

OM SAI RAM!

Welcome to Prasanthi Sandesh,

PODCAST 239, MIND YOUR THOUGHTS

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*The following text contains excerpts from Prof. Anil Kumar's book
"Sai-Chology," pg.257-263*

THE PROCESS OF WORSHIP

Bhagawan made this very beautiful statement: When we look at Swami's picture and think that we are worshipping that picture alone, we are only practicing picture worship. On the other hand, if we visualise that picture in our heart, we internalise the picture. The picture is **in** us. We **are** the picture and the picture **is** our noble Self. Then only One remains. That is the process and purpose of worship. But we don't do that. Rather, we prefer the external trappings of worship, like getting the attention of people and their appreciation of our devotion.

Our mode of worship should be altogether different in the light of what Bhagawan has said. We do not worship the picture for the sake of the picture. The picture in front of us is internalised in our heart. We get lost in the process of preserving it in our heart. Then we and the picture within are one and the same. That is the end, the purpose and the objective of worship. Thus, Swami has declared that everything is based on our thoughts.

WHERE IS SWAMI?

Some people asked, "Where is Swami? Where is Swami?" When I was in Bangalore as Principal of Baba's College, there was one deputy warden.

Whenever Bhagawan was due to go to Bangalore, they would receive a number of phone calls asking, "Where is Swami?" People want to plan their journey, so they ring up to find out His whereabouts.

When he used to get a telephone call, asking, "Where is Swami?" He used to reply, "Where is Swami? He is everywhere." Then the other person would say, "No Sir, I know He is everywhere. Physically, where is He?"

He is everywhere. Baba gave an example about Himself. Suppose that after asking, "Where is Swami?" you answer, "He is in Puttaparthi." What does that mean?" It means that your mind has gone to Puttaparthi and thinks of Swami there. But this is not the correct answer.

Baba has said that the correct answer to the question, "Where is Swami?" is "here (*Ikhada*); there (*Akhada*); everywhere (*Yekhada*), only One (*Okhadey*)." "Here, there, everywhere, there is only One, Sai Baba."

WHEN WILL IT HAPPEN?

People ask, “Swami, when will it happen? When will I become one with You within? When will we realise that God is everywhere?”

Bhagawan illustrates this point in this manner. The Cauvery River passes through Karnataka and Tamil Nadu and it branches off into several tributaries. Finally, it merges into the sea. When the Cauvery merges into the sea, it no longer has a separate identity.

The mind will get divinely saturated only when we become one with God and merge with Him and thus forget ourselves by losing body attachment. We should cultivate that deep feeling and thought and fill our minds with the divine, so that we can rise to the sublime state, according to Bhagawan.

OUR THOUGHTS GO ON CHANGING

Another statement that Swami has made is this: “This morning you have one thought; by evening, the opposite thought will arise. Positive, negative and neutral thoughts, that is all. Our thoughts go on changing.”

Baba says, “Your thoughts change, but I remain one and the same forever and ever. I am always one and the same. Your thoughts change. When your thoughts are positive, you say, ‘Baba, You are great.’ When your thoughts are negative, you will say, ‘I am going to leave tomorrow. I have reserved my ticket.’ So, your thoughts change, but God will never change. The change is in you. The change is in the world, not in God.”

Swami gave one example: “G-O-D. The word ‘God’ has three letters. In combination, the three letters, G-O-D, make this word, God. Once you say ‘God’, you begin to think of him. Similarly, when you are in deep thought of God, you will certainly experience His manifestation in front of you. You will surely see His physical form because it is the thought that creates the form. You have to transform your thoughts, because thoughts are the basis for any form.” That is what Bhagawan says.

