

Cultivate love in your heart

One who cultivates the crop of love in the field of one's heart is a true Christian, a true Sikh, a true Hindu and a true Muslim. In fact, he is a true human being on earth who cultivates love in his heart.

[Telugu Poem]

Embodiments of Love!

Love is the life breath of man. It is the consciousness in all the beings. It is the goal of human life. Human life is suffused with love. Unable to comprehend the eternal principle of love, man is weighed down by the physical, worldly worries and anxieties.

There is the principle of *Hiranyagarbha* within every individual. Hiranya means gold. When gold is mixed with other metals such as copper, silver, brass, it loses its brilliance, value, and identity. Then it becomes impossible to ascertain whether it is gold or silver or brass or copper. Similarly, man's

heart, which is *Hiranmaya*, is losing its brilliance, value, and identity on account of its association with *vishaya vasanas* (sensual desires). Consequently, it is impossible to ascertain whether one is a human being or an animal or a devil or a demon.

Life devoid of love is a devil's life

There is no love at all in human beings today. Life devoid of love is a devil's life. Can a man be called a human being if he has qualities of devils, demons, and beasts? Man is leading the life of a demon, unaware of the path of truth, righteousness, peace, and love. God has not created creatures such as devils and evil spirits. These are the creations of man.

Here is a small example. During the exile of the Pandavas, Krishna visited them to enquire about their welfare. He spent a night with them. The Pandavas had to undergo untold suffering during the period of their exile. Since they had Draupadi also with them, the Pandavas would keep vigil in turns for one hour each every night. Krishna also volunteered to keep vigil for one hour.

Dharmaraja wondered, "When You are the protector of the entire universe, what is the meaning in Your offering to do security duty for an hour to protect us?" But at the same time he cautioned Krishna saying, "Krishna, beware of the devil in the vicinity. My brothers and I encounter it every night. On many occasions, it tried to attack us. Therefore, we pray to you to desist from this act. You have come to enquire about our welfare. It is not proper on our part to put you in danger. So kindly take rest."

Krishna replied, "Dharmaraja, is this what you have understood of My divinity? On the one hand, you extol Me as the

protector of the entire universe and on the other you are apprehensive that I cannot protect Myself. You are worried that the demon will harm Me. Rest assured that no demon can touch Me. Therefore, permit Me also to join you all in doing the security duty.”

Having completed one hour's duty, Krishna sat on a rock smiling to Himself. Thereafter it was Arjuna's turn. He rushed to Krishna, a bit worried thinking that the demon might have attacked Him. Seeing Krishna smiling, Arjuna fell at His feet and enquired whether He had vanquished the demon.

Krishna replied, “Arjuna, I have never created demons and evil spirits. Then, how can the non-existent demons appear in the forest? The demon you are referring to is not a demon at all. It is just a reflection of the evil qualities within you such as hatred, anger and jealousy, etc. The anger in you is manifesting in the form of a demon. Its power is increasing in proportion to the intensity of anger in you.”

Good and bad are man's own creations

The evil qualities of man are the real demons troubling him today. Man is under the mistaken notion that demons exist and that they are responsible for his suffering. These are all nothing but creation of his imagination and psychological fears. In fact, it is only man who puts another man to suffering. There are no demons and evil spirits in this creation.

Arjuna realised the truth of Krishna's words and thereafter did not encounter any demon. Arjuna was beholden to Krishna for opening his eyes. He fell at His feet and expressed his gratitude. Good and bad are man's own creations.

After Buddha became a renunciant, he traveled far and wide. People were wonder-struck to see his brilliant and hand-

some form. Attracted by his effulgence, a lady named Ambashali approached him and said, "O great one, you look like a prince in ochre robes. May I know the reason behind your donning ochre robes at this young age?" Buddha replied that he had taken to the path of renunciation in order to seek the solutions to three problems: "This body, which is young and handsome, is bound to become old at some point of time and will be subjected to sickness and will perish ultimately. I want to know the cause of old age, sickness and death."

Impressed by his quest for truth, she invited him for lunch. In no time, the entire village came to know of this. The villagers started coming to Buddha one by one and requested him not to accept her invitation, since she was a woman of bad character. Buddha listened to all their complaints patiently.

Then he smiled and asked the village headman, "Do you also affirm that she is a woman of bad character?" The village headman replied, "Not once, but a thousand times I will vouch for the evil character of Ambashali. Please do not visit her house."

