

PODCAST 105: "HELP TO BE HELPED"

Om Sri Sai Ram: Prashanti Sandesh, 105th episode. Thank you very much for your time and your kind generous support.

It is said that to err is human, but to forgive is divine. This is the difference between man and God. Man errs and God forgives. And our Bhagavan said giving and forgiving is His nature. Nothing is brought forward. Sometimes we commit a mistake or a fault, and start feeling guilty. We should note here to feel guilty is much worse than guilt itself. Guilt committed once is gone. But guilty consciousness haunts you, chases you.

Therefore, forget whatever the mistake that is committed. Don't feel guilty at any time. But unfortunately, in society people will begin to play on our guilt. Because you have committed a fault, you are a sinner. You will be thrown into hell and thus we are frightened and we are trapped by these people.

Therefore, when we start feeling that we are sinners, feeling guilty due to committed mistakes, we feel very inferior and we are deadened, and you cannot be respected anymore. Therefore, we have got to be very careful in this aspect not to feel guilty.

Then I would like to take you to another point. Many of the devotees come and say, "Why Bhagavan is so merciful towards me? I committed many wrongs, so do I deserve all His mercy? Why? I do not know. I also would even feel that I don't deserve all His love in abundance." That is the feeling that most of the devotees have.

But we have to remember one fact here. Bhagavan has too much of love to give, that He has to give it away. And therefore, Swami giving His love is expected of Him. It's quite natural as He is the very personification of love, the very metaphor of love. Therefore, He gives, He gives and gives and forgives. So, it is foolish to feel, 'do I deserve?' No! He is not concerned if you deserve or not, because Swami goes on showering.

When the rain falls, it will not distinguish whether it is a dry land or a wet land, whether it is raining on sand or a stone. No! It rains. Swami's love is like that. There is no shortage of love, in spite of giving to everybody, because it is all in abundance. But to feel from our side, 'Am I deserving?' is just our own ego feeling. And this ego feeling makes us feel that no, we are not deserving. Wrong!

It is enough that we are here, that we have presented ourselves to Swami. And when we have presented or reported ourself to Swami, there is no need to become worthy. Nothing! Just we can relax and receive Bhagavan into our lives rather than feeling guilty, or questioning ourselves if we deserve. What's all this? It is all foolish. But here is Bhagavan who says, 'I love you in spite of your mistakes, in spite of your limitations and weaknesses.'

The reason is Swami always said, which I noticed repeatedly, if anyone falls at His feet saying, 'I am a sinner, Swami. I committed so many blunders.' Swami says, 'No,

no, no, you are a good boy. No, no, no, past is past. It is gone. Don't worry! No, no, no.' That's what Bhagavan says. How fine it is! How loving He is. If we trust Him totally, we'll have no such feelings at all. The problem comes because we don't trust Him. When we don't trust Him, naturally these doubts arise. And if Bhagavan starts saying, 'Do this, don't do that' and if we do that which He doesn't want us to do, we'll certainly conclude that He will cut the supply of love, that we will not be receiving love anymore. See that!

I recall an example given by Sri Rama Bramham of Bangalore. What he told me was, "Anil Kumar! Swami will be never angry with anybody. The anger that He shows is only a pretension to correct you. He is all Love. Please believe me. Even if you try to criticize Him, even if you try to condemn Him, yet He loves you."

And Bhagavan gave one example long back: Take an axe, cut the sandalwood tree. Though the wood is being cut, the axe will carry the smell of the sandal. Axe will give, will get the smell, the fragrance of the sandal. And the sandal tree goes on spreading its fragrance in spite of being cut by the axe. That is Bhagavan. How wonderful it is! Why do you, Swami, love me? Swami's answer is, "I am love. I can't but share love, give you love. And that love is inexhaustible." Yes! *Dayasagara*, *Premasagara* means the same: the ocean of compassion and the ocean of love.

Many of us think that we are carried away by His sayings or teachings. It is partly true, but not totally correct. Because we love Swami as He is. Our love towards Swami is transcendental. It cannot be limited to listening to His talk alone. Listening to His talk is just one factor. We love Him as He is. Yes! And so, we are not able to explain Swami's love if anyone asks us all of a sudden, because our feeling of love is transcendental, meaning beyond the mind and intellect.

So, we should be open to our Master, so that we can receive Swami's love. We should be open to Him. Because sometimes with a closed mind, having all prejudices, carrying all this, how do you expect to receive love from Him? And when we are open, Swami also will receive our love. In being open, there will be the flow of love in both the directions. Then you will enjoy the shower of love. How wonderful! This is incomprehensible. We cannot understand, un-understandable.

