present in the Presence, the Atmic Consciousness.

Be vigilant about feelings and emotions that they do not gather momentum and take you over. Do

not make the mistake of going into the why, when, what and how of emotions that come to cloud your pure consciousness. Be vigilant! Discern right away that this is not the " I", this is a passing energy pattern. Put on a happy face, chant your mantra, sing and chase it away with your high vibrational energy. Do not allow anything to overtake and cloud the Light and Love of your Being. At the same time, be vigilant not to resist too vehemently because what you resist tends to persist, like a boomerang effect. Be delicate, light in your approach to these unwanted energies that try to gain a foothold, perhaps due to their success at doing this in the past. Gently brush them away and do not entertain them.

As your consciousness becomes more powerful and vast, what I have been speaking about here will no longer be bothersome. Still one must always be vigilant. Outside forces also may come by to try to influence you. Be vigilant not to fear, worry or feel weak. You are strong in your Atmic Presence. That is what you are and it can never be taken away. So do not fear. Develop your Atmic Consciousness more

and more. Be as strong as a diamond, shining your Light; impenetrable to that which is not of the Light. You can also be as soft as butter when the need arises. Be vigilant and be what is required in the present moment.

25

Today we will discuss the nature of Truth or Atma so you will know what you are not and dis-identify from anatma.

Atma is pure awareness and pure consciousness. It is ever existent, knows no decline or change. It is always pristine and pure. Nothing can attach to it, burn it or diminish it. It is the witness; the knower; the seer. Atma is all pervasive so oneness is its' nature. It is the basis and support for all forms. It is within and around all forms as their Truth and Essence. It shines, is all intelligence and wisdom. It has a mind component and yet it is beyond mind.

This is not the ordinary ego mind or sense mind. It is higher mind.

So now you can understand what you are not. You have instruments when you live in a physical body. They are senses, mental body, emotional body, vital body and physical body. Shakti, universal energy, is responsible for the existence of these instruments and their workings.

So the important point to grasp here is the discernment between Truth/Atma and untruth. Untruth is that which is impermanent. You are not impermanent; your instruments and the perceived phenomenal world are impermanent and false. So investigate and come to a firm belief and trust that what I am telling you here is the truth. Then practice this discernment until it becomes natural to you to be unaffected by the false whether it happens to be your thoughts, feelings, words, actions or someone else's. Of course if you know you have made an error in the use of these instruments, correct it. I have said for example, to see, hear speak, think and do only what is

good and beneficial. Because God is good, you be good also, to be in alignment with and be the Truth.

The Atma is unaffected, yet totally aware. So perfect discernment is needed; perfect awareness is the nature of Atma. So constantly discern until discernment is no longer needed: you are That and you know you are That. So keep in mind all the qualities of Atma and live as That as much as possible remembering to be always vigilant. Remain in the eternal present moment as Presence or Atma and know freedom from all that has seemingly bound you. Bondage was illusion or a self created prison you temporarily got caught in.

Today the topic is discernment. It is most important up to a certain stage in one's spiritual progress. What do I mean? When one is very active in the world or in personal life, which is also the world, there are millions of decisions to be made.

Discernment is needed in order to make the best decision in the moment. Much spiritual wisdom is needed so the discernment will be proper. For example, I have said not to waste time; time is God. You have a limited number of years to live and you wish to become liberated from bondage and rebirth. So you need to discern where you are wasting time and stop doing it and then discern how this time could be put to better use given the goal of your life.

Another example: you wish to follow the Satguru's Teachings. He says to see and hear what is good. So are you going to watch certain TV programs or movies that may have impure content? Also discern whether your thoughts, words and actions are all in alignment. You think, "I should eat only vegetarian food", and when you think these words you believe you mean them. Then you go out to eat and consume chicken.

