

Teachings of Bhagawan Sri Sathya Sai Baba

Volume 4



The Three Ps

Purity, Patience, Perseverance
.....

The Four Fs

Follow the Master, Face the Devil,
Fight to the End, Finish the Game
.....

The Five Ds

Dedication, Devotion, Discipline,
Discrimination, Determination
.....

WATCH

Watch Your Words, Actions, Thoughts, Character, Heart
.....

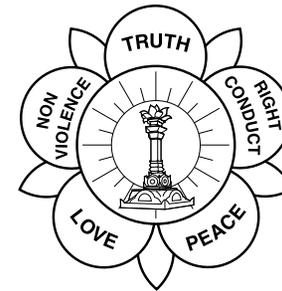
Forget the Harm Done by Others and Also Forget the Good
You Have Done to Others



Dedicated with love and reverence to

Bhagawan Sri Sathya Sai Baba

Teachings of Bhagawan Sri Sathya Sai Baba Volume 4



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Volumes 1, 2, and 3, please go to the following link:
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The Three Ps

Purity, Patience, Perseverance

*The Three Ps Are in Me and around Me - If You Observe Them,
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I do not desire anything. I have three Ps. First is purity. Second is patience. Third is perseverance. It is these three that have secured the world's regard. No invitations were issued to those who have gathered here. Swami's love alone attracted them all like a magnet. Some may ask why they are not attracted to Swami if that magnet is so powerful. The reason is that these persons are like rusted iron that no magnet can attract. Let them remove the rust and dust, and they will be drawn to the magnet. Their hatred and desires, their envy and greed are the rust and dust covering them.

If you cleanse yourselves of these, wherever you are, you will be mine and I will be yours. The hapless and the forlorn, wherever they may be, are the concern of Sai. Promote sacred love in your hearts. That love will not only redeem your lives but will promote the well-being of all around you. You need not offer anything except love. In Pras-

anthi Nilayam no offerings are permitted. Only love is allowed entry.¹

How to Secure God's Grace

For every man two things are essential: good health and happiness. Health for the body and bliss for the spirit. With these two wings you can soar to any height. You need both things, for which you must secure God's grace. To get God's grace, you have to engage yourself in sacred action. Bear in mind the three Ps: purity, patience, and perseverance. With these three you are bound to acquire good health and bliss.

You may believe it or not. But the truth is that these three are responsible for my health and bliss. I am always happy. I would like to run, but there is no place where I can do so. I can lift anybody at this age. This strength is present potentially in everyone. But it is being wasted. If the energy in everyone is properly conserved, he can do anything.²



Swami's Heart Is Pure

The three Ps, namely, purity, patience, and perseverance, are very important. Swami is ever the embodiment of purity. Whatever Swami does is always for others and never for Himself. The purity present in Swami cannot be seen anywhere else; that is how Swami's heart is pure. It is that purity that draws people in hundreds and thousands from all over the world to Swami. No invitation is sent to people to come here, and yet they flock in such large numbers; such is the magnetism of a truly pure body.³

Whatever Swami Does Is for the Good of Others

May everyone be prosperous. Always wish everyone well. Next, may everyone be virtuous. And finally, may everyone be endowed with wisdom.

The key to these three cardinal principles, namely, well-being, virtue, and wisdom, is contained in Swami's three Ps: purity, patience, and perseverance. In the strict pursuit of the three Ps, Swami remains unmatched in the entire world. Whatever Swami does is always for the good, welfare, joy, and comfort of others, and not for Himself. Never does Swami do anything for His personal benefit or advantage. From top to toe, there is not a trace of selfishness in Swami, and there is no place for it either. Everything that Swami does is always for you and you alone.

Start Early, Drive Slowly, Reach Safely

Embodiments of Love! Boys and Girls! It is not possible to fully understand the Divine Principle. No one can ever understand God. People may declare that they have done so, but the very next minute, they are full of doubts and confusion. Such vacillations are due to tendencies acquired over many births. Influences of the past can and do hamper spiritual progress. Hence, transformation does not come easily; it has to happen slowly but steadily. That is why Swami repeatedly says: start early, drive slowly, reach safely. Yours is the right age to make a serious start and to begin assiduous spiritual practice. Always be calm and peaceful, and do not give any scope for your purity to become contaminated. Purity and patience would automatically make perseverance quite easy.

