

SAI BABA and "I"

Dedicated
at the Lotus Feet of
Bhagawan Sri Sathya Sai
baba
the most beloved and
merciful
Divine Mother and Father
present on this Earth
for the benefit of entire
mankind.

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FOREWORD

What is man searching on this planet Earth ?
The answer to this question will have to be known by human beings. The truth that Jivatman has taken birth as human being, and his journey to Divinehood, his original source, will have to be experienced by individuals to complete the final journey on the earth.

The continuous inquiry by the individual on his true nature i.e. on his source and gola, will have to be made by the process of self- observation and self psycho-analysis, following spiritual techniques of Namasmarana, Japa and Dhyana to attain the final state. The purpose to write this book is to acquaint the individual about his true nature and finally help him experience that state of awareness. The triple incarnation of "SAI BABA" as Shirdi Sai Baba of Shiva, Sri Sathya Sai Baba of Shiva-Shakti and Prem Sai Baba of Shakti will lead the human beings of this earth on the path of spirituality and help the individuals in attaining oneness with Divinity. The Cosmic Consciousness i.e. the Atman which contains both Shiva and Shakti shall ultimately guide the humanity in establishing righteousness on this earth. The Sanatana Dharma which is the ancient religion of the world in terms of VEDAS, UPANISHADS and PURANAS shall once again be established on this earth by the grace of Divinity in Sai Baba.

May the Lord Sri Sathya Sai Baba shower grace on all the beings of the world to attain the Supreme bliss i.e. Sat-chit-Ananda.

(A.K. Malhotra)

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In all human beings Jivatman is present. This is the fundamental truth. The source of Jivatman is Atman itself. Jivatman is bound with mind and hence becomes individualized i.e. he considers himself separate from Atman. The Cosmic Consciousness or the Atman is the existent reality of the entire creation.

To know the literal meaning of the name SAI BABA, "SAI" represents the Divine mother and "BABA" represents the Divine father. Therefore, SAI BABA represents both Divine mother and father. The Divine mother and father is the Atman itself i.e. it is the Cosmic Consciousness which pervades the entire cosmos.

Thus Atman or the Cosmic Consciousness is the truth of everything, living and non-living. In order to re-establish the righteousness and Dharma in the society, Atman i.e. God has to descend on earth in the form of human being. This is sometimes represented by the term Avatara of GOD. Thus Sai Baba is the Avatara of GOD incarnated in human form. This Avatara has come out of the boon granted to the ancient Indian Saint Bharadwaj Maharishi that Shiva and Shakti shall incarnate in triple Avatara as human beings in *Kaliyuga* in order to re-establish Dharma in man.

The first Avatara of Sai Baba, the Avatara of Lord Shiva incarnated in Maharashtra (India) and established Himself at a place called Shirdi near Manmad. The seeds of Dharma were set by Sai Baba of Shirdi. The Sai Baba of Shirdi left His human body in the year in 1918 on Dussehra day but declared, "I am always present and shall always protect my *Bhaktas*. Whosoever shall place his foot at Shirdi, shall always be protected."

Shirdi Sai Baba also pronounced, "I shall re-incarnate after eight years". The characteristics of God or Atman are reflected in the Avatara. For, the Avatara is always "fearless", least afraid of anything on this earth. Come what may, the Avatara always speak the truth. Atman is omnipresent and omnipotent so is the Avatara. It is very difficult for anybody and everybody to recognize an Avatara. Only through personal experience on spirituality, the nature of the Avatara can be recognized. It is not possible to measure the Avatara with the yardstick of mind. Constant contemplation over Divine and Atman and faith as well as surrender towards the Divine will bring any

fundamental change in a seeker after truth. Spirituality is not one or two-day affair. It is experienced through devotion of total life towards the Divine. All the characteristics of Divinity or Atman are inherent in every individual.

An individual is full Divinity and nothing else. He can realize his true nature by constant effort on the path of Spirituality. One should all the time contemplate on the nature of the Divine and realize that very state of awareness of the Atman. The aspect of Atman must be recognized by the individual human being. An Avatara is the visible reality of Atman or God. But alas! Man has failed to recognize and understand Avataras in all the *yugas*. People mistake the Avataras as an ordinary human being. The Avatara in Rama and Krishna could not be understood properly by man in their times. Only Rishis and Saints of the top order in spirituality could understand Rama and Krishna. Since Avatara is God manifested, He understands and knows all the *yugas* for all the times. Rama, Krishna and Sai Avataras are basically the same aspects of the Atman only. Thus, there is no basic difference in them. They represent the Cosmic Consciousness alone.

