

1. All Are One; Be Alike To Everyone

The sun appears serene and peaceful.

The days have become shorter, and the cool wind is blowing.

The fields are ripe with golden crops.

Marigold flowers are blossoming like garlands of pearls on the banks of rivers.

The farmers are rejoicing and singing.

The sweet festival of *Sankranthi* comes in the month of *Pushya* (a month in the Indian calendar), filling our homes with the newly harvested grain.

(Telugu poem)

Humans need several objects in this world; yet, none of them is permanent. All are like passing clouds. What you think as permanent in this world is, in fact, impermanent. Hence, one has to strive to achieve that which is permanent, real, and eternal.

The *Bhagavad Gita* declares, “the eternal *Atma* in all beings is a part of My Being (*Mamaivamso jivaloke jivabhuta sanathana*).” I am in you, with you, around you, above you, below you. There is no place in this Universe where God is not present. Similarly, there is no name or object that does not belong to Him. The *Upanishads* proclaim the same truth in the declarations, “God is the Indweller of all beings (*Easwara sarva bhutanam*),” and “The entire universe is permeated by God (*Isavasyam idam sarvam*).”

Unable to realise this truth, the human being laments “wherever I look, I find only human beings; I am not able to find God”. “As are the feelings, so are the results (*Yad bhavam tad bhavathi*).”

Suppose you wear a particular dress and stand before a mirror; you will find the same reflection in the mirror. Similarly, your own thoughts and feelings reflect in the outside world. Everything is reaction, reflection, and resound. Your own life style is reflected in the outside world. Whatever you speak comes back to you as a reply. But people think that it is someone else who is speaking these words. This is the truth. However, different people explain this truth in different ways in keeping with the aphorism, “Truth is one, but the wise refer to it by various names (*Ekam Sat viprah bahudha vadanti*).” Every form you see in the outside world is in fact your own reflection.

Basic human values are the vital airs of the human being

Several thousand people are gathered in this hall, but there is only one heart in all of them: the spiritual heart. I am not referring to the physical heart. Unfortunately, people are unable to repose their faith in this spiritual heart, in spite of their best education. You are all educated, well educated.

In spite of education and intelligence, a foolish person will not know their true Self and a mean-minded person will not give up their evil qualities.

(Telugu poem)

This is not the type of education you have to pursue. This is the category of worldly education. This type of education we learn from an institution under the guidance of a teacher. Today, all our education, words, and speech are only artificial. There is something deeper that forms the basis for everything. That is fundamental truth.

It does not come under the realm of education. It is “educare”. Education is worldly, whereas “educare” is other-worldly. Educare is not something that can be seen with the naked eye. It lies in the depth of our heart. It has to be brought out by conscious effort.

Where is peace? Is it outside? No. Only pieces and pieces are outside. Peace is in your heart. Similarly, love. Love is in your heart. It cannot be seen. Love is God; Live in Love. This also forms part of educare. So also non-violence. It is not in the outside world. The world today is torn apart with conflicts. We don’t find peace anywhere in the world. Truth, righteousness, peace, love, and nonviolence constitute the five vital airs (*pancha pranas*) of a human being.

Love is the undercurrent that flows in all these human values. Follow truth, keeping love as the basis in your heart. Truth is eternal. Truth is God. It is not subject to changes in time. Let love be reflected on the mirror of Truth.

Whenever you come across a man not to your liking, you consider him as your enemy, keeping in mind your worldly relationship with him. You begin to hate him. This is not correct. He is, in fact, not different from you. You and he are one only. Hence, it amounts to hating yourself. There is nothing like another person or object in this world. There is only one. First and foremost, we have to realise and follow this truth.

