

**Between You and Me – Prasnothari Q&A Session
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Om Sri Sai Ram!

We would like to have a series of questions and answers under the title “***Between You and me***” or “***Prasnothari***”.

Dear friends, we should be aware of the Sai message and philosophy. It is most essential and necessary today to spread the Sai message and Sai philosophy. Therefore, it is in this direction, we’ll have a session entitled “***Between You and me***”. Here, we have questions and answers, just as you have in a quiz program.

We are living in an age of computers. Everything should be instant. We want instant foods. We want instant coffee. Everything should be instantly supplied. It is in this direction, I would like to present before you, Questions and Answers, so that you can make use of these things for Bal Vikas and study circles, or even for devotees. This is very essential, and essences and answers are going to be very, very brief, the briefest ever possible. In other words, the answers are “nuggets” of wisdom, or “Sai Gems”, if I may put it like that. Now, I’ll start straightaway.

Question 1: We have so many purposes in life. Some want a position, some want scholarship, and some want riches, acquisitions, possessions. These are all different aims and objectives of different people across the globe. The question is this: Spiritually speaking, what is the purpose of life? **What is the purpose of life?**

According to Bhagavan Baba, the purpose of life is Self-Realization. We have been thinking that I am the body, I am the mind, I am the intellect. NO! Know that you are the self. So the purpose of life is self realization.

Now I pass on to question number 2. We have been struggling hard to be happy in whichever field we are in, or whatever profession we have taken up, for that matter. But, the more we want to be happy, the more we are away from that. What does Baba say about this? The question is: **Where is happiness?**

Swami says, true happiness is union with God. True happiness is union with God. What do you mean? The contemplation, or singing His glory, or reading His literature, amounts to union with God. So, what is true happiness? True happiness lies in union with God.

Now I pass on to question 3. We, in the spiritual field, want to attain this state of immortality. We want to be immortal. You may call it Nirvana, or you may call it Moksha, whatever you may call it. Immortality (Amrithathva). So, **what is the way to immortality (Amrithathva), the deathless state, that immortal state?** That is the question.

The answer is this. The removal of immorality is immortality. Removal of immorality is immortality. That is the answer, provided by our Bhagavan. Mind you brothers and sisters, the answers are from Sai Literature and Teachings only. This way, it will help us to make in-depth study of Sai literature and teachings.

Now I pass on to the fourth question. **What is the best way to God?** What is the best way to God? When people have so many methods to follow, the teachers and Gurus, the saints and seers, have shown us different paths and different ways to attain God, and to reach God. So, what is the best way to God?

Bhagavan says, the simple answer is "Love All and Serve All". Love All and Serve All is the best way to God, according to Bhagavan. That's the reason why all Sathya Sai organizations all over the world have taken up this service in a large scale.

Now I pass onto the 5th question. **Where is the temple?** Yes, people may go to a church if they are Christians, or people may go to a masjid if they are Muslims. They may go to a Gurdwara if they are Sikhs, or one may go to Tirupathi, Balaji, Venkateshwara. These are all the different temples for us, the devotees, depending upon our faith. So we may go to any temple, but what is the true temple? Where is it?

Bhagavan says, Pure Heart is the temple of God. Pure Heart, the temple is within you. Pure heart is the temple of God.

Now, I pass on to question number 6. Swami speaks to us. Bhagavan speaks to us. You may have faith in Rama, Krishna, Christ, Allah, or Jehovah. Whosoever may be the presiding deity. The God within you speaks to you. God within you speaks to you. What you call the "inner voice" or Atma Prabodha - the inner voice. How can we listen to the inner voice? We are already busy with outer noise. So we are not able to listen to the inner voice. So, **what is the way to know the inner voice and listen to the inner voice?**

Swami's answer is this: It is only in the depth of silence you hear the voice of God. In the depth of silence, it means not merely outer. Silence is also inner silence, which means the "thoughtless state."

Then, we go to question number 7. **There is a principle in life that governs our life and that monitors our life, from which we can never escape.** We have to, that's all. In other words, we have to face the consequences of our actions. You cannot run away.