The descend of God in human form is the most auspicious time for the entire mankind on this earth. For only then is man able to see "God" in action face to face. The most auspicious moments for descend of the Avatara should always be honoured by man. Full care and respects should be offered to the Divine who has come on this earth to tell the humanity about the secret of "Life". His presence in human form must be fully utilized by entire humanity for complete liberation from the cycles of births and deaths.

The Avatara teaches mankind about the righteousness in society, love among the human beings and recognition of the same Atman in each and every being. He has to fulfill His mission very actively for the establishment of these values in mankind.

The present Avataras of the Divine in Sri Sathya Sai Baba descended on this earth on 23rd November 1926 at Puttaparthi, a tiny village in the Anantapur District of Andhra Pradesh (Indian). Now we see there come up Prasanthi Nilayam, the abode of highest peace, where Lord Sai has built a sprawling Ashram for the devotees to stay. Sri Sathya Sai Baba comes second in triple Avatara of God Shiva and Shakti after the Sai Baba. This time, the Lord chose his mother in Eashwaramma for his descend. It is said, a bluish light entered into her and Sathya Sai Baba thus descended on this earth. Peculiar miracles happened at the time of his birth.

The musical instruments of the house started playing of their own accord and a cobra snake escorted the Divine child. The child Sathya named thus by His parents was very peculiar right from the childhood.

God is always fully protected. No harm can come to the Avatara whatever torture might be inflicted on Him, for He knows what is truth. It is only the Atman which is the truth and everything else is "false". This concept must be recognized by each and every individual who has taken birth on this planet earth, only then can he/she experience "God" in him/her and in all other beings.

The parents and relatives of Sathya were not ready to accept the happenings with him and they did not consider Him as Avatara of God. He was put into several troubles/ tortures by them and other people. In the end Sathya announced, "He is Sai Baba re-incarnated".

He proved the same by throwing Jasmine flowers on the floor which were automatically set in Telegu language and read as "I am Sai Baba". At the age of fourteen, Sathya threw away his school books and announced "My devotees are calling me".

It is only the present Avatara of Lord who has clearly announced His Avatahood and mission so vividly that people still doubt the Divinity in Him. One can very clearly visualize the Atmik nature in Sri Sathya Sai Baba. His love and compassion for humanity are so intense that people are automatically start drawing near Him.

The Avatara in Sai has very clearly announced that He shall live in his body upto ninety-six years of age. He shall establish the ancient Sanatana Dharma enshrined in the Vedas, Upanishads, etc. and the four-fold principles of Sathya, Dharma, Shanti and Prema.

When unrighteousness and lawlessness reach their pinnacle, and it becomes difficult for the Yogis and Saints to set things right, then the Avatara in human body has to descend to set the human race on an even keel.

The Avatara descends on earth with some *sankalpas*. Nobody on the earth can challenge the Avatara. For He is "pure bliss", *Sat-Chit-Ananda*, love

and true God in human form. Ravana, the mightiest of devils had to bow before Rama and had to leave his body. The great warriors in Mahabharata war were defeated for they associated with the unrighteous Kauravgas, Lord Krishna was with the Pandavas who followed the path of Dharma and Sathya. The Lord is present in all the Jivatmans so everywhere one has to recognize the divinity. The Avatara by His own example sets a precept for others to follow. He is to establish an order in the society. The Avatara in Sri Sathya Sai Baba is the most compassionate, loving and close to the ordinary man. He is equal for all whether rich or poor. The Avatara in Sai Baba is so simple that ordinary folk could easily approach Him physically. He took birth in a remote corner of the world in a very poor family.

Slowly and slowly people started getting attracted to Him at Puttaparthi and in a span of about fifty years, Puttaparthi has turned into a great pilgrimage centre of the world. People from almost all walks, different places, all religions and communities of the world visit Sri Sathya Sai Baba to seek His blessings and grace. He is there to receive all and sundry with Love as the Divine mother and father Bhagawan Sri Sathya Sai Baba is. Sri Sathya Sai is laying the foundations of helping people by solving their problems. The ways of the Divine are very peculiar. Though present physically at Puttaparthi. He is working in the entire world through various ways which are very difficult to believe by ordinary beings. Some people think that it is all hoax or magic, since the working of the Divine is beyond their comprehension.