Holding the headman's right hand, Buddha asked him to clap. The headman said that he could not do so as one of his hands was in Buddha's hold and it was not possible for anyone to clap with a single hand.

Buddha replied, "Likewise, Ambashali cannot be bad by herself unless there are men of bad character in this village. If all the men in this village were good, this woman would not have turned bad. Therefore, it is men and their money that are responsible for the bad character of Ambashali."

Saying so, he wanted to know if there was any individual in that gathering without any trace of evil in him, so that he could visit his house for lunch. No one came forward. Then

Buddha said, “When there are so many bad men in the village, it is not proper to point an accusing finger at one woman. She turned bad due to bad company.” That is why it is said, “Tell me your company, I shall tell you what you are.”

Realising their folly, the people fell at Buddha’s feet and sought his forgiveness. Since then they started treating Ambashali as one amongst them. Inspired by the teachings of Buddha, Ambashali also took to the path of renunciation and led a pious life.

No one else is responsible for the good and bad in an individual. Each one is responsible for their own good and bad. Who is good, who is bad? First eliminate all that is bad in you and then imbibe all that is good. It is a sin to accuse others when there is a mountain of evil within you. The same sentiment was echoed by Jesus.

He is true human being who sees only good in others

Man today is not making an attempt to recognise the innumerable faults in him; instead he is magnifying the minutest faults in others. In fact, he is searching for mistakes in others with a thousand eyes. This is the sad state of man today. Man is losing his true identity because he has allowed the evil qualities to enter his heart. People today are more interested in finding others’ faults rather than seeing their merits. He is a true human being who sees only good in others.

He is a true Christian, a true Sikh, a true Hindu, a true Muslim, who cultivates love in the field of his heart. Unfortunately, today no one is sowing the seeds of love in his heart. Then how do you expect the harvest of love? How do you call a person a true Hindu if there is no love in him? When the members of the Viswa Hindu Parishad came to Me, I asked

them the meaning of the word 'Hindu'. Many answers came forth. One said, the word 'Hindu' refers to a person with compassion and righteousness. I asked them for the spelling of the word Hindu in English. They replied H-I-N-D-U. Then I told them: H stands for Humanity, I for Individuality, N for Nationality, D for Divinity, and U for Unity.

A true Hindu is one who embodies these qualities in him. Love is the underlying principle in all these five qualities. A true Hindu or a Muslim or a Christian should be the embodiment of love. Muslims pray "*Allah Ho Akbar*," which means *God is great*.

Islam means peace. So, a true Muslim is one who leads a peaceful life. Peace originates from a heart that is full of love. Without love one cannot be peaceful. So, for any caste, creed or religion, love is the basis. Love is *sivam* and *mangalam*, which means auspiciousness. Love does not hurt anyone. That which does not hurt is referred to as *savam* (corpse). The one with love is *Sivaswarupa* (embodiment of auspiciousness).

Do not distort scriptural teachings

Today we are celebrating *Sivarathi*. What does it mean? *Ratri* (night) is associated with darkness. The *Vedas* declare, "*Chandrama Manaso Jatha, Chaksho Suryo Ajayatha* (the moon was born out of the mind and the sun out of the eyes of the *Purusha*)."
Moon is the presiding deity of the mind. So, mind should be pure and unsullied. There is an immense significance in every statement of *Vedanta*. Confusion prevails when these are misunderstood.

There is a practice of sacrificing innocent and dumb animals such as goats, sheep, etc., on this day in the name of *yajna* and *yaga*. One day, a noble soul noticed some animals be-

ing taken in a grand procession. On enquiry, he was informed that they were being taken to the sacrificial altar. He asked the owner of the animals what benefit was derived from sacrificing the animals. The reply was that the animals would attain liberation as a result of being offered to God.

Then the noble soul said, “O man, your mother, your father, your wife and your son — all crave for liberation. Why don’t you sacrifice them and fulfill their desire in the process? Why don’t you grant liberation to the people who aspire for it instead of the innocent animals, which do not know what liberation means? If you firmly believe that sacrifice grants liberation, then why don’t you sacrifice your parents, your wife and your children?”

Attachment leads to suffering

Today, some people advocate the need for *bhajans*, charity, and service, saying that they confer *moksha* (liberation). If they really believe in what they are saying, why don’t they practice what they preach? It is easy to preach, but difficult to practice. *Moha kshayam* is *moksham*. (Total detachment is liberation). Attachment leads to suffering. So first and foremost, give up attachment.

