

Offered with love and gratitude at the lotus feet of

Bhagawan Sri Sathya Sai Baba

Letters from Swami: An Infinite Flow of Love and Wisdom

Swami has given a multitude of beautiful discourses, often to thousands of people at a time. He has also taken the time to share His guidance with individuals, couples, and small groups through personal letters. These nine letters give us a taste of His guidance so we can know in our hearts that the same personal wisdom from our Guru is available to every person, at any time or place.

Contents

There was no one to know who I am	3
Come one, come all!	4
Become a true bhakta, a true jnani	7
Non-differentiating vision is wisdom (Abheda Darsanam Jnanam)	10
Religion is the movement towards perfection	13
We must encourage people to correct themselves by highlighting the good points	14
Realise the heaven within you	17
From the Divine parent	18
The bird with you, the Wings with Me	20

There was no one to know who I all .

Till I created This world at my pleasure with one word immediately mountains nose up immediately nivers shaled running earth below and sky over its head ocasus, seas lands and watersteds sens moon and desent sands sprang up from on where to prace my existance cause all forms of human beings mankind beasts and being flying speaking heaving and all powers were bestowed upon their under my orders. The first place was, granted to mankind and my knowledge wees placed in (this) mind.

Come one come all let us not be ungraliful called. Let us fait fully serve (SAI) thin and love their love their love their soil Blumgs.

Letter to Sri R. Chatterji of the Sri Sathya Sai Organization of Kolkata (Source: Sathyam Shivam Sundaram, part 4)

There was no one to know who I am

here was no one to know who I am, till I created this world, at my pleasure, with one word. Immediately mountains rose up, immediately rivers started running. Earth below and sky over its head. Oceans, seas, lands and watersheds. Sun, moon and desert sands sprang up from nowhere to prove my existence.

Came all forms of human beings, mankind, beasts and birds flying. Speaking, hearing, and all powers were bestowed upon them under my orders. The first place was granted to mankind, and my knowledge was placed in [His] mind.

Come one, come all. Let us not be ungrateful called. Let us faithfully serve [SAI] and Love Him, Love Him, Love Him.

With Blessings Sri Sathya Sai Baba

- How do you see unity in diversity? How do you connect with Swami?
- When you hear Swami's message, "Love all, serve all," what comes to your mind and heart first? How do you practice this in your daily life?



Come one, come all!





Come one, come all!

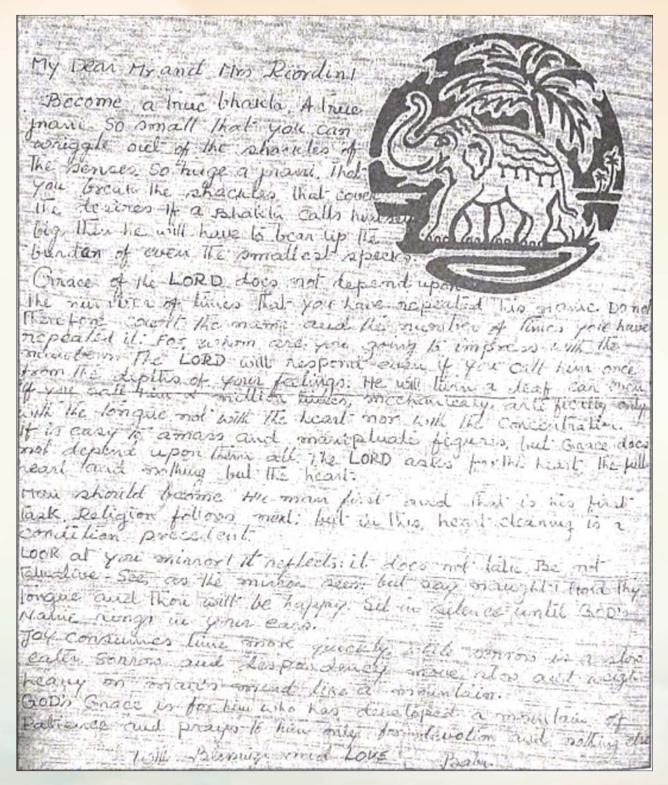
See in Me yourself, for I see Myself in all of you. You are My life, My breath, My soul. You are all My forms. When I love you, I love Myself. When you love yourself you love Me. I separated Myself from Myself so that I may be Myself. I separated Myself from Myself and became all of this. So that I may be Myself. I wanted to be Myself, that is, Anandaswarupa, Premaswarupa. That is what I am. And I wanted to be that. How can I be Anandaswarupa and Premaswarupa? And get Anand and give Ananda? And get Prema and give Prema? And to whom am I to give Ananda and to whom am I to give Prema? So I did this. I separated Myself from Myself

(Source: Prema Dhaara 1, p. 32-33)

and became all this.