Nothing very strange because Avatars have been misunderstood in all the yugas. But Divinity descends on the earth with a specific mission for establishment of Dharma among mankind. Nobody on the earth can come in the way of the Divine. The best way to honour the Divine is to follow His teachings, instructions and give Him full honour and respect. For an Avatara comes down to confer bliss and grant love to humanity. One should always follow the Avatara all the times. In all forms of God only one Atman is present. Since the Atman is the same everywhere, He knows all the times, the present, the past and the future forms of God. Atman is fully aware about all Gods and their workings. Since the love spark of Divinity is present in all the living beings, the Avatara in Sai is present in all human beings. Sri Sathya Sai is the *hridaya niwasi*, the indweller of all the hearts.

This has to be realized by all the beings of the earth. He is the most merciful form of Shiva-Shakti. Both Shiva and Shakti are manifested in this

single form of Sri Sathya Sai. If one comes face to face with Lord Sai, one will be able to realize the truth about Sai Baba.

It is very difficult to believe without experiencing the Lord. Lord Sai is so loving and compassionate that he has declared that if you take one step towards Him, He shall take ten steps towards you. One should utilize full opportunity now available to experience the present Divine in Sri Sathya Sai.

Sri Sathya Sai is busy doing so much tirelessly for His devotees everyday – providing daily *darshan* to devotees in the morning and evenings, accepting letters from them, reading each and every letter daily, materializing *vibhuti* for the sufferers and solving the various problems of the individuals through miraculous ways.

His aim is to establish righteousness in the society, nurture love among human beings and help them recognize Divinity in each and every being. For the establishment of above values, Lord Sai is working day and night without any sleep; the Avatara does not require any sleep at all. He is always active for all the time. The proof of Lord Sai in action is the happening of various miracles all over the world daily in a peculiar way. These miracles are just the *sankalpas* of the Lord. He does not have to make any effort for the miracles to happen. He just wills for the things to appear. The Sai resolve is firm. The Avatara descends on the earth with special mission of establishment of Dharma in mankind. In order to fulfill that mission, He works day and night selflessly for the entire creation. He Himself sets principles for living in the society and by His own examples He sets those values in the society.

The Avatara is for the entire community of the world. He does not distinguish between one country or another, one person or another, for all are His own. Man should recognize this quality of the Avatara and try to achieve Godhood in his life time.

Sai mother is the most loving. His dispensation of love exceeds thousands of mothers. The Divine is most compassionate and takes care of each and every minute detail. While granting interview to individuals or groups, Swami first Himself picks up devotees and He Himself takes interest in each and every individual. He is so loving and compassionate to everybody that everyone feels that Sai is for him or her alone. He heals the sufferer, provides them all types of care that an individual requires.

The educational institutions which Sri Sathya Sai is establishing are unique in nature.

Swami is preparing students right from the youngest age group. He takes personal care of all the students. The human values are being infused in these students besides their routine academic curricula. These students are so disciplined and refined that there is no match against them anywhere in the world over. Since they are being taken care direct under the guidance of the Divine mother and father in Lord Sri Sathya Sai, they can never go astray. The ancient values laid down in Vedas, Upanishadas and Puranas are being revived by Lord Sri Sathya Sai among these students. The Institute of Higher Learning at Puttaparthi is serving for this cause. After leaving the University, Swamy's students are sure to work towards spreading the message of Sai in the entire world.

Sri Sathya Sai has introduced a programme namely Education in Human Values (EHV).

The aim of the education is to inculcate in man, the human values of Sathya, Dharma, Shanti, Prema and Ahimsa (non-violence). For this purpose, a large number of teachers in the various schools in India are being trained. The Bal Vikas Centres are being opened all over the world. Particularly in India there are thousands of Bal Vikas Centres where youngsters are being taught spiritual values. They are being trained in *sholakas*, spiritual stories, spritiual quiz and other cultural activities and games which bring in them a sense of spirituality. The human values are being infused among these children. The Bal Vikas programme is an important programme of Sri Sathya Sai Seva Organisation all over the world. These youngsters when they grow up should become true citizens of their respective lands. They will recognize the one God in all the religions, one God in all the human beings of the world. This will bring a sense of oneness among the entire communities of the world.

The Sri Sathya Sai revolution in action will be witnessed when these youngsters will grow up and put the human values into practice.

