



SRI SATHYA SAI INTERNATIONAL ORGANIZATION

# GURU

P O O R N I M A

*an infinite flow of love and wisdom*



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.

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There 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 on where to prove my existence  
came all forms of human beings man and  
beast 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 <sup>us</sup> ~~us~~ faith fully serve (SAI)  
Him and Love Him Love Him Love Him

With Blessings

Sri Sathy Sai

Pam

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



**T**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*

## **INSIGHT & DISCUSSION QUESTIONS:**

- 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  
and became all this.

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

## INSIGHT & DISCUSSION QUESTIONS:

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



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 of a shakta. Calls himself big, then he will have to bear up the burden of even the smallest speck.



Grace of the LORD does not depend upon the number of times that you have repeated His name. Done therefore is not the name and the number of times you have repeated it. For whom are you going to impress with the name? 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, with the tongue 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 the man first and that is his first task. Religion follows next; but in this, heart cleaning is a condition precedent.

Look at you mirror! It reflects; it does not take. Be not evaluative - 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 induction and nothing else with Patience and LOVE. Ishta.



# 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

## INSIGHT & DISCUSSION QUESTIONS:

- 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?





Bhagawan  
Sri Sathya Sai Baba

BRINDAVAN  
WHITEFIELD  
PHONE NO. 33

DATE

దివాన్ శ్రీ పద్మావతి గారు ఆశ్రమము తెలుపి కొంతకే తలుపు వసుమతూరప్రభు, ప్రపంచమునుండ యును నయంబు. ఆత్మను వ్రాసియు కొంత వ్రాసి యేగా ఉచుండుగాని శాస్త్రమున నీ యెవలనో భవము? మనము తెలుపి కొంత కలవిక ది ప్రవర్తనగాక మనోకాన. పొడకడ్రుంపమును మన వ్యతిరేకమును, కుర్చి గాదు, ఇత్యయలు జ్ఞానములు అనావలసివైచును. ఎటువంటి వైచును. గోత్రంబుకీ ఆధారమైన ఆత్మకర్మములును. ఆత్మ ప్రవర్తనము లను తెలుపి కొంత కలవియంబును. ప్రవర్తనము యెక్క ఆత్మ బలము గుంపముల యుండును. ప్రవర్తనముల యుండును ప్రకృతి మనుష్యుని మానకముల యెక్క వికృతులు ఆంధరంబుకీ సకలములతోకానో కానో కలము భాగ్యంబు సకలముల కలన గావోకనని యు మానవుడు మనః ప్రాణాకాశములను మింబు ఆత్మ ప్రకంబు ప్రకృతికనని యు. ఆత్మ ప్రకంబులను జేసా మనంబుల ప్రకృతికంబు మానవుడు కు తెలుసుకున్నాము నావలసివచ్చును. మానవుడు సుఖంబులను యుంబు అనేక అనకకర్మములు ఎటువంటివగును.

ప్రజ్ఞయంబును, సమర్థయంబును, సాధ్యముగానున్న మానకముల యెక్క ప్రకంబును, సంప్రదానమున యును నంబో మానకములను యెక్క ఆధారము యున్నది. మానకముల యెక్క ఆత్మకర్మములను, యుంబుకీ ప్రకృతి మనుష్యులను పడగలదు. ఇట్లుగా జ్ఞాన సమాధింబును కుర్చి యుంబును, జీవకలమును కలుపు మేలులను సగుంబు, ప్రకృతికంబుల నంబు కలసి వుండును.

ఈ సమాధి కర్మములను ఆనన మానకములను మానక భాగ్యజీవకమును, సంయమనకములను, ఎల్లంప యున్నంబు వుంబును. ఆత్మకర్మములను నంబుకలమును వ్రాసి యెవలనో జ్ఞానము గానో భాగ్యంబు గానో యుంబుకలములను వ్రాసి వ్రాసి యెవలనో జ్ఞానము గానో భాగ్యంబు. ప్రకంబును.



# Non-differentiating vision is wisdom

*(Abheda Darsanam Jnanam)*



**E**mbodiments of Divine Atma! Man gets liberated only when he knows himself. What is the use of conquering the whole world when one loses the Atma, that is losing oneself? What we should know is the form of Truth, but not of physical world, mind or body. Even though all these are necessary in life and cannot be left out, it is essential to know about the true form and nature of Atma. It is the Atmic potency that is becoming manifested in all appearances and activities. Man's duty lies in realizing that oneness of humanity cannot be achieved by external contacts and relationships, but man must transcend the mind, the vital forces and the body and reach the abode of Atma. Only the awareness of Atma permeating body and mind will lead him to the Divine state.

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.

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?





Bhagawan  
Sri Sathya Sai Baba

BRINDAVAN  
WHITEFIELD  
PHONE NO. 33

DATE: 21-4-74

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

# 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*

## INSIGHT & DISCUSSION QUESTIONS:

- 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  
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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.

*With love and Blessings  
Sri Sathya Sai Baba  
(Baba)*

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

### INSIGHT & DISCUSSION QUESTIONS:

- 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

Pasanti Nilayam P. O., Anantapur Dist., A. P.

We 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. Realise the heaven within you and all at once all the desires are fulfilled, all the misery and suffering is put an end to. Feel yourself above the body and its environment, 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

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

# Realise the Heaven within you



**W**e 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

## **INSIGHT & DISCUSSION QUESTIONS:**

- 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 self-awareness 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.

When your mouth is parched and you can hardly speak  
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)

### INSIGHT & DISCUSSION QUESTIONS:

- 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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