Unfortunately today we are not able to find truth at all in this world. Whether in the field of education, politics, or worldly life, we don’t find truth at all. Even in the court of law, the seat of justice, people swear upon God and speak untruth. Thus, wherever you go untruth or falsehood is rampant. People spend a lot of money for the sake of establishing truth. It is not necessary. If only people would cultivate love for one another, it is enough. Whenever you come across someone whom you consider as your enemy, say, “Sir, my respects (*pranams*) to you”. He will, in turn offer his respects to you. As are our feelings, so are his. Our own thoughts and feelings are reflected by the other person.

Peace, truth, love are in one’s own bosom only

You don’t find peace at all in the world today. Wherever you go, you will find only ‘*galata*’ (confusion and conflict) — be it the market place, bazaar, or a shop. Even if you go to a hotel, you will find someone quarrelling with the waiter saying, “this *idli* is not good, this *vada* is not tasty, that *dosa* is not fried properly,” etc. You do not find order anywhere in this world. Everywhere it is confusion and conflict. In fact, the word “peace” is not to be found anywhere in the world.

On the other hand, the atmosphere here in Prasanthi Nilayam is totally different. There is absolute peace in this hall. You don’t find this peace anywhere else in the world. So also, the feeling of love. You do not find this love anywhere else. That is why tens of thousands of people from all over the world congregate here. Why do people go to holy places and pray? For what purpose? To acquire peace, happiness, bliss, and love. These boys studied in Brindavan and Puttaparthi. They traveled all over the country and even abroad, but they could not get peace of mind anywhere even for two minutes.

In fact, peace is in one’s own mind. There is no use searching for peace in the outside world. Similarly, truth and love are to be found only in one’s own bosom. When you cultivate love, you can achieve anything in the world. Swami is an Embodiment of Love. Love is His biggest property. My duty is to share that love with you all. If you are able to understand Swami’s love in true spirit and make use of it in a proper way, you will prosper.

Except Swami's love, nothing can protect you. You will have to understand this Love principle (*Prema thathwa*). All are brothers and sisters, but differences arise even amongst brothers and sisters. Hence, cultivate love for one another. Always maintain a cheerful disposition, with a sweet smile on your face. Never put up a "castor-oil face". Only then can your life become noble and ideal. You must always be happy and cheerful. What do you lack? You have everything, with Swami's love and grace.

Some people are not able to put up with difficulties. However, if only they kept a little patience, even that pain and suffering would turn out to be an occasion for rejoicing. Pleasure is an interval between two pains. "You are not one person, but three: the one you think you are, the one others think you are, and the one you really are." "The one you really are" is the real truth.

You must be reading several books. But if you are not able to keep your head in proper condition, all that reading will become useless. Hence, the "head" is very important. That is "educare".

You must have read volumes and volumes of books, written by great people. Each one of the authors must have highlighted a particular aspect of Divinity. But the sum total of all these descriptions that represent Divinity is one only. Sometimes, your own mind turns against you. It is the result of your own thoughts. Everything is reaction, reflection, and resound. Both good and bad are in you only, not in the outside world. When your vision is bad, you will see bad. On the other hand, when your vision is good you will see God everywhere. If you forsake truth and love and begin to see the world from that standpoint, you will find differences everywhere.

The feeling of oneness brings self-satisfaction

Embodiments of Love! Dear Students,

You are all working in far-off countries, yet you remember Swami and try to be in His divine presence at least for a few days every year. This is your good fortune (loud applause). There could be only one reason for it, your love for Swami. But for the bond of love between you and Swami, you would not have come here along with your families incurring huge expenditure, undergoing a lot of physical strain. You must realise this truth. You might have studied in Brindavan or Prasanthi Nilayam and are now working in different countries. Wherever you are, remember always that Swami is with you and in you. If someone asks where you came from, you reply that you are from Brindavan or Prasanthi Nilayam. You say so for your own satisfaction. But the truth is that Swami is in you, Brindavan is in you, and Prasanthi Nilayam is in you only. If one wishes to attain self-satisfaction, one has to realise that all are one.

Religions are many but goal is one.

Clothes are many but yarn is one.

Jewels are many but gold is one.

Cows are many but milk is one.

Beings are many but breath is one.

