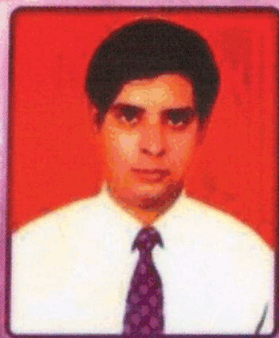
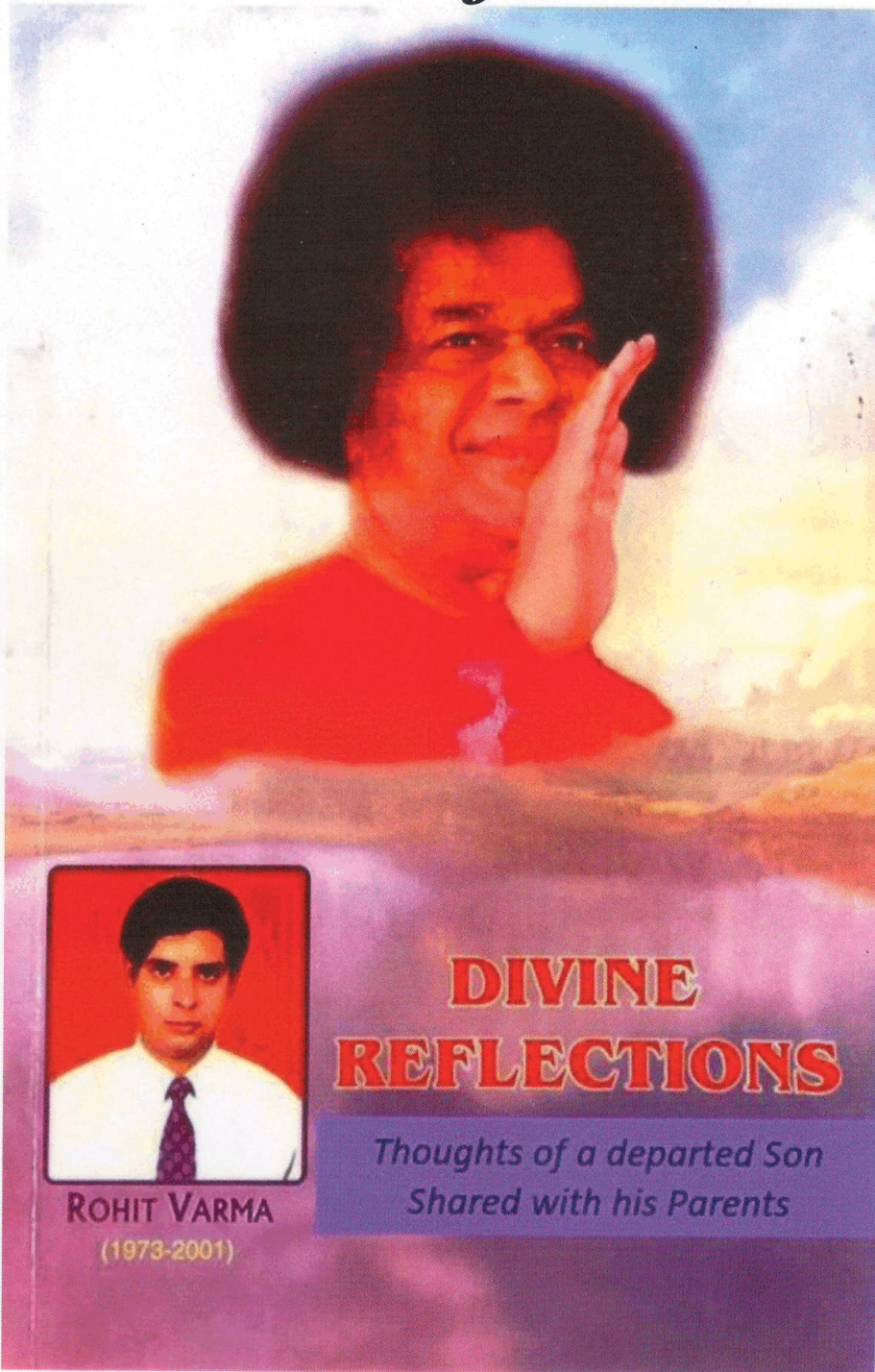


Divine Reflections



ROHIT VARMA
(1973-2001)

DIVINE REFLECTIONS

*Thoughts of a departed Son
Shared with his Parents*



Life is challenge, Meet it!