You wish to be non-violent yet you shout at your children, you eat meat and you are unkind to yourself, berating and condemning yourself. Awareness and discernment are very important. If

these are missing how can you seek and find your mistakes and faults and make improvements? So watch everything you are thinking, saying, doing, seeing, hearing and so on. Seek to bring all these into alignment with Truth, Beauty and Goodness/Auspiciousness. WATCH! Watch your words, actions, thoughts, character and heart to make certain they are pure. Rather than pointing out other's faults and mistakes, seek them in yourself. Don't criticize and judge others. Work to perfect your own Being.

Today the topic is auspiciousness. What is auspiciousness? It is sacredness, holiness and purity. It is the nature of Atma. A human life should be filled with auspiciousness at all times. How would this manifest, this holiness and sacredness? Awareness of Atma or God as the basis and support of the universe would be the starting point. Then reverence and devotion for the Source must be cultivated. In this way you manifest auspiciousness, sacred qualities

and your instruments become sacred as well. The instruments of body, mind, intellect, and senses are already sacred gifts and creations of the Divine intelligence and energy but humans often do not see it this way. They make use of these precious gifts from God in a sordid, distorted way. Though Divine Shakti is freely available to humans, there is little gratitude for this free gift. So auspiciousness/sacredness is cultivated through the knowledge and wisdom of the Divine Presence in every aspect of one's life. When one reveres this Divine Presence in one's self, others and everywhere, holiness results. Holiness and wholeness are very much connected. When one realizes that all are one consciousness and that all manifestations have come from God, the idea of wholeness is there – all inclusiveness. The result of this realization is holiness. Auspiciousness is a beautiful word with beautiful meanings and connotations. The word auspiciousness is intimately connected with reverence and devotion to God as well as the beauty manifesting everywhere in nature.

So how do you realize and claim your auspiciousness? Through purification and de-conditioning. Becoming like a small innocent child, seeing God everywhere, loving everyone as God, as one Self. By seeing, hearing, thinking, speaking and doing only what is good, beneficial and auspicious, you regain your original purity. Hear the songs and stories of God and/or classical music. See what is beautiful and of a high vibration. Think noble, beneficial and sacred thoughts; do selfless loving service to the Divine in all forms. In these ways, you will regain your status as a truly Divine Being and be the embodiment and manifestation of Truth, Auspiciousness, and Beauty, (Sathyam, Sivam, Sunderam). These three are really one. You cannot have one without the others. They all potentially reside within you. You bring them forth from your Being, the Atma. Your radiation, the Divine radiation will transform all who come within your Presence and your life will be fulfilled. I bless you that you attain to Sathyam, Sivam, Sunderam.

I hope you are taking to heart My Words that they help you discover and manifest your highest Self.

Today we will briefly discuss the notion of pampering. I wish My devotees to be strong, independent and self-sufficient. To this end, please look to see when there is too much pampering of the false self. You are Atma and Atma needs no pampering. I am not suggesting you live in great austerity but that you find the middle path where self-indulgence is minimal. Because the more you make the fictional self real, the more real it becomes for you. For example, too much attention to one's physical appearance. Choose what appeals to you and leave it for some time. New hair styles, new hair color, new make-up, new fashionable clothes and shoes and jewelry every month makes for waste of time, money and energy. And you are keeping the fiction alive that you are 'somebody'. You are nobody in particular. All names and forms are yours.

Parents pander their children too much, giving in to their every desire and whim because they believe this is a loving thing to do and they do not wish to risk losing the love from their children. This attitude is weakness. You must set the standards for the children; make them strong in curbing unnecessary desires, and lessen their urge to compare with others and what they have. You be strong in Spirit, independent and self-sufficient, demonstrating to your children that this is a better way to be. Too much pandering and self indulgence makes one weak and dependent. In human earth life one needs to be a spiritual warrior to maintain peace and equanimity and not be blown down by adversities and setbacks that come along.