Castes are many but humanity is one.

(Telugu poem)

Human beings may be of different complexion, but the bliss they experience in their hearts is only one. We must aspire for that bliss, disregarding individual differences. The differences are only temporary. Divinity is only one; it assumes different forms in different ages. Lord Vishnu assumed different forms in *Kritha Yuga* (Era). The

same Lord came as Lord Rama in the *Thretha Yuga* and as Lord Krishna in the *Dwapara Yuga*. The same divine principle (God) is referred to as Brahma (The Generator), Vishnu (the Organiser) and Maheswara (the Destroyer). The different names are ascribed for the purpose of identification.

When someone asks your name, you mention a particular name. In fact, that name was given to you by your parents. You were not born with that name. At the time of your birth, you were just a baby. The names were given subsequently. Unfortunately, today we are indulging in controversies even in the case of God, on the basis of names and forms. Whomever you come across is an embodiment of Divinity, verily. For example, you come across a beggar. He is also God. God is in that form. Hence, offer your salutations to him. Nothing wrong in doing so. All are one; be alike to everyone. Love all and serve all, be they a beggar or a millionaire.

Several changes may occur in this year at the physical level, but there will be no change at all in the spiritual realm. It is possible that there may be some conflicts here and there in the secular world. There may be a few permutations and combinations in the political field. Some new parties and alliances may be formed. “Parties, parties and parties”... what are “parties”, anyway? For tea only, not parties.

We must treat all human beings alike. By doing so, all people will be happy. Good and bad, pleasure and pain — everything must be faced with a sense of equanimity. That is the foremost duty of a human being. The human mind is susceptible to several changes, on account of the food one takes and the company one moves in. The mind is like a mad monkey. It is not an ordinary monkey, but “mad monkey”. Strictly speaking, the mind is a component of mankind. Hence, it should be kind. Unfortunately, today we are converting it into a monkey. A person should always be a person. Let others do whatever they wish to us, unknowingly, but we should not consciously think in terms of doing harm to others. This is My advice.

Unity, a step toward divinity

This body is approaching the 83rd year. In all these years, I have never done any harm to anyone or caused any pain to anyone. I have never spoken untruth. I always speak truth and truth only. It causes Me great pain when I see untruthfulness. Let us, therefore, speak only truth and nothing but truth. Surely, victory will be ours. Always tread the path of truth.

Love all. It is easy to love someone, but quite difficult to hate. If you love others, there will be unity among you. All will become one. Where there is unity, there will be purity. Where there is purity, there Divinity will be. Hence, if you wish to attain Divinity, you must develop unity. And, for achieving unity, people should shed their narrow-mindedness.

This is a handkerchief. It is made up of several threads. If you remove one thread after the other, finally there will be no handkerchief at all! The cloth is made up of threads, and they in turn are made out of cotton. Similarly, there can be no humanness without human beings. The humanness must be gradually transformed into Divinity. A divine person will have divine power. In fact, you all possess divine power. There is not a single human being without divine power, but no one is aware of their innate divine power.

People very often ask Me a question: “Swami, how can we achieve unity?” In fact, unity is the very nature of humanity. Forgetting this truth, people go on arguing, “He is different from me, I am different from him,” etc. Divinity can never be attained by such arguments. Always think that you and others are only one. You say, “So and so is my father; so and so is my mother; so and so is my sister.” These are not real relationships. Father, mother,

sister, etc., are only relationships at the body level. Only with marriage did the husband-wife relationship arise. Otherwise, who is a husband and who is a wife? These are all man-made relationships.

However, as long as the relationship exists, one should respect that relationship and follow it. The husband and wife should never hurt each other. If either of them commits a mistake, it should be gently brought to the individual's notice for rectification. Harassing, abusing, and physical violence are bad practices. Never resort to them. If all of you live in unity and constantly contemplate on God, you will achieve purity. Then, Swami will surely give you *darshan* (sight of a holy person) right where you are (applause).