Swami Is Ever Full of Love

Swami always addresses you as "Embodiments of Love." Swami is ever full of love, and that is why His words too are always saturated with love. Swami expects all of you to actually become what He hails you as. You should ensure that your love does not ever become diminished or diluted under any circumstance whatsoever. If you live like that, Swami is ready to grant you whatever you want.⁴

The Three Essential Human Values

One has to develop three Ps to safeguard one's humanness: purity, patience, and perseverance. These are the three essential human values. When

you have purity, you will attain truth and righteousness and experience bliss by practising them. When you have patience, you will have righteous conduct and observe non-violence. When you have perseverance, you will attain all the human values. When there is love and righteousness in you, you will never resort to violence. One who has truth and peace will never feel agitated in any situation. Even if you have only one of these four human values, namely, truth, righteousness, peace, and love, you will certainly observe non-violence. There is no need to make any special effort to develop non-violence. It is enough if you have at least one of these four human qualities.⁵

Develop Firm Determination

I have told the importance of three Ps: purity, patience, and perseverance. You can achieve success only when you have these three. First of all, have firm determination. Determination for what? Determination to do good, not bad. If your determination is for doing something bad, then it is only foolishness, not determination. Even at the cost of your life, be determined to do good. Child Prahlada continued to chant the name Narayana in the face of all trials and tribulations. He had no fear at all. His own father subjected him to all sorts of ordeals. Ultimately, it was his firm faith that protected him and punished his father. Therefore develop firm determination to attain the grace of God.⁶

The Reason for Longevity

The life span of man in the Kali *Yuga* (the age we are in) is very short. In the Dwapara *Yuga* (Age), it was much longer. At the time of the Mahabharata War, Krishna was 76 years old, Arjuna was 74 years old, and Bhishma, the commander-in-chief of the Kaurava army, was 112 years old. See! In the Dwapara *Yuga*, a man of 70 years was considered a young boy. But today even a 17-year-old boy is weak like an old man. What is the reason? In those days, the heart of the people was very sacred because they practised three Ps: purity, patience, and perseverance. By practising these three Ps, they remained ever young. Therefore, instead of just teaching and propagating truth and righteousness, you should put them into practice in your life.⁷

How Is Purity to Be Achieved?

If every person observes three things, he will be one with Swami. You will experience the Divine in you. As the following three are in Me, I can declare firmly about them. They are three Ps: purity, patience, and perseverance. These three are in Me and around Me. Anyone with these three qualities will be unafraid wherever he may be.

The most important quality is purity. Today everything is polluted. Water, air, and all five elements are polluted. As a result, the mind of man is also polluted. How is purity to be achieved? Fill your minds with thoughts of God, dedicate all your actions to God, and consider God as the inner motivator. Contemplation of God is not a matter for derision. You need have no fear on

that account. You must have full faith in God, who is the universal sustainer. He is the protector, but not the punisher. The punishment you receive is the consequence of your own actions. Therefore chanting the name of God, singing devotional songs, and performing good deeds, engage yourselves in service of your fellow beings. Nourish love in your hearts. Love will drive away all bad thoughts. It will promote the spirit of forgiveness.⁸

Troubles and Turmoil Are Temporary

Today there is pollution in everything such as the air we breathe, the water we drink, the sounds that are jarring to the ears, and the food we consume. Because of this all-around pollution, man's health is affected. Apart from this, man's mind is also polluted, making him susceptible to diseases.

Man should make an earnest endeavour to lead a serene and pure life. He should realise the truth that troubles and turmoil are temporary, like passing clouds. There is no scope for agitations to arise if one realises this truth. One who realises this truth will not allow his mind to be swayed by the passions of anger, cruelty, etc. Passions yield only temporary satisfaction, but cause serious emotional disturbances. Hence it is imperative on the part of man not to yield to any unbecoming passions while taking food. The observance of the three Ps, namely, purity, patience, and perseverance, vouchsafes permanent happiness and good health free from diseases.

Lack of Contentment Is the Cause of Worry

It is not only unbridled passion that damages the health of man. Living on ill-gotten money also causes ill health to some extent. Living on earnings obtained by unjust means causes many unknown diseases to take root in us. It is said:

*As is the food, so is the mind;
As is the mind, so are the thoughts;
As are the thoughts, so is the conduct;
As is the conduct, so is the health.*

Man today is a victim of worry. What is the cause of this worry? Lack of contentment is the cause. The rich man is not contented in spite of the accumulation of wealth. Worry causes hurry, and both together bring about ill health. So, worry, hurry, and curry (fatty foods) are the root causes of cardiac ailments.⁹

Follow Three Tenets

Students here expressed their wonder as to how Swami looks young and is energetic. Really the reason for this is the imbibing of the three Ps by Me, namely, purity, patience, and perseverance. If you follow these three tenets, you will not be afflicted by any disease.¹⁰

I Only Ask for Pure Love

Today, most people lack purity. Whether you believe it or not, I must tell you that there is no trace of self-interest in me. I am keen to do something or other for this or that person, but I have no concern about myself. Develop this attitude, and you will experience your Divinity.

So far, I have not stretched my hand to seek anything from anyone. I ask for only one thing: pure love. That is God. Only the love of God is true love. All others are merely different forms of attachment. There is no greater achievement or ideal than love of God. Dedicate every action to God. Work will be transformed into worship. Whether people believe it or not, it is a fact that I have never known what it is to worry.¹¹

Beauty Is Not Related to the Body

If you develop three virtues (purity, patience, and perseverance), you too will remain young and energetic always. Beauty is not related to the body; it originates from character and purity. Do not indulge in slander and jealousy. Do not censure anybody. If you find a mistake in others, try to correct them lovingly.