Life is dream, Realize it!

Life is a game, Play it!

Life is Love, Enjoy it!

...Baba

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Prayer

Oh Lord, I am born now from the womb of sleep.

I am determined to carry out all my tasks, this day as offerings to thee.

With thee ever present before my mind's eye.

Make my words thoughts and deeds sacred and pure.

Let me not inflict pain on anyone.

Let no one inflict pain on me.

Direct me, guide me, this day.

Jai Sai Ram

Acknowledgment

The loss of a son and that too at such a young age, is the most unqualified grief and sorrowful event a person can go through, Rohit, our son, left us suddenly and has created a void in our lives that can never be filled. It was just to come to terms with our anguish that I and my husband Air Vice Marshal Dr. Vinod Kumar (Retd.) have tried to put together some of Rohit's last words to both of us. These will always rekindle fond memories of him and will always remind us of his noble and pious soul, his good thoughts and his kindness which have taken him on to the path of immortality. I hereby express my sincere thanks and gratitude to Group Captain Navin Rattan VSM who helped and guided me in the publishing of these past and present remembrances of my son. It was all due to his motivation and encouragement that I could carry on with my task of recording the messages of Rohit.

Rama Varma

*Detachment faith and love – these are the pillars
on which peace rests. Of these faith is crucial.
For, without it, Sadhana (spiritual practice) is an
empty rite. Detachment alone can make Sadhana
effective and leads one quickly to God. Faith
feeds the agony of separation from God;
detachment channelises it along the path of God.
Love lights the way. God will grant you what you
need and deserve; there is no need to ask no need
to grumble. Be content, be grateful whatever
happens, whenever it happens. Nothing can
happen against his will.*

... Sri Sathya Sai Baba

REVIEW OF DIVINE REFLECTIONS

This book has been circulated among 1500 esteemed readers till now in English, Hindi and Gujarati. The Reflections of the divine soul have reached to the person who had the yearning and capacity to absorb Rohit's vibrations from the Astral world. However the readers have found it as guide line to solve their day to day problems in a simple and natural manner. Divine Reflections reflects the divinity and the power of the Atman which exists and shall ever exist with us. The strength received by his subtle, astral form has no comparison with his gross material form.

Bhagawan Sri Sathya Sai Baba showered his blessings on the day of Krishna Janama Ashtami 2002 on the last page of the book. "I am in Him and he is in me" lots of Love Sri Sathya Sai. Again when the book was reprinted in Nov 2003 Bhagawan Baba graciously blessed the acknowledgement page "My everlasting son" Love Baba.

...Author

Remember that with every step, you are nearing GOD, and GOD, too when you take one step towards Him, takes ten towards you. There is no stopping place in this pilgrimage; it is one continuous journey, through day and night, through valley and desert, through tears, and smiles, through death and birth, through tomb and womb. When the road ends, and the Goal is gained, the pilgrim finds that he has travelled only from himself to himself, that the way was long and lonesome, but the God that led him unto, was all the while in him, around him, with him, and beside him!

...Sri Sathya Sai Baba

PREFACE

I hereby dedicate the message of my son Rohit at the lotus feet of the Divine Mother. As his mother, I have recorded Rohit's messages at the 'Brahma Muhurat'. Rohit lived only for 28 years and 7 days with his parents. He passed away on 30th September 2001 fighting with Blood Cancer, courageously and with an ever-smiling face. I believe, and so did he, that the severe blood cancer has led him to immortality that is why he had named it 'Divine Cancer'.

It is therefore with love, admiration, and gratitude at the Lotus feet of Sri Shirdi Sai Baba that I dedicate this compilation of Rohit's last words and some thoughts which came to me later, surely from Rohit, whom we will always remember forever.