Today we shall discuss the need for devotees to pay attention to their speech. You may think it is not that important if a profanity slips out here and there, but it must be noted and cleaned up. Your

consciousness must have slipped down to a lower level at the time the profanity was uttered. So pay attention to your consciousness and the content of your mind and speech to ensure that it matches the highest level of consciousness you can attain.

Profanity and coarse language is not befitting to a child of God. Though all are children of God, devotees are aware of this so must take special care to exhibit the most exemplary thoughts, words and actions. There are some who utter God's name in a derogatory manner when they are disturbed or angry. It comes automatically as a result of conditioning. Be aware of this and curb it. How? Tell yourself that the sacred name of Jesus Christ or any other name ought not to be used as an expletive when one is disturbed. Rather strive to remain silent as the witnessing consciousness when negative feelings come up and try to prompt you to take the Lord's name in a negative way.

It is the same with other negative exclamations such as 'My God', 'Damn it' and others. Realize that your words are creative, have power. Do you really

wish your words to damn another or a situation? The consequence will be returned to you. Better to observe without reaction and to bless and forgive immediately. But if you are immediately hooked into a reaction due to conditioning, observe this reaction and let it go as soon as possible.

Then there are the dirtiest words picked up from having associated with bad company. When these dirty words erupt as a result of frustration, impatience, anxiety, sorrow, sadness and so on, be immediately aware; repent and vow not to use them again. They do not befit a child of God made in his likeness. You are Pure Atma, Pure Spirit. The rest belongs to the conditioning that has been allowed to attach to this Pure Spirit. It is up to you to remove it.

My Dear Devotees, I am here with you to soothe your heart and mind and awaken you to your true Self, the One Atma that pervades the universe.

At this time there is much strife and upheaval in many parts of the world. Do not worry. Remain centered on Me, God in your heart. You may pray and send healing energies to those areas that need it, but do not allow your Being/Self to be pulled down. Maintain inner peace and equanimity always. You will help the earth most by maintaining a high state of Pure consciousness, compassion and peace.

There is a process going on whereby the old ways of thinking, being and acting will no longer be tolerated by the world's spiritually evolved humans. It will take more time before earth becomes more harmonious and demonic leaders are no longer tolerated. People are now feeling more spiritually empowered and are demanding their rights as human beings. More and more women are speaking out on behalf of human rights and equality for women. As these processes gather momentum throughout the world, change for the better will happen. This birthing process from the old ways to the more spiritual ways of being is going on and takes time. I ask My devotees and all who may read My Words to

be patient and know that the outcome is certain. The earth will transform and devotees will realize Truth and be liberated.

In the meantime continue with your spiritual practices and Be the Truth that you are. Radiate love, acceptance, peace, and compassion to all inhabitants and in so doing raise the energy vibrations in and around you and also at a distance. You can learn distance healing also so you can influence world leaders, refugees and all types of suffering people with Divine healing energies flowing through you from the Source. All will not be healers of this type, but whatever Divine gifts you may have, share them with the world. The world needs every bit of help during this difficult birthing process.

Many devotees are asking how they can be of service to Me. Pray to Me, offering yourself, having removed ego and surrendered your mind, life and body to the Divine. Be vigilant for opportunities to do selfless service and then go ahead with them. God sees and knows everything. Nothing goes unnoticed. So plunge into service and offer it to Me. You will

receive the affirmation from Me when the time is right.

31

My dear Devotees, today we will discuss the New World that is on the horizon. Like a delicate shimmering gold fabric of Light, it is growing and developing and spreading over Mother Earth. The fabric of the mind is being gradually altered by this Light that is spreading throughout the earth dimension and other dimensions around earth. The Big Mind that comprises all the small minds is being purified, cleansed and restored to its original purity as Divine Consciousness. Though many are not aware of this ongoing process of cleansing, many are aware and are consciously working with it to clean all their bodies/sheaths such as mental, emotional, vital and physical layers. This cleansing and Divine manifestation that many on planet Earth are doing is very, very helpful to the on-going consciousness shift that is taking place.