- How do you share your happiness and love with others?
- Have you ever had the you could say, "When I love you, I love Myself; When you love yourself, you love Me"?





(Source: Prema Dhaara 3, p. 157-8)

Become a true bhakta, a true jnani

My Dear Mr. and Mrs. Riordin!

Become a true bhakta, a true jnani. So small that you can wriggle out of the shackles of the senses, so huge a jnani, that you break the shackles that cover the desires. If a Bhakta calls himself big, then he will have to bear up the burden of even the smallest specks.

Grace of the LORD does not depend upon the number of times that you have repeated his name. Do not therefore count the name and the number of times you have repeated it. For whom are you going to impress with the number? The LORD will respond even if you call him once from the depths of your feelings. He will turn a deaf ear even if you call him a million times mechanically, artificially only with the tongue, not with the heart nor with the concentration. It is easy to amass and manipulate figures, but Grace does not depend upon them all. The LORD asks for the heart, the full heart and nothing but the heart.

Man should become Human first and that is his first task. Religion follows next; but in this, heart cleaning is a condition precedent. Look at your mirror! It reflects: it does not talk. Be not talkative - See as the mirror sees: but say naught! Hold thy tongue and thou will be happy. Sit in silence until GOD's name rings in your ears.

Joy consumes time more quickly, while sorrow is a slow eater. Sorrow and despondency move slow and weigh heavy on man's mind like a mountain.

GOD's Grace is for him who has developed a mountain of patience and prays to him only for devotion and nothing else.

With Blessings and LOVE, Baba

- What are the "shackles" that prevent you from being connected with the Divine? How have you tried to free yourself from those shackles, and how have you succeeded?
- Swami is advising us to simply "sit in silence until God's name rings in your ears." How do you build the patience and faith to just sit and receive God's grace? How would you know if you received His grace if you do so?



Bhagaban





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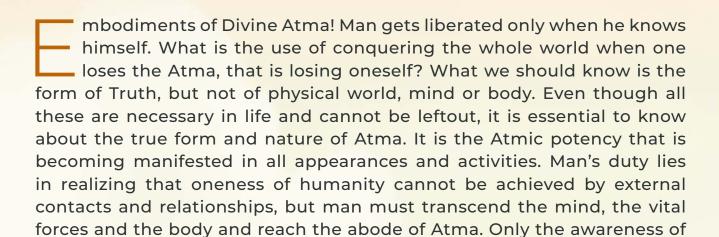
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Non-differentiating vision is wisdom

(Abheda Darsanam Jnanam)



Liberation for humanity depends upon the integrated development on an individual as well as collective basis. An individual gets emancipated only when the spirituality behind human birth is realised. Otherwise, one will grope in the ignorant mental and lifeless fortifications and useless pursuits and will perish.

Atma permeating body and mind will lead him to the Divine state.

Towards this great mission, efforts must be made to develop tools that improve humanity's external life and social behaviour. Spirituality should not be construed as spending a lonely life. It involves consideration of the entire humanity as a single entity of Atma, and to love it as such. It also involves sowing seeds of love among humans, blossoming flowers of tolerance and providing fruits of peace to the society. The religion of Bharat is acceptance of humanity. It is the result of efforts of saints.

The first step of Devotion (Bhakti) involves elimination of hatred towards anybody, avoidance of hurt to living beings and to help the destitutes consideration. He who inflicts sorrow to living beings and worships God, can never become a devotee. If one casts aspersions at others and meditates on God, how can he be considered as a spiritual aspirer? The mark of spirituality is to realise the truth that the same God whom one is worshipping is shining in all in the form of Atma; and to eliminate hatred, jealousy, pomp and ego. One must also ignore defects in others and must recognize good in them. This kind of quality is a Divine quality; and is a true mark of spirituality. Srishti (creation) is turning into good or bad in accordance with our Drishti (sight or outlook). Our own thoughts

are reflecting on external things. The cause for good and bad is our own thoughts or feelings but not others. This is the aspect that is to be considered first and foremost.

A heart of compassion is a temple of God. Money, gold, materials, vehicles and positions are like passing clouds. It must be said of those who rely on them, as crazy people. Those who lead a life relying on heart are like lions. Those who rely on physical strength are like sheep. They have to spend life in fear and worry. Those who lead a life basing on their own goodness will be fearless and will lead a life in constant happiness. The proper path involves expression of unified Atma and Divinity.

God is not grasped or realised through superficial attires and displays. He only looks at your feeling (Bhavam) but cares not your external (Bahyam) show. The external look is that of animal (Pashu), while the inner look is that of Ishvara (Pashupati). Therefore, devotees will grasp Jnana (knowledge) by cultivating inward look. "Abheda Darśanam Jñānam" (Non-differentiating vision is Wisdom). May you (all) discard differentiating vision, develop non-discriminative outlook and become eligible for Grace.