Rama Varma

Spirituality does not mean loneliness, or a solitary state spirituality refers to the state beyond all attached and hatred and makes you understand the unity and oneness of all mankind. It is wrong to consider spirituality as living in loneliness and solitude. Spirituality refers to inner life.

...Sri Sathya Sai Baba

FOREWORD

Rohit, born on 23rd September 1973 at Dehradun, celebrated his 28th birthday in his hospital room. It was his birthday and only he was in smiles, for he had blood cancer. Exactly after one week in the afternoon of 30th September 2001 at about 1400 hours doctors declared him "Dead".

Our dearest Rohit was so full of life and vigour. He was vibrant and handsome. He was having an excellent career in multinational company – Boston Scientific Corporation, had every thing that the present day young man can possibly dream of. Life was fun and enjoyment for him. It was happiness all around. He had recently returned from an official trip from USA. He had predicated this trip during the year 2000 and it came out to be true in 2001.

Our Rohit, as a student was different. He was a rarity in these modern times. He led a complete ascetic life up to the age of 25 years. He was a genuinely serious scholar virtually digging into the scriptures and works of great men. He read the works of Swami Vivekananda and J. Krishnamurthi at great length. To crown his years of Brahmacharya Ashram, he joined Ramakrishna Mission and stayed in their Ashram at Visakhapatnam as a monk for one year.

Rohit met the challenges of earning livelihood on his own with dignity and status befitting his family background. His family was always proud of his excellent career. He was going to be 28 years. It is the right age for any well-settled young man to marry. But he used to smile and say, to our annoyance, that the right age for a select few to die was also the same. Is it better to know it or is it much better not to know of your imminent death? The brave invariably die young fighting in the battlefield.

Our dear Rohit's life itself was a battlefield. In his room in the hospital he was fighting a bitter battle against dreaded blood cancer, which had invaded his physical body with all its might. The medical treatment was the best available in the world. In spite of this doctors knew that they do not have any cure for him. They simply hoped for a miracle. Rohit also knew it and used to smile at the utter helplessness of medical sciences to save his life. Because of the adverse side effects of chemotherapy he was continuously suffering unbearable pain and trauma, but to the surprise of all, remained cheerful. He could not eat any thing but still his face was glowing. Such was the aura of divinity around him that each one entering his room felt inspired by his presence. He used to say to me "it is Tapasya ordained by the self. I will limit it to only sixty days". 30th September 2001 happened to be exactly the sixtieth day of his admission to the hospital.

Rohit's battle with cancer is now over. For doctors he is dead because of cancer. For us cancer purified him before his journey to heavenly abode to be one with his Divine Mother. Our Rohit now lives in the Divine world with the supreme goddess.

Saints know about these worlds, which lie beyond the realm of science. Scientists are still to discover the world beyond death and are still to prove its existence. If we go to our scriptures we will realize the immortality of the soul and super-natural powers.

Rohit's soul is very much with us. He is sending messages to his Mother, Rama at Brahma Muhurta about 2 hours before sunrise. She has penned down these messages and at Rohit's will is being compiled in a book form for circulation among relatives and friends.

After going through these messages please reflect upon them. The right hour for such contemplation would be the same when these were received and penned down i.e. Brahma Muhurta.

Ravi Kumar
(Maternal Uncle)

Nothing in the world would be ours and you are just a trustee for the wealth which belongs to the Divine. Developing the feeling of mine and thine people get attached to the unreal and the transient and forget the eternal.

...Sri Sathya Sai Baba

Sayings of a Divine Soul

Message recorded in Military Hospital (R & R)

In the everlasting memory of my Guru, my son Rohit Varma, who expired on 30th September 2001 fighting with Divine Cancer and who has now attained Liberation or Moksha.

Life is to be lived beautifully. It is to die at every moment. It is to be understood.

life is a sorrow as well as joy.

life is a misery as well as happiness.

life is a pain as well as beauty.

life can be short as well as long.