GOD HAS DIFFERENT NAMES BASED UPON YOUR THOUGHTS

Later, Swami started explaining, “When your thought is focused on sound, you feel that God is sound itself – *Sabda Brahma Mayi*. When you think that God is mobility, then you feel that God is movement – *Chara Chara Mayi*. When you say that God is light, you will call Him *Jyotir Mayi*. If you say that God deludes you, you will call Him *Maya Mayi*. When you feel that God is plenty, affluence and prosperity, the name is *Srimayi*. And if you say God is eternal bliss, you will call him *Nithyananda Mayi*. If you say God is supreme, He is *Paratpara Mayi*.

These are all your understanding of God. These are all your thoughts. One thought says He is light. Another thought prompts you to say that He is sound. A different thought promotes your feeling that God is abundance. So, based on how you think about God,

you give Him different names. The name God has different names, based on your thoughts.”

Further, He gave another example: “A person who was an expert in drawing pictures, wanted to draw a picture of Ganesha. What did he do? Immediately he imagined the trunk. He started thinking of a big, broad belly and then started drawing. So, his drawing is based upon his thoughts. Similarly, the manifestation of Divinity, your experience of the form of God in front of you, is based upon your thoughts.”

GOD IS ONE

Swami gave another example: “Here is some pure gold. What should you do with it? You should heat it in order to melt it. Once the gold has taken liquid form, you can put it in a mould of your design, so that it becomes a jewel or an ornament. A jewel or ornament is made out of gold as per your design.”

Baba gives yet another example: “Here is gold. You made it into a ring. Now I ask you, ‘Where is the gold?’ you say, ‘The gold is a ring now’. After some time, you will change this ring and make it into a chain. Where is the gold now? It is in the chain. So the gold, the ring and the chain have changed their forms, have changed their names and have changed their location. The chain is around the neck, whilst the ring is on the ring finger. You don’t wear a chain on your finger! This is universal. So, ornaments are many, jewels are many, but gold is one. Similarly, God is one but you may call Him by the name of your taste and choice.”

GOD IS EVERYWHERE

Bhagawan has also said, “You can develop this feeling of Divinity, this feeling that you are God, if you start thinking, ‘This is not my body; this is Your body.’ ‘This is not my life; this is Your life.’ But on the other hand, if you have this dual feeling that this is your body and this My body – mine and thine, you and I – then you will be led to doubt. Thoughts and feelings of duality lead to doubt and a ‘doubting Thomas’ can never find lasting peace. We should understand that. As God is everywhere, you have to be reverential and respectful towards everybody. Even if you come across your enemy, you should be able to say, “Hello. How are you?”

So, we should be able to say “Hello’ to our enemy also. With such an attitude, the enmity will vanish and there will be no more hatred. With just a simple “hello,” all the turmoil within will settle down.

On the other hand, if our ill will and enmity towards others continues, we become stressful and the hostility escalates. If we think that God is in everyone, we should be able to “Love all and serve all”. According to Bhagawan with such divine feelings we shall truly be successful in our life.

HOW TO EXPERIENCE INNER SILENCE?

Another boy put this question: “Swami, how is it possible to observe and to experience inner silence?”

Bhagawan replied “As you don’t observe outer silence, how can you observe inner silence? First, observe outer silence, then you can experience inner silence.”

He gave this example: “It is not enough if you think that you are the Self. You should be convinced of the fact that you are the self; that you are the *Atma*. That feeling that ‘I am the Self, the *Atma*, the spirit’ makes you experience silence. It is possible to abide in silence if you think that God is within you. But if you think that the world is in you, you may be silent outwardly, while disturbed within; and ultimately, you become a mad cap! That should not be the situation. The inner silence is possible provided we feel God within our heart.”

EXPERIENCE DIVINITY

Baba also said: “If you say, ‘Sugar, sugar, sugar’ loudly, would you know the taste of it? No. You should put it on your tongue. You should taste it and only then you will say, ‘Oh sugar is sweet.’ If someone further asks, ‘How sweet is it?’ the answer is ‘Sweet’. That is all” Therefore, the reality may be experienced but it will never find expression.

More inspirational words and practical advice in the coming session.

Thank you for your time!

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