When the God descends in human form, He infuses the human values among mankind by His own actions. The present Avatara is making all

activities which are oriented to teach mankind realize one Divine principle in all beings. Recognition of the Atman principle is the basis of existence in life. Sri Sathya Sai has declared that He shall see to it that the person whom he picked up is put into righteousness. He takes full care of each and every being who is fully devoted to Him and who has fully surrendered himself to the Divine will. God is omnipresent to witness each and every activity and shall definitely bless those who are sincerely working for Him. Sri Sathya Sai is the most easily approachable Avatara of God to bless everybody on this earth.

The Cosmic Consciousness which pervades the entire universe creates of its own will the entire living and non-living beings on this planet as well as other planets. The creation of Jiva is the will of the Cosmic Consciousness. The entire drama of the universe is out of the will of the Atman.

This concept of Jivatman is most significant which every individual should experience in one's own life time. The Jivatman contains in it the Atman i.e. the Cosmic Consciousness as well as the mind. The mind makes the Jivatman separate from the Atman. The nature of mind will have to be understood very carefully by the individual. The concept of mind is most significant. This concept must be understood very carefully.

The mind is the bundle of desires and urges. This bundle of nerves wraps the Atman and thus makes it separate from the Atman.

How to understand and experience this concept of mind ? This is most important if the individual wants to seek the real nature of Atman. The individual must strive very hard to come close to the nature of mind. Unless this sense comes in the individual he can never seek liberation.

The very basic purpose of all the spiritual activities of Namasmaraṇa, Japa, Dhyana and Nishkama seva and other psycho analytical techniques which one follows, have been prescribed to purify the consciousness to such a level so as to experience the Cosmic Consciousness. The mind has to be humbled down slowly with these techniques. It is made more and more *sathwic* so that *Budhi* element is developed in an individual to experience the nature of the Atman.

One must always watch the mind. How does the mind behave ? What are its very basic urges ?

This must be understood by the individual. This bundle of desires will have to be experienced by the individual and will ultimately have to be brought under control. The whole story will have to be experienced by the individual to experience the real bliss of the Atman which is residing in each and every being. Man is the most blessed being in this respect to experience the glory of Atman. In each and every man, irrespective of his religion, country, caste, sex, this Atman shines equally and everybody on this planet has free right and is entitled to experience this truth within himself. That is why it is always stressed that in all the people on this earth, the same Atman pervades and in this sense all the beings are same. They are all *Atmaputra*. Therefore, everyone should see the same Atman in each and every being. The concept of brotherhood of man and the fatherhood of God or Atman must be realized by the individual.

The sense of brotherhood conveys the experience of same Atman and the sense of fatherhood conveys the source of all the Jivatmans is the Atman itself. Therefore all should experience this concept in each and every being. This *thatva* comes in the individual only when he undergoes the process of cleaning of the mind.

How does the mind come into play ? This concept must be understood by the individual. This bundle of desires have their roots with association with the material things of the world. Let us take the purest state of Atman, i.e. the consciousness which enters into the womb of the mother after the conception. Suppose this is the purest drop of Atman which got detached from the Atman and takes its contact with the womb. It starts growing in the body of mother, and gets food etc. The thoughts of mother go in the child when it takes birth.

As soon as the child comes out of the womb of the mother, the child cries. It gets a contact with the body of the mother. His hunger is also fulfilled by supply of milk. The child sucks the breast of the mother to fulfill the hunger, with the contact with the mother, the child gets security. The sense of touch, the smell, the hunger desire which are natural and basic to man gets into the child and thus there is formation of these nerves in the individual. These nerves get into the consciousness i.e. the drop of Atman

which got separated from the Atman in the first stage of separation. With these attachments the child starts growing. His hunger is fulfilled. Sometimes the mother is busy in some work and is not able to attend the child properly, the child starts weeping, he feels unsecured and sometimes his hunger is also not fulfilled. Thus the child starts feeling unsecured.

The associations with the body, the sense of smell, the security sense all go over as nerves over the Atman. The desire of sex also goes into the child as nerve. Thus in the first stage of self, this nervous pattern goes into the child and becomes part of the mind and makes the self an individual self. The child becomes the function of these desires.

The desire of exclusive possession of mother is very intense in the child. The child wants to share this desire with her mother exclusively. He wants to remove father from the picture. Thus a revolt starts between the child and the father. If the father is very harsh, the child will start revolt and in his adulthood, he may become a great revolutionary and try to remove all the authorities over him. Thus this type of nerve goes into the child. Therefore in the very first stage of child rearing all these patterns go into the child and form his psychic system.