Prior to their marriage, even if the girl is down with a serious ailment the boy is least affected. Subsequent to the marriage, if the girl develops a mild fever, the boy is extremely concerned. What is the reason for this? It is attachment. Before the marriage, there was no relationship between the two whatsoever. But after the marriage, the boy feels that she is his wife. It is only this attachment that is the cause of all suffering. The closer we move towards attachment, the farther we drift from liberation. Attachment should be within certain limits.

One who is immersed neck deep in water may be able to speak, but not a person who is totally immersed. Likewise, a person who is immersed in divinity completely will have no words to describe the glory of God. Only those who have understood God only partially will try to describe Him in various ways. You should immerse yourself completely in divine feelings and pure love. It is due to lack of love that there are today conflicts between individuals, villages, states, and countries.

Pravritti marga and nivritti marga

Vedanta declares, “Know thyself.” A person who follows *pravritti marga* (outward path) is interested in collecting information about others and their whereabouts. He keeps asking others “Who are you?” “Where do you come from?” etc. A person who treads along *nivritti marga* (inward path) looks within and enquires, “Who am I?” “Where do I come from?” *Nivritti marga* is positive and *pravritti marga* is negative in nature.

How can you expect positive results when your heart is full of negative feelings? External is the reflection of the internal. You will reap what you sow. Having eaten mango, how can you expect the belch of a cucumber? So, in order to get positive results you should fill your heart with positive feelings. Love, peace, and compassion, which originate from the heart, are positive in nature. All the negative thoughts are the products of the head.

Science and technology are associated with the head. Today technology has become ‘tricknology’, because you are traversing along the negative path. What is the use of having high intelligence in the absence of positive qualities?

*Man today has acquired all forms of knowledge,
yet he does not know himself.
In spite of having acquired various forms of
knowledge,
A mean-minded person cannot give up his evil
qualities.
All this worldly knowledge bolsters excessive ar-
gumentation,
But not total awareness.
After all, one has to die in spite of acquiring all
the worldly knowledge.
So, study that which makes you immortal.*

[Telugu Poem]

Today as the acquisition of worldly knowledge is on the rise, noble qualities in the heart are on the decline. What is the use of ten acres of barren land? A small piece of fertile land is better than ten acres of barren land. Develop at least one noble quality, which emerges from the heart instead of ten from the head. All the thoughts that emerge out of the head are useless. Most of the activities of the scientists are based on the head rather than on the heart.

Students are well aware of the fact that it was Newton who discovered the existence of the gravitational force. As a result of excessive dependence on head, Newton had to spend five years in a mental hospital before his death. So, you should not overstrain your head.

Today students spend most of their time in studies. While traveling in the car many a time, I have noticed small children carrying big load of books on their backs. You yourself can imagine the plight of the young children who have to stuff their heads with lots of information contained in the books. As

result, their tender hearts are being polluted with unnecessary information. So, your studies also should be within certain limits. Only then you can retain your intelligence and memory power.

Worst of sins is to search for mistakes in others

The feelings that emerge out of the heart are immortal and nectarine. But are you making use of at least one of them? It is enough if you can develop peace. Everyday at the conclusion of the *bhajan* session, you chant *santhi* (peace) three times, but there is no trace of *santhi* in you. Even if there is the slightest disturbance caused by the person sitting beside you, you feel irritated and your tone of *santhi* becomes harsh, due to anger. Even while chanting *santhi*, there is no trace of *santhi* in you!

How do you expect to experience peace if you do not cultivate love in the field of your heart? Instead of cultivating love, you are cultivating the evil qualities of jealousy and hatred. If someone criticises you, do not take it to heart; consider that it is for your own good. It is the worst of sins to search for mistakes in others. In the first instance, correct your mistakes accept the good in others.

If you do not grow the harvest of love in your heart, you are not a true Christian, true Sikh, true Hindu or true Muslim. You are a demon in human form. When you develop love in your heart, you are verily God. You become God or demon on the basis of your feelings. Do not find fault in others. Buddha was criticised by many when he accepted the invitation of Ambashali. She alone was not responsible for her character. There were many who encouraged her.

For every act of sin, five persons are mainly responsible. One who commits the sin, one who is the cause, one who en-

courages the act of sin, one who shows the ways and means to commit the sin, and one who witnesses it. All five will have to face the consequences.