This book and the others in The God Realization Series of My channeled talks, if taken seriously and practiced sincerely, will assist all devotees and Light workers to move more swiftly in this direction. The New World – how will it appear to the inhabitants? As within, so without. As one purifies the mind/consciousness, that one becomes a clear reflection of God, a Christed child of God manifesting Christ qualities on Earth. This word Christ does not refer to the man Jesus of Nazareth, but to the elevated God-consciousness He learned to embody. All God-realized beings carry the ‘Christ’ consciousness also called Sai, Buddha, and Krishna consciousness. Names vary, the Essence is One.

So the hallmarks of the New World are inner peace, purity, awareness and oneness of Spirit in all sentient beings. Also cooperation, respect, tolerance, love, bliss, joy, freedom and more. It is a reality where all live in God, as God but have physical bodies. Work is performed as an offering to God. Ego sense has been sacrificed. The New World is a heaven on Earth. It is coming. Please prepare

yourselves well and help others who wish to prepare themselves by showing the way. Call on Me for any help you may need. With Love and Blessings, Baba.

32

My Dear Devotees, up until now we have been discussing how to heal the mind so that it is not problematic. Why should one do this? What is a healed mind?

A healed mind has no power to disturb the equipoise, the purity and clarity of the pure awareness, the Atma. The consciousness/awareness is the Master, the ground of Being and you are That. Thought patterns and conditioning no longer have power to take over and obscure the pure Being, consciousness and if they come for a moment or try to enter, they cannot remain. For most it is a process over many years of witnessing the content of consciousness and detaching from it as non-Self. This is the sadhana for the disciple/devotee. This

deconditioning, purification, strengthening and expansion of one's pure consciousness must take place. Doing bhajan and chanting mantras are preliminary activities to help purify and decondition the mind and turn it Godward; to help get a taste for Divinity, Divine Light, Love, Bliss and Peace. Of course bhajan and mantra can always be there even after Atmic realization, but the work of constant discrimination in one's mind/consciousness between what is Atma and what is anatma is primary. Consciousness and the content of consciousness; the Seer and the seen.

So you can see that healing the mind so that it is no longer problematic is an essential step. The witnessing consciousness does this work. So develop the witnessing consciousness through open-eyed and closed eyed contemplation and meditation often and until the content of your consciousness is no longer problematic, does not cover and cause you to lose sight of your essential Self. There comes a time when your consciousness is so spacious and powerful that nothing will remain or cause a stir in it. Then you are

free from the world. It can no longer trouble you, the Consciousness.

33

My Dear Devotees, today the topic is aggressiveness. What is aggressiveness? It is an ego quality that wishes to impose itself on others for a number of reasons. Aggressiveness is an energy and thought formation that believes it must take the initiative and forge ahead to get what it desires or believes it needs. Aggressive people do not usually care for the sensitivities of others, but may trample others to get to where they wish to go. You see this aggressiveness in every walk of life. People believe they have to rush to the future to have their desires and needs met, that time is of the essence, and that they must get there fast and get it done fast. Behind such aggressiveness is often a belief in the need for 'more'. Aggressive people usually believe that 'more' of everything will ultimately bring about satisfaction

and fulfillment in life, in the little ego-self and perhaps its family as well.

You can see that if many are forging ahead into the future intent on 'getting more', not caring much about the others along his path, that this does not make for a peaceful, loving and harmonious world situation. This is the way of worldly life, not spiritual life. In spiritual life, the attitude is different. The focus is on consciousness and how one can bring more peace, love, equanimity, spaciousness or Atmic consciousness into one's inner life. Aggressiveness implies an active ego sense whereas in spiritual life, one does not trample on another. In spiritual life one is respected as an embodiment of God.