Thus, Sathya Sai

INSIGHT & DISCUSSION QUESTIONS:

 Swami is very clear that "Liberation for humanity depends upon the integrated development on an individual as well as collective basis. It involves consideration of the entire humanity as a single entity of Atma, and to love it as such."

What do you do to focus on collective spiritual growth, not just on your individual enlightenment?

Swami says, "The first step of Devotion (Bhakti) involves elimination of hatred towards anybody, avoidance of hurt to living beings and to help the destitutes... Devotees will grasp Jnana (knowledge) by cultivating inward look (non-differentiating vision is Wisdom)."

How are you cultivating this non-differentiating vision in your life?







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Peligion is not a dogmatic faith, but the recessary conduct implied in the movement towards perfection therefore, religions transmit the different forms laken in practical life by different Temperaments. In this sense, no true of religion is the afficient will not freedom in the light Religion is the attitude of reverence which based on the relationship that exists between many the supreme Being. Then and the Supreme Being. Then and the Supreme Being. This reverence because of the different forms in different persons the relation that is between many and the Supreme Being. This reverence

Si Salty Sai bata Camp "Brindavan" Bangalore

Religion is the movement towards perfection

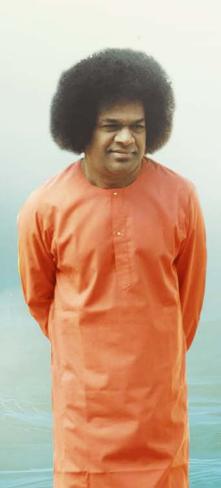
My Dear! Accept my Blessings and Love.

Religion is not a dogmatic faith, but the necessary conduct implicit in the movement towards perfection. Therefore, religions cannot really contradict one another. All religions are the different forms taken in practical life by the one aspiration for perfection working through different temperaments. In this sense, no true freedom is possible without freedom in the light of religion.

Religion is the attitude of reverence which human beings have towards the Supreme Being, based on the relationship that exists between them and the Supreme Being. This reverence may take different forms in different persons because of the differences in the conceptions of the relation that is between man and the Supreme Being.

With Blessings Sri Sathya Sai Baba Camp "Brindavan" Bangalore

- What do you see as the essential principles among all the various religions? If different religions share core principles, what, then, is the purpose of having different religions?
- What do you think you could learn from a religion that is different from the one you were raised in? How could you go about learning this?
- How can we be sincere and practise the religion we were born in and, at the same time, accept and respect other religions as valid paths to the same destination?



We must encourage people to correct themselves by highlighting the good points





Bhagawan Sri Sathya Sai Baba

TELE NO 30 BRINDAVAN WHITEFIELD-560 067 TELE NO. 36 PRASANTHINILAYAM P O ANANTAPUR DT 515134

My dear Hislop,

Accept my blessings. Your letter and the circular sent for the direction of devotees reached me. I am very happy that things are progressing well. I am glad you are healthy and active.

Hislop! It is not advisable to publicise defects by mentioning them specifically. These are subjects that can be dealt with indirectly, rather than directly. We must encourage people to correct themselves by highlighting the good points; for the very goodness will shame the others into giving up their vices. When others develop their faith in the right path, those who are in the wrong will also try to fall in line.

When we write about a certain defect in character and draw attention to it, undue importance is thereby given to the individuals. We are also likely to be misunderstood and maligned as prejudiced. Let us lay stress more on positive virtues and positive ideas among devotees in our Organisation – like love, service, brotherhood. Let these be the distinctive marks of our Organisation, making it distinct from the rest. Let us keep away from the undesirable and ignore it, steadily and silently. Discussing it and publicly condemning it will only soil us. Maintain the atmosphere of purity and divinity; there, evil cannot sprout or thrive.

I am happy that even at this old age you are so earnest and active in serving the Organisation. The Organisation in America is your responsibility.

Sai devotees have to give support to each other and share the labour. They must infuse into their groups love, courage, confidence, and a sense of sacrifice so that the Message can transform more and more into seekers and sadhakas of the Truth.

Dear Hislop! I bless that you carry on your programme of directing and developing the Organisation with success. I am highly satisfied with what you have done and are doing in this respect. Of course, such success always attracts obstacles, opposition and even vilification. But, do not pay them any attention. The diamond becomes brighter with the cutting of more facets. One's duty is to continue along one's chosen path and fulfil the task, with undiminished enthusiasm. Truth cannot fail to be valued and appreciated, one day or other. Be as happy as ever, whatever happens.

My blessings to your wife. Convey my love and blessings to Goldstein, Krystal, Sandweiss and others. Also to the Centres.