Spirituality does not mean giving up everything and leading the life of a recluse. One should always be cheerful and have good thoughts. Never put on a castor-oil face. Let your face be with a smile always. Happiness is union with God. One who is in constant communion with God will always be cheerful and blissful. One should be cheerful even in the face of adversities.¹²

Peace Is Assured with a Pure Heart

How is tranquility to be secured? When the heart is pure, peace is assured. Without purity of the heart, peace is unattainable. Even if one appears to be at peace, it is only a pretence. When one has both purity of heart and peace of mind, one can achieve anything.¹³

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The Four Fs

Follow the Master, Face the Devil, Fight to the End, Finish the Game

Your Duty Is to Follow the Four Fs - Then You Will Win My Love in Full Measure

Your Conscience Is Your Master - Follow Your Conscience

There Can Be Nothing More Sacred Than Following the Four Injunctions

The Four Fs Are Essential to Achieving the Goals of Human Life

Following the Four Fs Allows You to Boldly Face the Difficulties in Life

Your conscience is your guide, and it should dictate your behaviour. Either for the good or for the bad, it is your conscience that is responsible. The guilt in you causes the bad; the strength and confidence in you should, therefore, do such things that will promote your confidence in your own self. That is why I have told you, on some occasions, that you should follow the four Fs. Follow the master, and that is your conscience. The second is face the devil. The third is fight to the end. Then you should finish the game. If you remember these four injunctions and keep remembering them, so that they are resounding every moment in you, there can be nothing more sacred than this in your life.¹

Do Not Stop Until the Goal Is Reached

There are four Fs that you will have to fix before your attention: (1) follow the master, (2) face the devil, (3) fight to the end, and (4) finish at the goal. Follow the master means observe

righteousness. Face the devil means overcome the temptations that beset you when you try to earn wealth or the wherewithal to live in comfort. Fight to the end means struggle ceaselessly; wage war against the six enemies that are led by lust. And, finally, finish at the goal means do not stop until the goal of *moksha* (liberation from ignorance and delusion) is reached. The Fs are fundamental for the pursuit of the four *Purusharthas* (goals of human life): *dharma*, *artha*, *kama*, and *moksha* (righteousness, wealth, desire, and liberation). I shall be ever with you, wherever you are, guarding you and guiding you. March on; have no fear.²

Always Contemplate on God

There is no need to fear if you are following the truth. Human life is governed by the four Fs: follow the master, face the devil, fight to the end, finish the game. Your conscience is your master, so follow your conscience. Life is a game, play it. Life is a dream, realise it. Life is love, enjoy it. If you understand

this and put at least one teaching into practice, your life will be redeemed. Always contemplate on God. The secret of happiness lies in chanting God's name. You can chant any name of God and redeem your life.³

Follow Your Conscience

Man today is proceeding on the wrong path. You need not follow anybody. You should follow your conscience, which is your master. Follow the master, face the devil, fight to the end, and finish the game. Your duty is to follow the four Fs. Since you respect and follow the words of those who have disharmony in their thought, word, and deed, you tend to forget your Swami, your true Self. This situation is of your own making. Follow your conscience.

I never force anybody to do anything. What is the reason? The reason is that one has to follow the dictates of one's source, conscience. Force connotes external imposition. Source relates to the *Atma*, which is verily love. So, cultivate love.⁴

Love Is My Highest Miracle

Carry on your highest duty to yourselves—following the four Fs: follow the master, face the devil, fight to the end, and finish the game. Then you will win My love in full measure. Love is my highest miracle. Love can make you gather the affection of all mankind. Love will not tolerate any selfish aim or approach. Love is God; live in love. Then all is right, all can be well. Expand your heart so that it can encompass all. Do not narrow it down into an instrument of restricted love.⁵

Think Good, See Good, Do Good

When you think you are good and have good thoughts, you will not do bad deeds. You will think good, see good, and do good deeds. If you think you are separate from God, you can never merge. God is *Atma* within you. He is the conscience.

I often tell the students about the four Fs: follow the master (conscience), face the devil (that is, desire for money), fight to the end, and finish the game. Finishing the game is liberation. You have taken human birth, and you have entered the sacred human life. You have to attain Divinity in your lifetime. There is nothing more valuable than this. By making appropriate efforts, you can accomplish anything, and by contemplating on God you obtain divine strength. Because of the monkey mind, you entertain doubts.⁶

Face Boldly the Difficulties in Life

Develop self-confidence, which will lead you to bliss. Never harbour worries and anxieties. Gain sufficient strength of the body and mind to face boldly the difficulties, losses, and sorrows that may confront you in life. This will be facilitated if you practise the four Fs taught in our educational system, that is, follow the master (your conscience), face the devil, fight till the end, and finish the game. What is the inner meaning of the first three letters of the alphabet, A, B, C, in the English language? They mean "Always Be Careful." The same dictum is given by the *Upanishad* (part of *Vedas*) by exhorting man to "arise, awake, and stop not till the goal is reached."