With these desires, the child starts growing, when he comes into the society. All his desires are not fulfilled. The society does not accept all such desires which natural to him. He starts making a different image of himself and starts thinking that these are not his desires, and he may not accept them, though these desires are very much in him. He suppresses these desires and does not accept them real. Thus the desire of the first stage of self gets suppressed in the second stage of the self. This is again a bundle of nerves which go into the child's psyche and form the mind.

The society does not accept the first stage desires of the child which he want to continue as he grows. Since the child accepts these desires as real, and whenever he wants to fulfill these desires which are rejected by the society, the child feels hurt and he starts accepting that these desires which have got into his psyche are not his desires and he does not belong to them, though these desires become part of the self of the child. Thus the formation of the unreal self starts taking place.

In the third stage of the self, as the child starts growing and comes into the society, he tries to make a new face in the society. He tries to become a great man on the earth so that people start coming to him. He tries to become a great politician, a great scientist, a great writer, a great surgeon, a great saint, etc etc. He wants to associate himself with different great names. Thus instead of coming close to his real nature, he tries to go away and away from it and becomes more and more unhappy. Thus the formation of the unreal 'I' starts taking place in the individual.

The 'I' with name, form, status, relations, etc. is the worldly 'I' which is unreal self. In the entire world people live with this 'I' concept. This 'I' is temporary, unreal and falsehood because it does not constitute the real 'I' which is Atman or the real self. Thus instead of coming close to the real self, the individual starts moving away and away from his real nature, and accepts the worldly things and relationships as the only reality for him. Whenever these associations fade away, he feels great pain, and whenever they add, he feels great pleasure.

What is the true nature of man ? The 'I' he is pronouncing again and again is not the real 'I'. The real 'I' is the *Sat-Chit-Ananda* i.e. truth, bliss and awareness or the Atman, the real self which pervades everywhere in the entire universe and is the reality of each and every being. Man lives very much away from his real nature and considers the unreal 'I' as the real 'I'.

This is the major cause of his unhappiness, the restlessness, the anxiety, suffering, the revolution in the society. The source of real 'I' is the Atman alone and none else. Unless he remains in that awareness in all his activities, he is bound to remain unhappy in this world, whatever be his activity in the external world.

Thus over this real 'I' the layers of mind are bound round. These layers of mind are so strong and thick that the glimpse of his real nature i.e. "I" is never experienced by man in his life time. He remains in the world of mind all the time fulfilling the desires of the mind. Unless a cracking develops in the mind and the psychic suffering takes place, man will never try to find and experience his real nature.

The best solution is that man should concentrate on his real nature i.e. real 'I' always.

Slowly and slowly these desires of the mind will start melting and he shall start transcending and coming close to his real self, i.e. the real "I". Though the process is very painful but there is no other alternative. Everyone will have to follow the backward path i.e. going back to its source, the real 'I'.

Everyone must make a clear distinction between the real 'I' and the unreal 'I'. This is most important for the entire mankind. Unless man makes this distinction, he will not be able to experience his true nature. Thus to experience the real 'I', the various layers of mind over the 'I' will have to be taken away by following the various techniques of self observation, self psycho-analysis, Namasmarana, Japa, Dhyana and selfless service to all the beings of the earth. Though the process is very difficult, but if one follows slowly and slowly the above mentioned paths, the mind will definitely lose its hold over the real 'I'.

The company of the good *sathwic* people, who are on this path, will help a lot in achieving the goal. The association with *Siddha Purushas* i.e. those who have realized the self, the real 'I', by following the various techniques will bring realization of real 'I' for that individual. Therefore it is always stressed to do good action, good activities, serve the poor, the needy and the sufferer. This will humble down the great forces of mind and the individual will slowly and slowly start coming close to his real 'I'. The grace of 'God' shall certainly be showered when one follows the process of cleaning of the mind though some difficulties come on the way but victory to that individual is definite.

It is a pity that man on this planet earth wastes his entire life span in useless activities of the world. He forgets his reality of real 'I' and associates himself with the unreal self, the unreal 'I'.

The purpose for which man is sent on this earth is lost in the worldly fulfillment of the desires of the mind. The real purpose is that various layers of the mind wrapped over the real 'I' i.e. the cosmic consciousness, should be torn away by following the various spiritual techniques, self observation and self psycho-analysis.