Aggression, if left unchecked, can lead to hostility, anger and even war. In aggression, one wishes to dominate another, take his power away, even his possessions. Countries today try to dominate other countries with threats, intimidations, factions and also with bribery, large monetary loans and military support. As a devotee seeking Self-realization, be away from aggression. Watch over your own

affairs perfecting yourself in all ways. Perform selfless service where you can and dedicate it to God. Don't be the doer, be the consciousness you truly are, blessing the world that all be happy and peaceful.

34

Today I will speak a little about My new advent as Prema Sai Baba. As yet no one knows who I am. I am like any other eight-month old boy. Now I am sitting up on my own and rolling over when I have the opportunity to do so. I am a very happy baby and my parents are delighted with me and my radiant joy. I never cry as all my needs are attended to. Sometimes at night I am hungry but I wait until my mother wakes up to feed me as I do not wish to disturb her sleep.

Some have asked whether I have the same mother I had chosen earlier as my new birth occurred earlier than originally planned. The answer is yes. How could that happen you may ask? Wouldn't this

mother be too young to marry and bear children? Not so. My mother is an old soul, mature and capable. I am an only child at this time, the first to be born to my parents. There will be new siblings coming into the family.

It is very hot these past few months. My mother has kept me indoors a lot due to the intense heat outside. I look forward to more outings and being outside in nature as the weather cools.

I have not fully occupied the body call Prema Sai Baba as the Sai Baba soul. I will come in gradually and manifest my powers gradually. For now I am as a normal child for my age. By and by supernormal abilities will become evident but I am in no hurry to make myself known to the public.

Today the topic is avarice. What is avarice? It is commonly translated as greed but it is more than that. Avarice is also craving for more of anything the mind sets its sight on.

This is why mind and especially sense control is important. When you give the senses and mind freedom to roam wherever and whenever, desires are created. And without control there arises in many minds a bottomless pit of desires. Of course this is due to maya, illusion and imagining that more and more of the worldly things can ultimately satisfy and fulfill oneself sometime in the future. So avarice is the result of illusion. Though mind and sense control are important, it is ultimately the knowledge and awareness of Truth that will stamp out the fire of avarice. When one realizes the kingdom of heaven within the Spiritual heart, its bliss, love, peace and eternity, worldly things, attachments, wealth, status, and influence over others falls away. The one with self-knowledge and realization gladly drops the

illusionary lifestyle and thinking that filled the consciousness and blocked awareness of Truth.

Look and see what your mind craves to have more and more of. Is it food? Too much and wrong food ruins the health and often keeps one stuck in illusion that one is the body/mind, that one is too weak to control the senses, that emotions are too strong to handle and so on. You can claim back your power over the mind and senses. It is not the food that has control over you; it is your weakness. Feel that all power and will are within you and use them to master the sensory, vital, mental and emotional energies that you have allowed to take hold of you and usurp your power to control them.

What else are you greedy for? Land, buildings, money, gold, diamonds, youth and status? Realize these are all false or are left behind when the body drops. When this is the case, why to spend all your time amassing or preserving these? Isn't it foolish? Just because the society is caught up in illusion, you do not have to be. Focus on spiritual liberation and Self-realization. Have what you need and share the

rest if you have extra to share or give away. When you leave this earth, you take nothing with you except the backlog of karma and the present karma to be balanced in the future, as well as your character traits and vasanas.

36

Today we will look at awareness. What is it? It is a quality of Atma, of God, and of the primordial Self. It is always there whether the ego recognizes it or not. The ego does not recognize awareness; ego thinks it is the one that is aware and knows all that it knows. But without primordial awareness, ego cannot exist. Of course ego does not have a fixed existence anyway; it is ephemeral and changing. Its existence is enhanced and perpetuated by the support of other egos in the society.

Is it possible to have a healthy ego? No. Ego is illusion. Can one have a healthy illusory self? You are Atma/Awareness. Your name and form are

temporary, for the sake of the society and ease of living in the society. That is all. When God/Shakti is the Doer of actions, where are you as an ego? You may say, “My hands, my tongue, my body” but all hands, feet and bodies are His. He created them and acts through them. Though He acts through the bodies, the ego comes in between and claims doership and enjoys the fruits of the actions and reaps the karmic consequences of the actions. How long the soul stays on this merry-go-round of births no one knows exactly.