Know the Truth about Yourself

However long you may live, whatever scientific knowledge you may acquire, whatever position you may occupy, some time or other you have to know the truth about yourself. Start knowing it now. You should be on the alert all the time, because you can never know when the Lord's grace, His love and benediction will be showered on you, at what time and at what place and in what circumstances. Unlike in the case of worldly matters, you cannot understand what is happening in the spiritual domain or what the Divine plans are. Therefore, if you go on discharging your duties and obligations in the proper manner with enthusiasm and joy, that itself will confer bliss on you. Don't worry about the future. Don't brood over the past. All are passing clouds only.

In this world, there is nothing permanent, whether persons, objects, or other things. The very name *jagat* (universe) means "coming and going." Knowing this truth, why should you worry at all? So give no scope whatsoever to any kind of worry. Only then can man be entitled to become divine.⁷

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The Five Ds Dedication, Devotion, Discipline, Discrimination, Determination

Master the Five Ds and Receive God's Love

Dedication Means Offering Your Heart to the Lord

Devotion is the Highest Form of Love

Strictly Follow Discipline in Daily Life

Discrimination Is Essential for Everyone

Everything Can Be Achieved with Firm Determination and Persistence

The universe itself is a university in which every human being is a student. Every student pursues one subject and acquires a degree. Each one chooses a subject he likes. But whatever different subjects they may study, there is one thing common to all of them, one common pursuit and goal: to obtain the degree of divine love.

Master the Five Ds

In the cosmic university, though there are scientific, political, economic, and other studies, what is fundamental to all of them is spiritual knowledge. Even in the spiritual field there are special subjects. There is one group that may be described as the five Ds: Dedication, Devotion, Discipline, Discrimination, and Determination. Those who have mastered the five Ds are qualified to receive God's love.

Be Free from Desire, Envy, and Greed

Dedication means offering. As soon as Swami arrived, teachers and students made offerings of flowers and offered their salutations. The flower symbolises the heart. When you offer the flower of your heart to the Lord, it should be free from the pest of desire, hatred, envy, greed, and the like. Only flowers are offered to the Lord or those whom you revere. The flower of the heart is subject to infestation by two evil creatures: one is self-conceit; the other is envy. Self-conceit is based on several different factors: wealth, physical prowess, birth, scholarship, beauty, power, and penance. Of these, the arrogance born of wealth is to be despised most. As long as this self-conceit is predominant, it is impossible to recognise the Divine or one's spiritual reality. Self-conceit is a great barrier between the individual and God. It has to be utterly demolished.

Pride of wealth is another human failing that causes the downfall of man. All forms of pride, based on birth, wealth, power, or scholarship have to be given up totally. Only when egoistic pride is offered as a sacrifice at the altar of the Divine can man discover his true nature. This is the dedication that is called for as the first step in the spiritual journey.

Devotion Is the Highest Form of Love

Next comes devotion. This is the highest form of love. Devotion means constant contemplation of God. The term *bhakti* is derived from the root *bhaj* (to worship). Devotion means loving contemplation of God, repetition of His name, worshipping Him, and doing penance for Him. Service to the Lord is the highest expression of devotion. There is nothing that is not attainable through loving service to the Divine.

Devotion does not mean merely singing devotional songs or performing *puja* (ritualistic worship). These forms of devotion at present are based on some kind of self-interest and self-seeking. True devotion should be free from selfishness of any kind. Devotion is not something to be proclaimed or demonstrated. Exhibitionistic devotion may result in disaster. True devotion should be an expression of love both internally and externally.

Discipline Should Be Strictly Followed in Daily Life

Next comes discipline. This is most essential for students. From the moment you wake up, you have to carry out your morning ablutions, meditate on God, and then do your prescribed duties in an orderly manner without deviating from the regular routine. Variations in the routine from day to day are undesirable. You should not wake up at one hour on one day and at a different time on another day. The day's activities should be regulated by the same schedule. Immediately after finishing the morning chores, one should devote, in the calm and serene atmosphere of the morning, at least a few minutes to loving meditation on God. The human estate is based upon regulation and self-control. These have to be strictly adhered to in daily life.

Follow the Directions of the Intelligence

Then comes discrimination. The world is a mixture of good and bad, of joy and sorrow, right and wrong, victory and defeat. In a world replete with such opposites, man has to make constantly the choice between what is right and proper and what is wrong and undesirable. Man should not let himself be guided by the mind. He should follow the directions of the intelligence. As long as you follow the mind, you cannot obtain Divinity.