The one who is prepared to die at every moment lives truly. The fear of death takes you away from reality. The reality is that it will come one day, yet we do not want to talk about it. I am youngest member of the family and I have faced death in the most graceful manner. I remained on the death bed for 60 days and showed to who so ever came in contact with me, that death is something which can come at your own will, also because I realised what death is while living. My body shall remain fresh and at peace while I am gone because I will be in Divine Loka. All the Angels and the Gods will be waiting for me and that you will really see.

My talks will be conveyed through my speaker – my mother who was prepared by me for the last 11 years. She is closest and the dearest to me. She was in the depth of my talks. She encouraged me, listened to me very carefully moment to moment and I shall pour what I spoke to her in when I was in trance.

Life is hollow, empty; it is the ocean of love. It is just like the flow of water. The more it flows, the more it cleans you. The vast emptiness comes when there is effort. Effort means achievement. What else do you want? What is your aim? everybody wants peace. Understand, Distortion, Disturbance. The peace will automatically come. Don't change your habits. Even if you are drunkard or teetotaler; remain what you are because for me the virgin and the prostitute are the same. the same Atma prevails in every one. I don't believe in religions because they divide the man. Religion is something which is forced upon and which nobody likes. I shall not like to preach religion. I respect all religions. I shall also admit my mistakes whenever I commit, Who does not commit mistakes? Mistakes are to be

understood and then rectified. My method of liberation is very easy. Understand your mind. Have silence, because it is through silence that you will reach to the depths of the mind. My cancer has given me an opportunity to go deeper and be close to the universal consciousness all the time. I am one with the universe. I see Brahman, cosmos and even talk to the divine powers. That is the beauty and this worldliness is misery. The one, who has seen, experienced will feel it, others will not. I Choose my time for death and conveyed to my parents. I prepared them during 60 days fully to accept my death in the most peaceful manner.

I know my parents will be most disturbed, but I am leaving the formula, the recipe with them. How to remove your disturbance? A disturbed mind will never be tranquil. So in order to be tranquil they will have to become strong and overcome the grief of losing their only son. My sister Kitty and bhaiya Rajnish will fulfil the void created by my absence in the most loveable manner I assure them.

My last message, in brief, to my relatives, my friends and to all whom I know- Look for happiness within. Plan for life but live in the present moment. Don't carry the baggage of memories of the past and never worry about the future. The future lies in God's hand. Past is to be buried down and make your present a fruitful one.

25 september 2001

*All journeys start with the first step that will
itself take them through the second and third to
the very goal. I want only to initiate you into
the spiritual path of service and love.*

...Sri Sathya Sai Baba

Problems and solutions Co-exist

When I say problems and solutions co exist I mean solutions lie within the problem itself. As I have gone my parents shall have to face many problems listening to the comments of relatives, friends and so on. Death of a young son in our Hindu families means a bad omen, especially the only son. I am reading everyone thoughts though I am departed. But mother, let me clarify; It is bad for those where the son makes dreams, hopes, or gives inspiration to the parents in the worldly manner. I never made any dreams for your daughter in law or for your grandchildren. So where lies your problem? I never made your dreams for sponsoring you in the old age physically or materially. So where lies your problem? Parents I made you to understand to be on your own till your last day. Hence it was my solution that existed before any problem arose.

Dear Mother, you must be questioning why at such young age I chose to depart? OK firstly let me clarify I am not even 1cm apart from you I am rather closer and more intimate to you after death than while I was living. I am instructing everyone to come close to you in a spiritual and an enlightened manner because you have carried my vibrations the most. I came out from the Mission only for you both to spend quality of time (just five years) with you. Those five years of time were equivalent to fifty years of my lifetime. Dear parents my physical departure shall guide you to convey my messages from time to time.

Dear mother, bear and accept the statements from everyone because the worldly people will talk to you at their own level of thinking. I have already told you; one cannot change their thought process neither can you hold on to any body's speech but follow the path that I have chosen for you. Follow the solutions that I gave you. Follow my footsteps.

My sincere and wishful solution in your problematic state is let the boat be in water and water not be in the boat. Shed a jug full of tears, not of sorrow, but of happiness because your new era of journey has started after my physical departure. I have done the inauguration of the book in you. Open the pages and start reading the book in you. It will give you lot of peace and joy. Adopt solitude and be not in worldly talks. That silence and solitude will make you to introspect and find the solution as to who am I? What am I and where am I? Find the solution and let me know because ultimately you both will come to me.