When Draupadi was being humiliated by Duryodhana and Dussasana in the court, elders like Bhishma and Drona remained as spectators. They did not oppose Duryodhana's heinous act. It is in this context that Vidura has pointed out that not only the sinner but the other four persons mentioned above will also go to hell. Since Bhishma, the one of wisdom, was a silent spectator to the humiliation of Draupadi, he had to lie on the bed of arrows for fifty-six days. Had he prevented the humiliation of Draupadi, he would not have suffered thus.

Plunge yourself in sacred activities

It is rather difficult to say how one gets merit or sin. In order to escape from sin, one should take to the path of spirituality. Knowingly or unknowingly, you commit sin. Consequently, you suffer. You are unable to trace the root cause of your suffering. So, undertake meritorious deeds. Cultivate sacred feelings. Serve your fellow beings. Taking to this path amounts to devotion.

Devotion does not mean performing worship and offering flowers to God. Worship amounts to good actions alone. One should have good thoughts within. One will not be redeemed if one undertakes good actions with bad intentions.

For instance, if someone offers a donation of 10 lakh for a charitable cause, another person may come forward with a donation of 15 lakh only to attract public attention. In reality, he may not give even 10 rupees. Such people are heroes at platform and zeroes in practice. There should be unity in thought,

word, and deed. That is what is meant by “the proper study of mankind is man.” This is true humanness.

One should shed only tears of joy, not tears of grief

Embodiments of Love! In order to redeem yourselves, you should grow the harvest of love in the field of your heart; water the field of your heart with love. Water is the very life of man. How can you sanctify your life if you cannot provide at least drinking water to the people who are in need of it? Water is divine. Water in Sanskrit is called *naaram*. Eye is known as *nayanam*. So, the *naaram*, which comes out of *nayanam*, should be for the sake of Narayana (God) alone. One should shed only tears of joy, not tears of grief. When do you get tears of joy? Only when you are successful in your endeavours.

You all know that here are many people from Mahaboob Nagar and Medak districts in this gathering. Swami has consented to provide drinking water to these two districts. Many people hailing from these two districts have never seen Swami before. Their joy knew no bounds when they came to know the love and grace showered on them by Swami. Men and women, young and old, were ecstatic. Every week many people from these two districts come to Swami to express their gratitude. You should all plunge into such sacred activities for the benefit of mankind at large.

Sage Vyasa declared, “*Paropakara punyaya papaya Parapeedanam* (help ever, hurt never).” If possible try to help others. Never hurt anyone. Love even your enemies. Never use harsh words and hurt the feelings of others. If you hurt someone today, you will have to suffer ten times more in future.

You will be observing *Sivaratri* in the true spirit of the term only when you give up bad qualities and cultivate divine love.

Merely observing vigil on *Sivaratri* is not sufficient. You have to contemplate on God incessantly. Many people claim that they have observed *jagarana* (vigil) on *Sivaratri* night by playing cards. The fisherman goes on watching intently to trap the fish in the net. Can this be termed meditation? If one abstains from food on account of quarrel with one's wife, can it be called fasting? No. Similarly, observance of sacred vigil on *Sivaratri* night is not achieved by playing cards the whole night. You should spend this night chanting the name of God, using the time in doing good deeds.

Follow in My footsteps

You should not waste your valuable time in vain gossip. Instead undertake service activities in villages and slum areas. Provide the basic necessities of life such as food and clothing to the poor and needy. It amounts to the greatest service. I am practising this right from My childhood.

When someone appeared at the doorstep begging for alms, the people in the household would say 'not now, not now,' but I would surreptitiously dole out alms. If anyone needed clothes, I would provide them. The *griham ammayi* (mother of this body) used to recollect and narrate all these incidents. Believe it or not, I had only one pair of school uniform to be used throughout the year. Everyday after returning from school, I used to don a towel and wash My only dress, put it up for drying, and then press it by using a container with embers as an iron box. When I was provided with a new dress, I used to give My old dress to the poor and needy. The *griham abbayi* (father

of this body) never reprimanded or punished Me. He would compliment Me by saying, “You are a *mahathyagi* (one of great sacrifice). It is impossible for us to be like You.” He would endearingly address Me as *Vedanti* (philosopher).

The same was the case with *griham ammayi*. She looked after Me with great love and affection. People used to fall at her feet, pour out their tales of woe and plead with her to recommend their case to Me. But, I used to put her off softly by saying, “Don’t worry about others’ problems.”

In spite of this, she used to carry on, saying, “Swami, what is the use of My human birth if I don’t help people in distress? My sincere feeling is that they will be relieved of their suffering if I convey their problems and feelings to You. So, I will not refrain from doing this even if you object or scold Me.” In this manner, the parents of this body led a very pious and sacred life. The whole clan has benefited from this.