So pure awareness is Divine and it exists now in and around the human body. But how to find it? It is not an object to be discovered in the way scientists discover a new planet. Awareness is not objective, it is your very subjectivity. So it is well hidden from the ego self that only looks outside of itself and never inside. Even looking inside with the ego, one cannot discover the Atma. Awareness is not a thing; it is your very Existence devoid of all labels and conditioning. One name that has been given to ‘It’ is, “I am”; the one “I am”.

My Dear Devotees, here we are together as one mind, one consciousness as you read and imbibe My words, My energy given to you with great love.

Today the topic is recalcitrance. One who is recalcitrant is stubbornly unwilling to obey authority. It is an ego trait that needs to go. There is a lot of resistance here to authority, all types of authority, such as government, police, religious doctrine, God and Satguru. Resistance in the form of distrust, mistrust, and an arrogance that says, "I know better".

This attitude of recalcitrance will keep you stuck in ego and prevent surrender and letting go of ego. If you know better, how can you surrender to an unknown mystery? How can you surrender to God and Satguru? Here the attitude needs to be changed to one of trust and willingness to acknowledge that the Satguru has authority over the domains of Truth, the ways of liberation and deliverance that you do not know anything about.

So I wish that you scrutinize your mind to see where you are willfully disobedient to and unwilling to obey God/Satguru's commands because you 'know better' or perhaps are afraid to lose something. Become aware of these things. The Satguru does not take anything away. In time as you develop more awareness and expansion of Beingness, you lose interest in many things and you are perfectly all right with this. In the lightness of Being, outer things become a heavy weight you no longer want.

38

Today we will discuss the need for a sense of duty in one's work. Rather than doing in a haphazard, sloppy way, work should be done to the best of one's ability and dedicated to God. Why is this important? If you acknowledge in your consciousness that the work is being performed for God, you are acknowledging, believing and trusting that God is the Creator, Sustainer and Destroyer of the created

universe. You, in your mind, are honoring the Divine and honoring yourself as part of the Divine.

Not just your duties but all that is done through the body/mind should be performed with dedication to God in a loving, pure way. Duty implies that you are an agent for the Divine, acting on behalf of the Divine to get done what needs to be done. When duties are performed well and dedicated, life flows more smoothly, there is less mess and clutter, less to clean up later.

Duty need not be difficult and burdensome. Keep life simple. No need to buy into societies' materialistic obsessions. Keep life simple and your duties will be simpler too. Do your best. Pray and leave the rest to God. That is all you can do. Trust that the Divine knows and is taking care.

Today we will discuss empathy. What is empathy? It is when you feel and understand another

as if they were yourself. It is a very natural, good trait to have though you should have wisdom and detachment also, so as to not be pulled into and down because of another's problems and energies.

Empathy allows you to come very close to another in order to help lift that one up, not to commiserate with him and lower your energies. You are to hold the Atmic Presence for him thus allowing him to regain equanimity and composure more quickly.

Empathy comes from the knowing, the awareness that all are of the One Spirit. When someone near you is suffering, you naturally wish to relieve the suffering though this is not always possible, at least not always immediately. Being there at his side for periods of time as a Presence is often enough. It is not always advisable to give counsel; sometimes just listening is best. Do not try to fix with high spiritual advice. This won't work. Don't give spiritual advice unless asked. Be there and relieve the burden, suffering of the person using your intuition, inner guidance and common sense.

Due to ego, feeling of separate self, people are often cut off from one another unable to tune into another's dire needs and suffering. Through life's teachings and spiritual practices, the ability to empathize with others does develop within you as your consciousness expands. Use discernment always; spiritual discernment. Be open to divine guidance and be present as Atma radiating the Christ Consciousness; a healing energy of a high vibration that is certain to initiate the healing process in whomever it touches.