This is the golden period for the entire mankind when God Himself has descended in the human form of Sri Sathya Sai Baba. Everyman on this earth can utilize the full opportunities available to him in experiencing his true nature. The Divine in Sri Sathya Sai Baba is so merciful that if an individual sincerely follows Him, sits for Dhyana on Him, he shall definitely experience his true nature in one way or another.

The Avatara in Sri Sathya Sai Baba as has been previously mentioned is the second incarnation of Shiva and Shakti.

The previous Avatara was in Sai Baba of Shirdi as Shiva, and the third incarnation will be Shakti in the form of Prema Sai Baba who is yet to incarnate at a place in Mysore when the present Sri Sathya Sai Baba leaves the body after the age of about ninety-six years. Sri Sathya Sai has materialized that form of Prema Sai Baba and some miracles have started taking place over that place where the third incarnation will take place. *Amrita* is oozing out there from the lockets of Shirdi Sai Baba and Sathya Sai Baba. The golden opportunity is unique in the history of mankind which must be enjoyed by every human being of this earth.

Even the spiritual activities which the people are following these days are not related to the evolution of the individual consciousness. People are simply following the path without experiencing its real impact. The direction on this path is not proper.

Those who are guiding people on the spiritual path are themselves not realized people. Therefore people are being misguided. Of course, there is search for the realized people on this earth. The individual can take the responsibility upon himself in following the spiritual path. The Avatara is of course there to guide and direct people on the spiritual path. Of course the working of the Avatara is peculiar which is beyond comprehension of mankind. The best way is to surrender completely at the lotus feet of the Avatara to get grace and guidance on the spiritual path.

In this connection Sri Sathya Sai Seva Organization which are being guided by Bhagawan Himself all over the world is doing useful work in leading people on the spiritual path. The activities of Sri Sathya Sai Seva Organizations are being organized under the supervision of Bhagawan Baba who is so merciful and loving to the entire mankind. Baba is working

throughout day and night in guiding and directing people on the spiritual path. The miracles which are being performed by Bhagawan during His physical presence as well as beyond His physical presence are so peculiar that they were rarely witnessed by the mankind in its existence ever. The huge 'Sai literature' which has come out will definitely guide the entire human beings of the world in experiencing the real nature of 'I' and 'Sai Baba'.

Though people in Sri Sathya Sai Seva Organization are not realized yet, they are making an effort in this direction. They are trying to seek Swami's direction in realizing themselves as well as doing service to the society selflessly. The thought patterns in the Sai Organisation are being changed by Bhagawan Baba from time to time through His various discourses.

Certainly in the years to come definite concrete centres will come up on this earth where Sai shall bless them so that they will work to the upliftment of mankind in realizing the nature of the real 'I' and experiencing the Divine in Sri Sathya Sai Baba. Spiritual waves shall generate from these centres which will last for centuries to come directing and guiding the entire humanity on spirituality.

Sri Sathya Sai is laying the foundations of human values in mankind. The ancient spiritual literature in Vedas, Upanishads and Puranas will be seen in action among the human beings of the world in the years to come. The programme of Education in Human Values (EHV) which is in the initial stage at the moment will spread in the entire world and the human values of 'Sathya', 'Dharma', 'Shanti', 'Prema' and 'Ahimsa' will be cherished by the mankind.

These values will be put into practice in the day to day activities of man. Sri Sathya Sai Baba, the Avatara of this age shall definitely lay these values among human beings before leaving this human form. The entire humanity will come directly under His Lotus Feet.

The journey of Jivatman towards Atman must be born in man. The individual must fix the target of his life to reach that very state of evolution of the real 'I'. Continuous remembering one's nature, remembering Lord always, the *namasmarana* shall bring great results to the individual. Surrendering completely at the Lotus Feet of the Divine shall definitely humble down the mind. It is not necessary that one should know each and every process of

formation of the mind. The chanting of the name of Lord with its form will transcend the mind and one come close to one's reality of 'I'.

The Mercy of the Lord does come at the right time. Of course Lord's place is in one's heart, i.e. God is resident of each and every being as 'I' which is ever existent reality in the entire universe. Grace will automatically be showered once the individual tracks of the path of self inquiry and makes an effort in realizing the real self. The obstacles do come on the way of the spiritual path but firm faith and resolve in experiencing the real "I" and "Sai Baba" will certainly lead the individual towards attaining oneness with the Divine.

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"If you give up and surrender to the Lord,
He will guide and guard you".
Bhagawan Sri Sathya Sai Baba

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