Discrimination Is Essential for Everyone

Young people in their tender years tend to follow the inclinations of the mind. They do not rise to the level of their intelligence. Consequently, they are subject to various agitations and frustrations. They have, therefore, to learn to use their powers of discrimination. "I am a human being. In this condition how should I conduct myself so that I may win the respect and regard of others?" These are the questions that each student must ask himself. He should inquire on every occasion as to what is the right course and what is to be avoided. He should decide on what he should do and where he should go after due inquiry. Having acquired knowledge, he should not behave like an illiterate, uneducated person. His conduct should be in keeping with his learning. Humility is the index of true education. Without humility, scholarship will lack lustre. Discrimination is essential for every student and educated man.¹

Have Only Fundamental Discrimination

Discrimination is of two types: individual discrimination and fundamental discrimination. Individual discrimination arises out of selfishness, whereas fundamental discrimination is concerned with the welfare of one and all. One should discard individual discrimination and have only fundamental discrimination. This was the teaching of Buddha to Ananda, son of Gautami, before he attained *Nirvana*.²

Exercise Your Discrimination Properly

Before undertaking any activity man should discriminate whether it is good or bad, right or wrong. But man is using his power of discrimination only to suit his selfish ends, which is individual discrimination. What is needed today is fundamental discrimination, that which is based on the sacred principles like truth, love, and righteousness. Truth is God, love is God. So, live in love.³

Whenever a thought arises in you to do something, take time and ask yourself: "Is it good, or is it bad?" It is very important to exercise your discrimination properly. It is fundamental discrimination that you should apply, not individual discrimination. Your action should benefit others — that is what fundamental discrimination is all about. Avoid haste, be patient, decide carefully on the basis of fundamental discrimination, and only then act.⁴

Consider the Good of Others

The less you talk, the more your mental power will grow. With the increase in your mental capacity, there will be an increase in your power of discrimination too. Consequently, you will give up individual discrimination and resort to fundamental discrimination. Because of this, you will begin to consider the good of the world at large rather than your own individual welfare.⁵

Do Not Give Room to Doubt and Hesitation

Determination is the fifth D. It is like the reins of a horse. When you want to achieve something, you must have the determination and persistence to secure it by all your efforts. No room should be given to doubts and hesitations. There is nothing on Earth that cannot be achieved with firm determination.

Starting with dedication, you end with determination. There is no use relying solely on book knowledge or mere intellectual cleverness. There must be firm faith in God as the basis of everything.

There is one kind of pest that affects the leaves and branches of a tree. There is another that destroys the root of a tree. Likewise, hypocrisy is a human pest that can spoil a good man. The hypocrite is not merely an actor. He poses as a devotee externally but is really evil-minded. He leads a double life. It is dangerous to associate with such persons. Many good men in the world have come to grief because of their association with such pretenders.

Worldly and Divine Love

Love is of two kinds: one related to the physical and the other related to the Divine. All the fears and delusions afflicting the world, all the chaos and violence prevalent today are due primarily to physical attachments. These are also responsible for the falsehood, corruption, and other evils rampant in society. Divine love knows no differences among individuals and nations. Egoistic attachments and selfishness are at

the root of all human troubles and conflicts. Physical love should be confined to strict limits. If the Divine consciousness were not present within, of what use would the body be? It would be as useless as a school without teachers, a farm without water, a temple without a deity.

You must develop divine love. You must be resolute in striving to achieve what you aim at. Only then will your devotion and discipline bear fruit. There is no meaning in parading one's devotion. The external human form has no significance. You must be human in your actions and feelings. By reforming your conduct and purifying your thoughts and actions, sanctify your lives. That alone is true education, which will lead to Self-realisation.¹

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WATCH

Watch Your Words, Actions, Thoughts, Character, Heart

The Real Watch Is When You Watch Your Words, Actions, Thoughts, Character, and Heart, Not the One You Wear on Your Wrist
You Cannot Escape the Consequences of Your Sinful Acts. Watch How You Speak to Others - Abusing Others Is a Sin
Observe Total Silence - Silence Is Golden
Watch Your Thoughts - Each Time a Thought Arises, Analyse It.
Welcome Only Good Thoughts

The word WATCH has an important message to convey. WATCH means:

- W – Watch your Words
- A – Watch your Actions
- T – Watch your Thoughts
- C – Watch your Character
- H – Watch your Heart

The watch you have may break some day or the other. But this "watch" is unbreakable. So, possess this "watch." Watch whether you are speaking good or bad. Watch whether you abuse others or appreciate them. You should not use your tongue to abuse others. Abusing others is a sin. Do not let your tongue indulge in such sins. You cannot escape the consequences of your sinful acts. Everything has reaction, reflection, and resound, and it comes back to you in

Silence Is Golden

Buddha observed silence and became quiet. Every sacred act has manifold rewards. By being quiet, Buddha began to experience *Soham* ("I am That") within Him. You may chant the names of Rama, Krishna, Govinda, Buddha, and Sai to steady your mind. Once the mind becomes steady, you do not need to chant. Observe total silence. That is why it is said, silence is golden. Once words become less, the activities and vagaries of the mind also become less. As words increase, the vagaries of the mind also increase. Annihilate the mind by quietude. However, it is easier said than done. Man may die, but the mind will not die. The mind vanishes when words vanish from it.