Never blame God for your difficulties

Develop good qualities. Do not give scope for evil by joining bad company. In this train of life, youngsters are the long distance passengers. The elders may get down at the next station, but you have a long way to go before you reach your destination. First and foremost, you need to have self-confidence. Today people suffer because of lack of self-confidence. If you have total faith in God, you will be able to overcome all difficulties. There may be a few difficulties in your way, but do not be unduly perturbed. You should face all hardships with courage and conviction. Only then you will attain true happiness. Never blame God for your difficulties. You are bound to face the consequences, whether good or bad,

of your actions. But if you have God's grace, even bad will be turned into good. So, develop faith in God more and more.

You trust your friend whom you have met only a few years ago, but not God who is with you, in you, around you, throughout your life. You believe in the dhobi and part with your valuable clothes. You are prepared to bend your head in front of the barber. You are prepared to put your life in the hands of the driver. But you do not believe in the omnipresent, omnipotent, and omniscient divinity. Why can't you bend your head in front of God? There are some evil-minded persons who criticise people for bending their heads before God. Such people will never have the good fortune of bending their heads before God.

The real worth of the human head

One day, King Bhoja was proceeding to a village in his chariot along with his minister. On the way, he found a Buddhist monk coming from the opposite direction. Immediately, he got down from the chariot and paid his respects to him by placing his head on the feet of the monk. The minister did not relish this act of King Bhoja. He said, "O king, how could you keep your most valuable head on the feet of an ordinary monk?"

The king waited for an opportune moment to give his reply. One day the king, giving his minister the head of a sheep, a goat, and a human being, asked him to sell them in the market. The minister succeeded in selling the head of the sheep and the goat, but not that of a human being. He returned to the king and said, "O king, no one is willing to buy this human head."

Then the king said, “O minister, do you remember the day when you objected to my falling at the feet of a Buddhist monk saying mine was the most valuable head. At least now you would realise the value of the human head.” One should prostrate at the feet of noble souls when one is alive, for even the vultures and dogs do not value human head after death.

Self-confidence cannot be purchased or obtained through learning. It is based on deservedness. Develop the divine thoughts to attain deservedness. In fact, you are the most fortunate people. Otherwise, how could only a few thousand of you have come here when there are millions in this world? Make the best use of this golden opportunity. Follow the divine path. If you have faith in God, He will protect you in the face of all adversities. He is always with you, in you, above you, beside you, around you.

Do not give scope for bad feelings and bad thoughts. Do not criticise anyone. You are well aware of the fact that every day in the newspapers you find headlines describing the conflicts between various parties. One party criticises and finds faults with the other. They are accumulating sins by doing so. That is why I do not read newspapers. Why should I go through all this? Many people waste so much money buying these newspapers. It is a form of madness. Read good books. Slander is the worst of the sins.

Emergence of Atmalinga

Embodiments of Love!

As pointed out by the Vice Chancellor in his speech, I used to bring out *Atmalingams* from this body on the occasion of *Sivaratri* in the earlier years. *Lingodbhava* (emergence of *Linga*) used to take place on every *Sivaratri*. To witness this

sacred event, lakhs would gather in a small hall. Consequently, there used to be stampede resulting in injuries to devotees. Due to this, I discontinued *Lingodbhava* in public.

There is a specific time for this. It may take place at any moment between 8 and 10 in the night. It takes place at the right time irrespective of the place I am in. It is bound to take place. It is natural on *Sivaratri* night. Those who are fortunate to witness this sacred *Lingodbhava* are freed from all sins. One must see how it emerges. But, some people may not be able to see this even if they are sitting close by. Witnessing the emergence of the *Lingam* is of utmost importance. Once it emerges, everyone will be able to see it and it has its own benefits. There are many such important aspects attached to this auspicious occasion.

You will be immensely benefited if you keep awake and sing the glory of God at least on this night. Moon is the presiding deity of the mind. Moon has 16 *kalas* (phases). On *Shivaratri*, 15 *kalas* merge in God and only one remains. By constant remembrance of God, the 16th phase also merges in God. Can you not spend a single night in the whole year singing the glory of God? Sanctify this night by participating in *bhajan*. The bliss that you get from *bhajan*, the sweetness you experience in the divine name, the happiness you derive from visualising the divine form cannot be obtained elsewhere. Everything is possible only through love. So, cultivate love and sanctify your life.

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