So, at least those who can know a little can understand Him. And with that little understanding, we will enjoy the total love. Something like just a little sugar, very little sugar collected by a spoon, will give you the idea of the sweetness of the whole lot of sugar. A little taste of sugar is enough. A little understanding of His Divinity is enough to have total love. At the same time, that is incomprehensible, inexplicable, and indefinable. How can you define Swami's love? Impossible! How can you explain Him to anybody? He is inexplicable, and His love is beyond the reach of your mind, incomprehensible. Therefore, we should recognize that and bask in His love forever and ever.

Suppose if anyone asks you, "Come on, show and prove His love!" You just smile at him because it is unprovable. It is not a chemistry laboratory where you can prove everything. It is not merely a principle of science. No! This has to come to one's own

experience, which is unprovable, because the experience lies somewhere deep in your heart. And there is established a holy communion between you and Swami.

Therefore, we are in tune with our Bhagavan. Our heart beating is the same of our Bhagavan. It is not casual, it is not causal, it is not usual. We feel the heart rhythm beat of the rhythm of our heart and Swami's heart being the same, when we are in perfect tune with our Divine Master, Bhagavan Sri Sathya Sai Baba. And this relatedness, this kind of intimacy, this sort of proximity is beyond the material calculation and material estimate. A simple thing is how we are connected. How do we know? How am I connected to Swami? How do I know? How does Swami know what I need? What I want? What do you mean by this relatedness?

A simple example: In our families, the wife knows the needs of the husband. She attends and supplies to him at the right time, whatever he requires. Similarly, the husband knows what the wife expects from him and he will try to make her as happy as possible without telling because there is an inner connectedness between wife and husband. This we experience as householders in our family life.

Same is the case with a devotee and Bhagavan Baba; that we have got to understand. If we want to understand through the material sense and estimate, there we are lost. Why? Take another example. Here is a candle; the candle is burning. I take a small candle very close to that burning candle. Naturally, my candle is also going to light up. Yes! Like that, when once I am close to Bhagavan, I am also radiant and full of light and delight. In a similar way, one candle is enough to light thousands of flames. So also Swami is lighting millions of flames as we see world across.

But only thing that's required is we have to lose our ego. We are headstrong. The head is full of ego. When there is full ego, there is nothing to be taught to you. You can never be transformed. But when you are free from that ego, you will be a new person from that moment. And you are ready, you are ready. And in that state of readiness, you are affirmative, saying 'yes, yes' to our dear Swami.

We should also understand that our body is one river. The mind is another river. And in one sense, they are visible and gross. But the third river is the reality. And this you have to remember, this has got to be ignited or provoked from time to time. Then only it is possible to surrender to our Master. Until then, we'll be groping in the darkness.

Therefore, we should surrender wholeheartedly, yes, to our inner core. In this awareness slowly, slowly, we'll come to know the gross surrenders to the subtle. The manifest surrenders to the un-manifest. The created surrenders to the un-created. Time surrenders to eternity.

Surrender is not a loss. While surrendering one, you will gain of the other. By being with the Master, we'll have that feeling; we have the Divine experience of His touch and feel Him. We can be very calm; we can come very close to Him. And Divine Master looks through His eyes, deep into our eyes. This is what we find during *darshan* time when Swami looks at a devotee. Yes, they look straight into each

other. That is what we call melting of the energies of the disciple and the Master. Yes! Let us in the spiritual field hold His hand, and as He promised at the age of fourteen, that He will take us to the unknown areas of bliss where we have never been.

Therefore, it is not simply a conviction. It is not simply a commitment. But it is something more that we have got to understand. We must get involved. The real feeling comes when we enter into that field. This has got to be experienced personally. Millions of devotees have experienced this.

Well, here what I mean is that it is not limited to Prasanthi Nilayam. You can feel Him from anywhere. You can feel His touch from anywhere. You can feel His love from anywhere because He is totally Divine. It's a matter of a spiritual love affair, what we call 'Divine romance'. And in this, there is no space and time. Both of us, the devotee and God, Bhagavan are linked and joined. And we feel Bhagavan assuring us that He will take our responsibility in full.

We don't need to worry about it. We don't need to feel anxious about it. No scope for fear because He has taken upon Himself as His own responsibility. But constantly we should remember one thing - we have to: **God helps those who help themselves.** God helps those who help themselves. So, we have to make our own attempt to save our own selves. And then receive Swami's help. If you don't do your little bit, you cannot expect the divine to flow towards you.

Swami says you have to use at least your little finger to cut the butter. Therefore, you should do your lot. Yes. Then everything is possible. And here the role of the Divine Master Bhagavan Baba is this: He will show you the way, but it is for you to walk. It is for you to walk. You cannot expect Him to carry you in His arms. Just as the lights along the road will show you the direction, just as the milestones will indicate to you the direction, in a similar way, Bhagavan will be showing us the way and the direction. It is for us to make our effort, to follow our own pursuit, to walk along with His Divine guidelines.

So, help ourselves and help our Lord, to help us in turn. Help Him to help you by doing your own lot.

Thank you very much. Meet again.