Observing silence is one of the ways of silencing the mind. That is why our ancients practised silence. We should not allow the mind to go wherever it likes and do whatever it likes. We should not allow the mind to ridicule, hurt, and hate others. If you hurt anybody, you will be hurt ten times more. You may be proud that you have abused somebody. But there will be somebody who will abuse you also someday. The sin you commit today will bring retribution to you later amplified manifold.¹

Do Not Encourage the Mind to Follow Its Whims

You are easily led astray by the vagaries of the mind. That is why, I say, WATCH! W is for watch your Words; A is for watch your Actions; T is for watch your Thoughts; C is for watch your Character; H is for watch your Heart. If the watch reminds you every second of the need to watch these five, you can be quite happy.

The mind swings like a pendulum between one pleasant object and another. To stop the pendulum, the easiest means is to stop winding. That will put an end to the swing. So too, stop encouraging the mind by following its whims and fancies. When we beat another or cause harm to him, we justify it as only right and proper; when he beats us or harms us, we revolt and call it wrong and punishable.

The Mind Is a Double-Edged Sword

Everything is judged by us on the touchstone of the ego. The mind is a double-edged sword – it can save, but

it can also bind. *Yoga* is the restraint of the waves natural to the mind. By learning and practising the disciplines of *yama*, *niyama*, *asana*, *pranayama*, *prathyahara*, *dharana*, *dhyana*, and *samadhi* (abstention from evil-doing, various observances, postures, control of breath, restraining the sense organs, concentration, meditation, absorption in the *Atma*), the seeker can overcome and eliminate the mind.

When the mind is eliminated, the reality will become patent! It is like the discovery of the lost “tenth man.” Ten friends waded across a river in floods, and when they reached the bank opposite, each one took a count and found only nine, for he did not count himself! So, they inferred that “the tenth man” was drowned and began lamenting his loss. Then, a passerby came along and counted them; he found that all were there; the tenth man too was there; only ignorance had kept him unrecognized. This is the consequence of illusion. Since you do not know the real nature of the Self or *Atma*, you do not recognise the Self at all; when this knowledge is communicated by the *guru* or scripture, the ignorance of the Self disappears.²

Keep a Watch on Your Words

Dear students! You are pursuing your education in a sacred atmosphere. You must continue to develop this atmosphere later in your life. Modern science is, of course, great. But, your senses are at a low level. Along with science, the senses must also be raised to a higher level. Today, we are leading a high-level life, keeping our senses at a

low level. This should not be what is meant by “educare.” Educare is bringing out the latent Divinity in a human being. Whatever words you speak, you must watch whether they are the result of your education or educare. Today, nobody is keeping this watch. I often refer to the spelling of the word, WATCH. The spelling consists of five letters, namely, W A T C H. These letters stand for:

- W – Watch your Words
- A – Watch your Actions
- T – Watch your Thoughts
- C – Watch your Character
- H – Watch your Heart

The real watch is when you keep a watch on your words, actions, thoughts, character, and heart, not the one you wear on your wrist. The wrist-watch may go for repair, but the word “watch” will never be damaged. It will always bring purity of thought, word, and deed. How great these words are! Education in the olden days contributed to making man a noble and ideal human being.³

Watch Your Thoughts and See That They Do Not Go Astray

Do not waste your thoughts, for it makes your mind unsteady and wavering. (Showing His handkerchief) What is this? This is a cloth. No, this is not a cloth but a bundle of threads. Not even threads, it is just cotton. Without cotton, there can be no threads, and without threads there can be no cloth. Likewise, the mind is nothing but a bundle of thoughts. Therefore put a check on

your thoughts. Even the wealth you acquire and the food you eat must be within a certain limit. Food is God; do not waste it.

You should help others, never hurt them. Help ever, hurt never. These are some of the guidelines for purposeful living that you must follow. He is a blessed one who conducts himself in such a way that he does not hurt others nor is he hurt in the process. You have to learn these skills, which are not available in textbooks. Watch your thoughts, and see that they do not go astray. Each time a thought arises in your mind, analyse it. Is it good or bad? If you feel it is bad, do not allow it to persist. Just let it pass. If it is a good thought, put it into practice so that you and others also will be benefited.⁴

Achieve Awareness of the *Atmic* Reality

Desire breeds wishes. Wishes cause birth and death. When one is devoid of desire, one need not go through birth and death. The next birth is the result of unfulfilled desires in this life and is determined by them. Those who have no trace of desire for material objects can achieve the awareness of the *Atmic* Reality.

In fact, the desire to know God, to love God, and to be loved by God is not a desire that binds. When awareness of God dawns in all its splendour, every worldly, sensual desire is reduced to ashes in the flames of that awareness. The individual Self will turn toward the Universal Self as soon as desire comes to an end and the Self delights in supreme peace. The Self must break off

all contact with non-self, so that it can earn immortality. You are a heap of thoughts. Your thoughts play a vital role in shaping your life. That is why you are advised to watch your thoughts and to welcome only good ones.⁵

References

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3. Sathya Sai Speaks, Volume 35, Chapter 20: Character - End of True Education.
4. Sathya Sai Speaks, Volume 42, Chapter 13: Uphold Ethics and Morality.
5. Vidya Vahini, Chapter 5: Spiritual Discipline.