I belong to you all (applause). You all belong to Me. I do not differentiate between individuals. All are mine and I belong to all. There may be differences in certain aspects among people, from the worldly angle, but there should not be any difference at the spiritual level.

Always adhere to truth

Dear boys, you have come here with great love for Swami. May your hearts be filled with love up to the brim. Always speak truth. You may encounter certain difficulties in speaking truth. That does not matter; adhere to truth. Then you will surely achieve success. We should never be afraid to speak the truth. We should even be prepared to fight for truth. "Truth alone triumphs (*Sathyameva jayate*).” Hence, always speak truth. Untruth will fetch you bad reputation. Adhere to truth under all circumstances. Cultivate love. Truth is love and love is truth. If you are guided by these two like the two eyes, you will always succeed in life.

There is no use worshipping God repeating the word *devotion (bhakti)* as an empty rhetoric. You may be very intelligent. You might have also acquired vast knowledge. However, if you do not develop a sense of discrimination, all your intelligence and knowledge will be reduced to zero. Hence, discrimination is of utmost importance. Analyse whether your point of view is right or wrong. If you are convinced that your point is right, stick to it till the end.

The world today is in a state of utter confusion and chaos. Wherever you look, there is endless strife. The world today is filled with selfishness and self-interest. As long as these two take predominance, it will lead only to defeat.

You are all students of Sri Sathya Sai College. You should therefore live up to the ideals of the Sathya Sai educational institutions. If people praise that so and so is a good boy, he is a student of Sri Sathya Sai College, I will be very happy. You all must earn that good name. It gives Me great happiness (applause). There is nothing greater that I can wish for. I am not asking this for My sake. You should earn a good name for your own sake. *Ban-garu* (dear golden ones)! Conduct yourselves accordingly. Wherever you are, do not forget to contemplate on the divine name of God. You may contemplate upon any name like Rama, Krishna, Govinda, Narayana, Madhusudana, Trivikrama, etc. Though the names are different, God is only one. He is "the Cosmic Being with thousands of heads, eyes, and feet (*Sahasra seersha Purusha sahasraksha sahasra pad*)". Adhere to truth and love always.

(Bhagawan continued his discourse after singing the *bhajan* "Hari Bhajana Bina ...")

The joy we derive by singing *bhajans* (devotional songs) cannot be attained by any other means. There is so much joy in singing *bhajans* and extolling the glory of God. I can also sing *bhajans* melodiously. But at the moment I have a very bad throat. *Bhajans* give great joy. Even if others do not share this joy, sing *bhajans* for your own joy. I am very happy.

(Addressing the old students) When do you propose to leave for your places? Wherever you go, Swami's grace is with you in abundance. I will distribute *prasadam* (consecrated food) to you all tomorrow. May you all return to your places with joyous memories of this divine congregation.

New Year Message, Prasanthi Nilayam, 2008-01-01

Strive for the happiness of the community and of the human race. Pray that all people everywhere may have peace and plenty. Be eager to do good and be good ... moderation in food, in talk, and in desires and pursuits; contentment with what little can be got by honest labour, eagerness to serve others and to impart joy to all – these are the most powerful of all the tonics and health-preserves known to the science of health, the *sanathana ayurveda*, the *veda* (knowledge) of the full life.

Sri Sathya Sai Baba

Use all chances you get to develop your skills, your health, and your character. That is your present duty. Make lasting friendships. Do not by any action of yours cause pain to another – nor suffer pain yourself, by foolishness or sheer bravado.

In your school, I find there are some girls too; treat them with great respect and do not speak slightingly of them. They are your sisters, and by honouring them, you bring honour to yourselves and your sisters. Respect for women is a sign of real culture.

So, I call upon you to read good books; revere your teachers, and to love all. Do not dishonour your elders; cultivate the spirit of service and learn how to serve the sick and the needy and seize every chance to help others. Or, at least, desist from causing sorrow to others.

Sri Sathya Sai Baba