40

My Dear Devotees, please do not be alarmed about anything that occurs in the phenomenal world. Remember God is in control of everything at all times though it may not seem to be so. God has set certain laws in place for the evolution of earth and its inhabitants to take place. One of these is free will and another is karmic retribution. Through these two channels humans will evolve. Unfortunately along

the way many are disturbed, harmed and even killed. So I ask you to be vigilant; stay out of harm's way and do, see and listen to what is good and Godly. Get yourself merged in My Light and Love and thus be protected from all harm.

Today we will look again at another aspect that needs to be healed so it is no longer problematic in the mind/consciousness. It is the need to be right. It is good enough if you have determined what is right for you at any given time/moment. What is right for a devotee in any given moment would be in alignment with God's Will or Satguru's Teachings and Guidance for 'you' specifically. Even the Guru's Guidance for 'you' at a specific time, would not be for anyone else and may change in time. So can you say what is 'right' for all time? You cannot speak for others really as all are on a unique path.

So the ego's need to be 'right' presupposes that you know what is best for others and you do not. How could you? Only the all seeing eye of God knows what is best for every soul. So please pull back your opinions, judgments, proclamations and sermons.

Allow people to be as they are. You are in charge of yourself, your life stream of energy and consciousness, not others. Honor the 'free will' of others.

You may ask about adharmic behavior and conflict around you that seems intolerable. Work with people to help them to see a more loving, harmonious way. If you cannot deal with conflict and disharmony around you be away from it. But do not say, "You are wrong" and I am right. Be more humble and see how you can help others become aware of their Divinity, their goodness, and acknowledge their goodness to help move them long the path toward Self-realization and manifestation.

Today I will speak about the role of the media in today's world. It is deplorable that no one in the media speaks the truth. What is placed before the minds of people is an adulterated account, controlled

by unseen forces behind the scenes. So beware, those of you wish to live in integrity of thought, word and action. What you are receiving through the media bears no resemblance to unity of thought, word and deed.

Why do the media do this? To foster the interests of certain groups who wish to instill fear and negativity into the mental, emotional bodies of humankind and in this way to control them. The media is biased, crooked and distorted. What is reported on television, internet and newspapers must please the owners of the media companies, their shareholders and bring in the highest profits. So what sells best? Sensationalism, anything negative, distorted and sexual. Sorry to say that this is the level of consciousness where a large majority of humans are still living. These ones continue to listen attentively to news on television and radio and read the newspapers. They are unknowingly reinforcing their negative egos and conditioning. And afterward they enjoy complaining about the state of the world to further enhance the conditioning.

I advise you not to listen to or read the media, unless there is a positive story and even then why bother when you have the Teachings of God-realized Ones to contemplate and emulate. Scan the headlines; that is all you need do. Today's newspaper is tomorrow's wastepaper. In this world nothing is permanent except Truth which is untouched by what is going on and changing. Seek that Truth, your God-self and be free, pure and untainted by the negative forces that try to influence and lower your consciousness level in order to control the masses through fear and ignorance.

My Dear Devotees the topic for today is snobbery. Yes it exists among devotees; those who believe they are superior devotees and closer to Me than others. Also those who think highly of themselves due to high positions in society, many outstanding awards and so on. All of this is maya, based on the body, me and mine. When you are truly

close to Me, a true devotee, you realize there is one life in all forms. It is the Life that is Truth, not the multifarious forms. So snobbery based on the body form, the human mind and intellect has no meaning in Truth; it is based on the false ideas of the society.