Forget the Harm Done by Others and Also Forget the Good You Have Done to Others

*Do Not Forget God; Forget the Harm Done to You, and Forget
the Good You Have Done*

Do Good to Those Who Have Harmed You

*You Will Have to Take Birth Again if You Expect Something in Return
for the Good You Have Done*

*Do Not Forget God, Do Not Put Faith in the World, and Do Not Be Afraid
Ingratitude Is a Great Sin - Be Grateful to Those Who Have Helped You*

Whatever things we do with this body, we are leading to a rebirth of this body. Any actions, good or bad, can be compared to seeds. In order not to sow such seeds, we should do all actions without desire. All actions should be done in and only for the pleasure of God. If you sweep a place, think that you are doing that for cleaning the heart, the shrine of God. When you help or harm others, think that you are doing it to yourselves. Then you will never let yourself harm anyone else.

always plan to take revenge. When you do not remember this, you will not do any harm. If you remember the help rendered by you to someone, you will be looking forward to the reward. On the contrary, there are two things that you must always remember. One is that God is One, and the other, that death is inevitable. In whatever manner you may look at them, these two are the eternal truths.

If you do not want to go to a marriage, you can cancel the engagement. Similarly, if you do not want to go to a cinema, you can postpone it until the next day. But the last journey, the journey to your death, can be neither cancelled nor postponed. We make preparations when we want to go for a marriage or a cinema. What preparations are we making for the final journey?¹

The Two Eternal Truths

You must forget two things. Firstly, you must forget whatever help you have given to others. Secondly, you must forget whatever harm others have done to you. Because, when you remember the harm done by others to you, you

Make All Your Actions Conform to Righteousness

There are three things that must be done in life. You should try to do good to those that have done harm to you. You must forget the harm done by others and also the good you have done to others. So you should forget what needs to be forgotten and remember those things that require being remembered. What are the things you have to remember? The good that others have done to you. You must remember the good that has been done to you as something sacred. You must express your gratitude to them. Make all your actions conform to righteousness. Whatever actions you do remembering God will be sanctified thereby.

See no evil; see what is good.
Hear no evil; hear what is good.
Speak no evil; speak what is good.
Think no evil; think what is good.
Do no evil; do what is good.
This is the way to God.²

Practise Two, Give Up Two

You must have heard elders say some warning words. Practise two, give up two. The two things to be given up are all remembrance of (1) the evil that others do to you and (2) of the good that you do to others. The two things to be practised are (1) belief that death is certain and inevitable and (2) that God exists and yields to prayer and purity. But, usually, men do not forget the evil that others do or the good that is done by them; they forget the fact of death and the fact of the existence of God. If you seek profit in every act, of

what use is it? Bank deposits, buildings, degrees, titles, and riches all have to be left behind. As soon as the last breath is drawn, the body becomes a thing of bad omen; it is moved out of the house one has built and loved.³

Think of Three Essential Things

From morning till night, you must think of the three essential things, namely: do not forget God, do not believe in the world, and do not be afraid of death. These three things are essential in your life. You must forget any harm done to you by others. So also, you must forget any good you may do to others. If you keep on thinking in your mind the harm done to you by others, you will in return attempt to harm them. To harm them in return is a sin. You should not undertake to commit such a sin.

By forgetting the good that you may have done to others, you will not be expecting them to do good to you in return. If you are expecting to get something in return and do not get it, you will have to take birth again. You should strive not to participate in transactions connected with the cycle of birth and death. Unfortunately, today, several people take the spiritual path as if it is a path of business. I am hoping that you will not do such a thing. You will recognise the truth and make your lives fruitful and purposeful.⁴

Implant Three Ideals in the Heart

Do not try to find fault with others; search, rather, for your own. I direct you to implant three ideals in your hearts: (1) do not forget God; (2) do not put

faith in the world you see around you; it is changing every second and does not last; and (3) do not be afraid. You are the imperishable *Atma* that knows no fear. I want you also to banish two ideas from your hearts: (1) forget the harm that anyone has done to you, and (2) forget the good that you have done to others. Above all, develop love. Love all religions and all nations. Recognise and accept all religions as paths leading men to the same destination. All of them teach love and compassion, humility, and forbearance. I bless all of you and ask you to promote love, sympathy, and compassion towards all beings; God is present in every one of them, and it is your duty to revere God in each of them.⁵

How to Attain Liberation?

A Muslim should become a true Muslim; a Christian should become a true Christian, and a Hindu should become a true Hindu. You should have full faith in your religion and lead an ideal life. That is true devotion, true liberation. To attain liberation, practise the following principles. Forget all the harm done to you by others and the help you have given to others. Then you will have peace in your heart. If someone has done harm to you, do not be revengeful. If someone has hurt your feelings, in order to alleviate your suffering, the best way is to forget and forgive.