Baba repeatedly said that life revolves around these three. What are they? Reaction, reflection, and resound. As is the action, so is the reaction. As is the object, so is the reflection. As is the sound, so is the resound. So, whatever you do, you have to face the consequences. So, as you sow, you reap. So, you reap according to the seeds that you sow there. So, life revolves around the three principles: reaction, reflection, and resound.

Now, I pass on to the next question, number 8. **What are the body and the mind?** We think everyone, most of us may think that “I’m the body”, and try to take care of it in every possible way. And some people may think, “I’m the mind”, because I have got thought extended all over the world. I’m very sharp in my intellect. I’ve got a sound mind. So, we identify with the body and the mind. So, the question is: What are the body and the mind?

Bhagavan tells us, “Body is a water bubble, Mind is a mad monkey”. That is the answer.

Now, I pass on to question number 9: **What is love?** What is love? Volumes can be written. We can speak on this subject with words for hours and hours. But Bhagavan gives a beautiful definition, an unparalleled definition. What is love?

Selflessness is love. Selflessness is love. Lovelessness is ego. Where there is self or selfishness, there is no love at all. So, selflessness is love. Lovelessness is ego.

Then, question number 9: We have got a long journey in our lives. Some of us have traveled three fourths of our journey and some have got a long journey. They are long journey passengers with a long journey ahead of them. So, **what is this journey common to everybody, spiritually speaking? Life is a journey. What is it?**

Swami gives an answer. It is life, a journey from I to We, and a journey from We to He. So, I should travel towards We, the community, and We should travel to He, the Divinity. That is the life journey.

Then, question number 11: This is the question. **What is the way to attain God?** What is the way? People speak of so many paths, so many ways; but according to *Sanathana Dharma*, if either of the two is followed, any path of devotion, you will reach, you will attain God. You will realize God, or you can follow the path of yoga. So, one of the nine paths of devotion, Navavidha Bhakti Marga, or Yoga Marga, one of the two will do, to attain God and to realize God.

Then, question number 12: **Everyone says, I’m that, I’m that, I’m that and this. What is this I, spiritually speaking?** Spiritually speaking, on inquiry, what is your conclusion? **What is this I?**

Swami’s answer is, “That I is Atma, or the self.” This Atma or the self is universal, and is not merely the body, the mind, intellect, or senses. NO. So, I is the self or Atma, which is universal.

Then, question number 13: **What is the purpose of education?** We get ourselves educated, attain very high degrees in life. What is the purpose of education?

The purpose of education is concentration. We should be able to concentrate. If one cannot concentrate, he is uneducated, or illiterate. Education should help you to

concentrate. Then, the question arises: **What is the aim of education?** When the purpose is concentration, what is the aim of education?

The aim of education, according to Swami, is character, because a characterless education is useless. So, character, that is important.

Next, question number 15: **What is culture?** Culture. Well, we speak of civilization, with regard to style, dress, manners, and etiquette. That is all civilization. But, that which amounts to values is culture. So, what is culture?

Swami gives this answer. The end of culture is perfection. Perfection is the real culture in the strict sense of the term.

Then, next 16th question. **What is true business?** Many of us take to business, and earn profits. Then, what is true business? Well, how to do business, actually?

Swami tells us that business has to be undertaken, following the norms and the rules, without losing morality. There should be morality in you if you want to be a true businessman. That's what Bhagavan says. Therefore, business without morality is not only useless, but dangerous to society.

Then, question number 17. **How should be the politics?** We know how the politics are today. People go on changing their loyalties. People are totally selfish. How they change from one party to another party, only with selfishness and self interest. Then, what is the real way? What is the thing that will be considered in politics?

Swami says, "Politics should have principles. Politics without principles are useless and dangerous. Therefore, politics should have some principles, basically for others to emulate and copy".

Then, the 18th question: Today, we have atom bombs, nitrogen bombs, and all kinds of ammunition with us, plus unmanned spacecrafts, so that we can destroy any country from any long distance. So, science and mythology have taught us to be more destructive. But it is not necessarily so. Science and technology can be used as we have been for the growth of humanity, for providing comfort and conveniences, and finally, happy living. So, **what is it that this kind of science and technology should have basically?**

The feeling of humanity, the humanness, the human quality, science with humanity, is absolutely necessary today.

Like this, we'll have question and answer sessions as frequently as possible, which will provide you with the answers based on Sai Literature. Thank you. Sairam.