Will cove and Blumagi Sni Salti-Sai Bala (Bank)

(Source: J. Hislop, My Baba and I, p. 253-4)

- Recall a time when you felt judgmental or critical about another person's behaviour.
 Instead of mentioning the faults specifically, how could you "highlight the good points" and deal with that situation "indirectly rather than directly" (as Swami advises)?
- Where and how could you strive to be a better role model of positive virtues and ideas? What is an example of how you would speak and act in those circumstances?





Bhagavan Sri Sathya Sai Baba

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We shall be judged not by The creed we profess on the label we wear on the slo-gans we shout but by the work, the in dustry, the sacrifice, the honesty and penily of character. Realise The Heaven wittin you and all at once all the desires are fulfilled, all the misery and suffering is put an end to. Feel your self above the body and its environments above the mind and its molives, above the thought of success or fear. The greatcause of suffering in the world is that people do not look with in: They rely on outside forces.

Sni Saltie Sai Pon 30-9-80

(Source: Prema Dhaara 3, p. 200-201)

Realise the Heaven within you

de shall be judged not by the creed we profess or the label we wear or the slogans we shout but by the work, the industry, the sacrifice, the honesty and purity of character. Realize the Heaven within you and all at once all the desires are fulfilled, all the misery and suffering is put an end to. Feel your self above the body and its environments, above the mind and its motives, above the thought of success or fear. The great cause of suffering in the world is that people do not look within. They rely on outside forces.

With Love Sri Sathya Sai Baba 30 - 9 – 80

- How would you describe, out of your experiences, the state of "inner bliss within you"?
- When you look within, how well do you see the pure, holy being that you really are? How are you growing in selfawareness and insight into what Swami is saying here?

From the Divine parent

Dear Loved One,
You ask: How will you know when I am near you?

When on a sultry night everything is hot and still
The first cool breeze brushes your cheeks
I am caressing you
Think of Me.

When the pangs of hunger are satisfied And loneliness is pierced by happiness Think of Me.

The first sip of cool water I am soothing you

Think of Me.

When the cloud of death disappears
First on the opening of a baby's smiling eyes
Think of Me.

When I sprinkle your face with rain and wash the earth, the dry brown leaves
The first smell of clean rain, I am cleansing you
Think of Me.

When pain dissolves and fear disappears
Think of Me.

When steadfast eyes are horrified by the cruelties of life
The first glances of the silent setting sun, I am comforting you
Think of Me.

Then you ask how will you know when you are near Me?

When the burning sun has scorched you and the earth
The sand and dust fill your eyes
Not a silver of shade about
And you love Me.

When loneliness is accompanied by hunger and not one can be satisfied

And you love Me.

When your lips are cracked, your tongue feels like clay your throat seals up, there is no water about

Not even a mirage in sight

And you love Me.

When you hold a dying child with eyes pleading
And you love Me.

When you stir the ocean to a crescent You flounder in its depth like a leaf And you love Me.

When I take from you your most cherished possessions On the first loss of your sight darkness envelopes you And you love Me.

For everything you see, hear, smell, taste or touch belongs to Me. So how can you give to Me what I already am, but your love? And that I gave to you before time began as your sole possession. When you return it to Me, then will I know you are truly Mine and I will dissolve your sorrow and happiness into Me. That....being Me, I will place you in bliss forever. For, I love and think of you constantly.

From your most loving Father

(Source: Prema Dhaara 1, p. 2-4)



- Have you had experiences where you thought about and felt the presence of the Divine? How do you nurture your ability to have this kind of experience more often?
- Have you had experiences where you were in distress and could feel the love and grace of your chosen name and form of God? How do you nurture your ability to have this kind of experience more often?



The bird with you, the wings with Me



The bird with you, the Wings with Me
The foot with you, the Way with Me
The eye with you, the Form with Me
The thing with you, the Dream with Me
The world with you, the Heaven with Me

So are we free, so are we bound
So we begin and so we end
You in Me and I in You

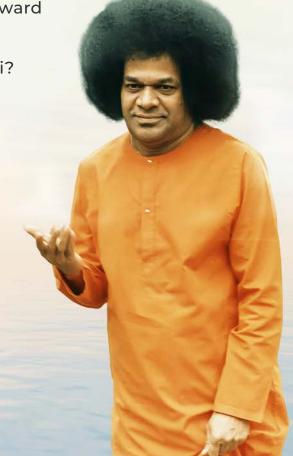
Baba

(Source: Prema Dhaara 1, p. 9)

INSIGHT & DISCUSSION QUESTIONS:

 Swami describes a way of seeing life that is infinitely more expansive than our typical, limited view. How can you make progress toward experiencing life as Swami describes?

· How do you experience oneness with Swami?





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