Forgiveness is very important. It is truth, it is righteousness, it is non-violence, it is happiness, it is heaven itself. This forgiveness is everything in all the worlds. So cultivate this sacred quality

of forgiveness. This is possible only by developing love for God.⁶

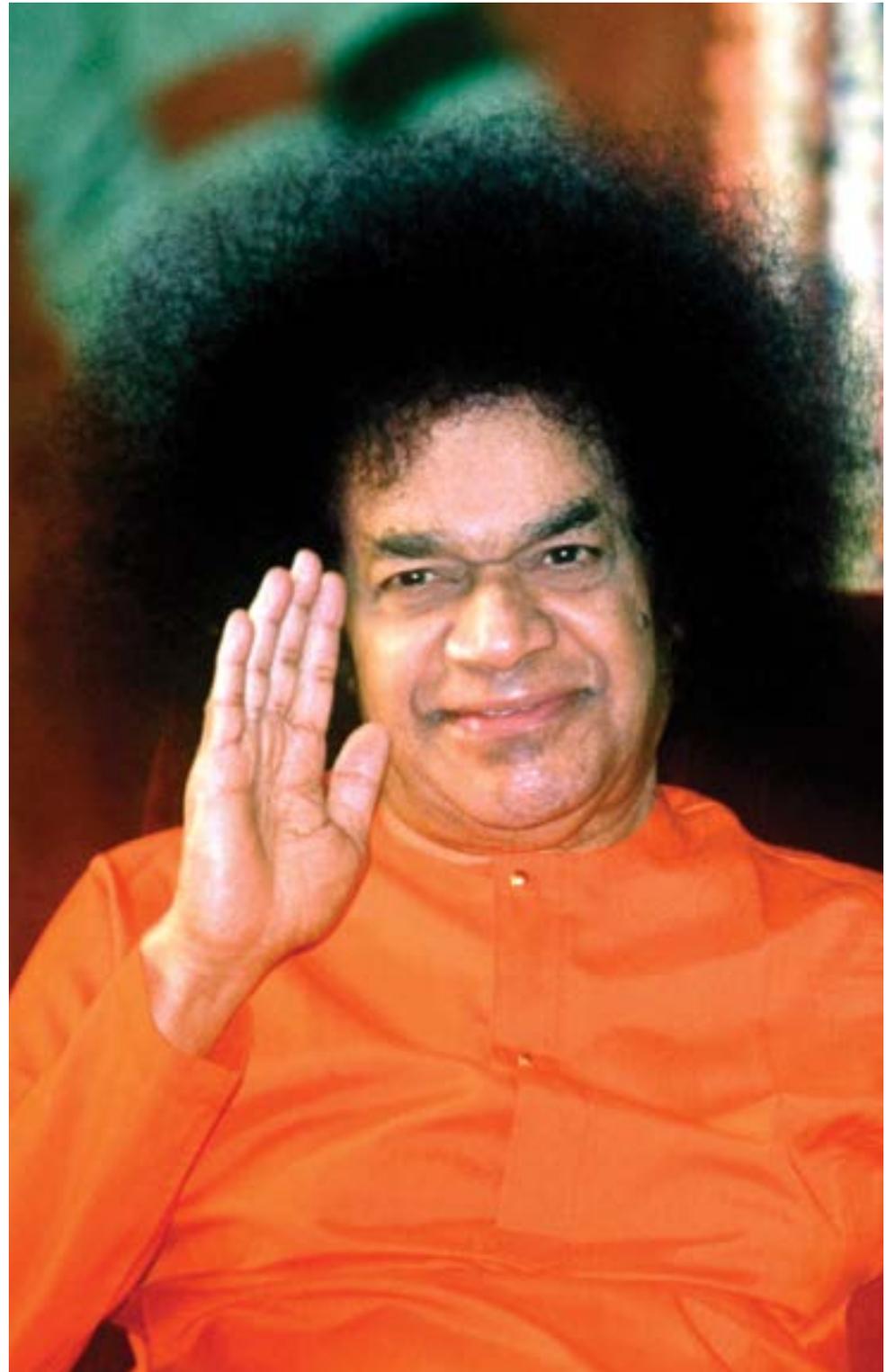
Ingratitude Is a Great Sin

When you walk on the road, your shadow may fall on bad patches like drains, garbage, etc., but you are not affected by it. You should proceed unmindful of the path of the shadow. So also, you must follow your heart with good feelings, unmindful of obstacles that may appear to come in the way. You should practise truth. You should be grateful to a person that came to your rescue in times of crisis. You should not forget the help given by others.⁷

Ingratitude is a great sin, which brings in its wake a host of troubles. To forget what one owes to others for his position and prosperity is to forfeit the grace of the Divine. He is as good as dead. You have to be grateful to those who have helped you to achieve position, power, wealth, and prominence. By forgetting the good done by others, the ungrateful person is setting at nought the highest human values and strutting about as a vainglorious creature. Eschewing ostentation and self-conceit, cultivate selfless love towards all. There must be a limit to one's self-interest. Selfishness carried to extremes leads to disaster. Excessive selfishness can cause loss of friendship and honour and ultimately result in utter ruin. Reverence for one's parents is a sacred obligation.⁸

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Love All, Serve All