



Sathya Sai International Organisation

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With love and gratitude, I offer my prayerful *pranams* at the divine lotus feet of our Guru and God Bhagawan Sri Sathya Sai Baba.

Dear Brothers and Sisters - Loving Sairam to all of you.

I wish all of you a happy and holy Guru Poornima. Guru Poornima is the day when the spiritual seekers all over the world pay homage and offer their gratitude to their Guru for showing them the way to God.

Gurunaam Guru – Teacher of teachers

We are blessed and fortunate to have Guru and God in one as Bhagawan Sri Sathya Sai Baba. He is *Gurunaam Guru* – The teacher of teachers. He is *Parama Guru* and *Divya Guru*. He is the Supreme teacher and the Divine teacher. He is *Jagat Guru* – the Universal teacher, who gave his eternal and universal message which transcend the barriers of time, space, race, religion and nationality. And He is the *Jagat Guru* and also *Sat Guru* – The one who shows us the Truth. Leading us from untruth to truth because He is Truth. *Asatoma Sadgamaya*.

On this auspicious occasion of Guru Poornima, let us remember the significance of Guru Poornima as revealed

by Bhagawan. Bhagawan says the Guru, shows us the ‘*Guri*’ that is the purpose of life, the aim of life. What is that? To realize our innate divinity and to see the same divinity in all beings, not only in all beings but in all creation, because every cell, every atom every moment in the creation is permeated by the divine. That is the experience one should have.

Another meaning of the ‘*Guri*’ is the Target/Focus. Swami says we need to have that one-pointed focus on our Guru and not be distracted by the fake or false gurus. That is why in His first Bhajan *Manasa Bhajare Guru Charanam* – Swami gave the message for the entire humanity: Hold on to the feet of the Guru and worship them in your mind and your life will be redeemed. Thus, when we hold on to the Guru, we reach the ultimate Truth. What is that? *Gu – Gunatheetha* – The Truth which is beyond all attributes and *Ru – Rooparahita* the Truth which is beyond all forms. What is that? That is *Sat, Chit, Ananda* – Knowledge, Existence and Bliss.

SAI BABA – Inner Meaning

Beautifully in this Swami’s name itself – Sai Baba is contained this whole Truth. What is the Goal? Baba. What is the



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process to reach that Goal? SAI. SAI BABA--- See always Inside and you will reach that Truth: Being Awareness Bliss and Atma. But why we are not able to experience this? We are not able to experience this Truth because of the Darkness of Ignorance. That is why the Guru comes. Swami beautifully says - Gu stands for *Andhakara* – Darkness, Ru for Remover, *Thannivarana*. That means God comes to remove this darkness of ignorance so that we realise the Truth.

Swami has shown the way through His life and message. And He has given us the practical methods to get rid of this darkness of ignorance through developing the Head, Heart and Hands. In His infinite Love and Compassion, Bhagawan has gifted the Humanity – The Organisation, which bears His sacred and divine name to develop head, heart and hands.

Seva Saves Us

Swami says we need to use our hands to engage in selfless service. Service is the one which saves us. That is why He has provided us many opportunities in the field of education, in the field of healthcare and in community service to get engaged in this *Seva*. But when we do this *seva*, Swami has emphasized one

point – The attitude we should have. When we do service, we should see that we are serving the Lord. That is why it is called – Narayana Seva. We see the divinity in the person we are serving. Naturally when we see that we are serving God, we serve with Love, Humility and Reverence.

Second important aspect that Swami said when we do service: We need to get rid of the negative qualities - two things- Ego and Attachment. These are two greatest obstacles. That is pride to think we are the doers and second thing is attachment to the results of the action. We need to be aware of these two great obstacles.

When we do with such a good attitude, what happens? Then Swami says we are the beneficiaries. We are the *Swayam Sevaks* – It leads to the transformation of our heart – namely, the purification of the heart. All our negative qualities like Anger, Greed, Jealousy, Attachment. All these we get rid of. So, once we get rid of these Negative qualities, our heart is Pure. In the pure Heart we manifest the divinity. That is why Swami said Purity is Enlightenment.

Divine Love



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Next, we develop our Heart. Swami said Heart should be full of Love. “God is Love, Love is God” – We need to Live in Love.” We express and nurture our Divine Love through various devotional practices like Japa – Which is repetition of Sweet Divine Name. Bhajan – Which is singing His glories and Dhyana – Which is contemplation on the Divine. So, when we thus live in Divine Love – Naturally Swami says we will have that Supreme Peace.

Swami beautifully said that proof of rain is wetness of the ground. Similarly, the proof that we have divine love is to experience that peace, that “peace that passeth understanding”. That is Prasanthi – The Supreme Peace.

The second important quality when we have Divine Love is we develop equanimity. Be joyful and happy in all circumstances, whether success, failure or honor, dishonor, praise, blame and profit or loss – we are always blissful, because that is the gift of God.

Unity is Divinity

Next, we develop our head. Three-fourth of spiritual life, Swami says is self-enquiry. We need to use our head to have this fundamental discrimination to see the unreal from the real. Discard the

unreal and grab the real. When we do that we will realize that ultimately there is unity. We practice unity at the individual level, family level, community and the organisational level. Then we see that there is only one thing which exists – That is Divinity. *Advaita Darshanam Jnanam* – Real wisdom is seeing and experiencing that Oneness. As we have seen Swami’s message is the synthesis of all the three *yogas*. *Karma Yoga* – yoga of selfless service. *Bhakti Yoga* – yoga of devotion and *Jnana Yoga* – yoga of wisdom.

Swami beautifully summarized in a Telugu poem about the summary of the whole *Vedanta*. He says I will *summarise* in one sentence the essence of all the *vedanta* and scriptures. What is that – *Akhila bhutamulanandunna Atma neevu okkatenani teleya valuyu*. Realize that the same Atma what exists in us, exists in all beings. Not only in all beings, but in all creation. That is the experience we should have.

Maha Mantras

How to experience this? Swami in His love has given us the four *Maha Mantras*. One is

Help Ever – Underscore the word Ever. We all help people but sometimes. But He



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says Help Ever that means - always help in thought, word and deed. we should always think how can we help others.

Second *Maha Mantra* – **Hurt Never**. Swami says never we can hurt through our thought, word and deed any being in the creation.

Third *Maha Mantra* – **Love All**. Underscore the word All. We all love our friends, we all love our family. But we to extend that Love to everyone, even the people who confront us, who give difficulties, trouble to us. Loving everyone-- not only all our fellow human beings, but all beings, everything in creation--- that is what is Love All.

Similarly, the fourth *Maha Mantra* – **Serve All**. Servicing all people, no discrimination - thine or mine. Service given to all people. These are the four *Maha Mantras*, when we practice with intensity and sincerity take us to the ultimate experience where we experience not only we, but everything, everywhere, ever is the embodiment of divine Atma, divine Love.

I pray to our Lord – Bhagawan Sri Sathya Sai Baba to shower his choicest blessings on all of us and to lead us from untruth to truth, from darkness to light and death to immortality.

Samastha LokaSukhino Bhavantu – May all the worlds be happy.

Jai Sai Ram