The more possessions you have, the more status, recognition and accomplishments in the society, the more scope there is to be snobbish. Many devotees have all of these and also have a hard time being humble and empty within. It is nearly impossible to care for so many things and be empty within. That is why I advise devotees to limit desires. If I told them to rid themselves of all desires, they would run away from the spiritual path so I am diplomatic at times. True devotees know that any desire in the mind is a weight to be gotten rid of. Too many thoughts about what to do, how to do, when to do, are a great weight in the mind. Devotees wish to be free from all this and just Be in union with the One consciousness, with the Satguru. For true devotees the world has little value. Everything valuable is within the heart.

Of course there is a lot of snobbery in the worldly people, the rich and famous, even if they do not acknowledge this on the outside. It subtly pervades their entire life situation. Be vigilant that this ego formation is not in your consciousness. Spiritual ego is subtle but can be overcome through meditation, witnessing the content of consciousness and detaching from this as not Self.

43

My Dear Devotees, here we are together as one Existence, one Life. I am speaking to you as your Self to remind you who you are to bring you home. You have strayed for long and far into many imaginations. It is now time to regain your lost stature as Divine Essence.

Today we will discuss the future, your future. What is future? Has anyone been to the future; seen it? Future is a mental construct; an imagination projected by the mind. When it comes it is always the

now. Every moment is “now” always. So be present in the “now” and make the best use of it. By this I mean be fully present as the witnessing consciousness, perform the purest, needful actions if any and control the senses and mind. In every moment of “now”, be in union with God-consciousness, offering actions to God. Some planning for the future is okay such as making appointments, travel plans and retirement plans. But keep this future planning to a minimum so the mind is not roaming into the future wasting a lot of time imagining and worrying. Truth is now, can only be known now, not in the imaginary future.

Many people hope and plan for their life to be better in the future. What is better? More money, a partner, a better job, and so on? Definitely money is important; basic needs must be met for food, clothing and shelter and if one has a family to support more money is needed. So the past and present karmas one is living through tend to throw the mind into the future. Devotees need to be vigilant over this tendency of the mind to go to future scenarios. Keep

the mind as much as possible in the “now moment” in God-consciousness with the help of a mantra if needed, such as “Soham, I am God”, with the in and outgoing breath and, “I am Pure Existence, Awareness and Peace”, now and always.

Whatever comes about in the outer life situation, you witness, not react. You are creating your future in every moment of “now”. When you are consciousness and only consciousness, you do not create anymore future, any more karma. Though there may and usually is more karma coming around from your past living as an ego entity. By witnessing and not reacting you will be unaffected and also not create anymore karma.

As I draw these small talks to a close, I wish to thank Catherine for acting as a channel, publisher and distributor for My Words. She knows it is Me working through her and she takes no credit for the

work that is done. She feels her body and mind to be instruments for the Lord, a hollow flute. This is why I chose her. She is careful not to allow any ego-sense to come up that she is doing. She is the aware consciousness that receives My Words and My Shakti records them.

She is in the bliss of our Oneness as these Words are being recorded. This Oneness and Bliss is what I offer each and every one of you. In every moment of “now”, you can have it and be it. In these essays, I have been showing you how to heal your mind so there is no obstacle preventing the continuous flow between God and your Self. Your ‘Self’ is the Atma in you that you truly are.

This series of My talks to you will be called, ‘The God Realization Series’, because they are leading you to God Realization when you sincerely use the teachings to purify and decondition your consciousness. There will be many more books in this God Realization Series through Catherine. It is My hope that you will benefit from them on the path to Self Realization.

What more can I say to you, My Dear Ones? Though words are pointers to what should be done to heal the ego mind, of themselves words do not do the work. You must use My Words in your own way to heal the mind. Primarily you are consciousness, the Witness. Be this conscious awareness and watch. It is in the watching that you will see what needs to be healed. Watch your reactions and all that goes on around your conscious 'center'. It is the power of your consciousness that will heal you. Joined with My Consciousness, healing can be more rapid. So use Me in your healing process and emerge as the pure consciousness that you are, free from strife and struggle. As you join with Me, I bless you with My Light, Love and Purity and raise you to My level of Being, Awareness and Bliss.