13 October 2001

"Give each problem the attention it deserves do not allow it to overpower you. Anxiety will not solve any problem. Have faith in yourself."

...Sri Sathya Sai Baba

3

Suffering and Happiness Go Together

Today I shall talk to you about suffering and happiness of life. Dear mother, let me first explain you the meaning of suffering and happiness. Both are related to your thought process. We always relate suffering with disease and death of our near and dear ones. Today I have set an example by overcoming disease and death. Both came at my own will. This suffering of mine led me to happiness i.e. the ultimate Bliss. Suffering is man made and happiness is self-made.

So where was the suffering? It was only in the mind. My mind, my soul was controlling my body so I could overcome it. So dear parents all the sufferings that you are facing due to my physical disappearance overcome that by bringing me closer and closer mentally. You will always find I am in you and you are in me. I am also omnipresent, omniscient and omnipotent. Dear mother, I always used to tell you I am Krishna, I am Buddha, I am that, which you would just laugh at by saying – How can such a Divine Soul prevail in our house. Now Mother, you will start feeling my room is charged with divine vibrations and always set for you to be in solitude and meditation.

I shall also provide solace and happiness to my sister Kitty the only sister who will be always missing me, but mother, imagine the wisdom and the maturity that she has attained just within, fifteen days of my departure. My last talk with her was on the 29th of Sept and it was my heartfelt wish that she rang me up. All the Heaven's choicest blessings shall be poured upon her as I have seen she is the one to share all your sufferings the most.

Dear parents last but not the least remove the word suffering from your mind because to whom the God chooses to suffer are the most loved ones to Him. So be happy and smiling all the time.

15 Oct 2001

*"Happiness and miseries all are worries. Everything
is bliss when you understand everything."*

...Sri Sathya Sai Baba

Love, Moha and Maya

Today I shall reveal you the true meaning of Love, Moha and Maya. Love is that which takes you to enlightenment and Moha is that which takes you to ignorance. The more you love some one the more you become divine but more you have Moha the more you suffer. Mother, I always used so love you because when you love someone you can easily detach also but when you show Moha then you are entangled in Maya and hence the attachment is more and more, so it is very difficult to detach. Thus love is joyful and Moha is painful.

My parents I want to warn you and guide you that from today onwards become detached mentally with all worldly things and be attached towards higher things. Detach yourself from the material possessions because these things will always bind you and you will be immersed in mundane affairs only. When there is love in you then you will not be physically attached to anyone. You will remain on the level of consciousness and that will lead you to the realization of self love.

17 Oct 2001.

*"Love is my highest miracle
cultivate love towards all."*

... Sri Sathya Sai Baba

5

Death

Death is inevitable. It will come to each one sooner or later, but hardly anyone is prepared to face it. The acceptance for death comes through inner awakening. Death is reality but to imagine it, to come to us, seems to be unreal. We see people dying everyday but never wish to dream of our own body dying some day. Many of us think ourselves to be the lucky ones, not to lose our near and dear ones, so we feel it is because we have done good deeds.

Mother you have experienced the death of your young son in your arms. Tell me truly how was your experience? See parents I decided to leave my body in my father and mother's arms because I wanted to bless you at the time of my death. My soul wished to leave this body to make you mentally strong. As you have seen me dying in your arms, you are now able to speak about death boldly.

Death is divine. Death is beautiful. It is eternal away from Distortions and Distractions. Death leads you towards the path of success and not failure if you have understood that while living. Thus, while living, die each moment so that when the real time comes you have enough spiritual strength to face it.

My message to both of you is-be prepared for death, any day anytime because if you are prepared for that, you shall make your life worry free and happy. Let your old memories die from time to time and keep the mind totally blank so that everything becomes crystal clear till the time you live on the earth.

18 October 2001

When you inquire into truth, you will realise that there is nothing like old age and there is nothing like death for the indwelling self.

...Sri Sathya Sai Baba

What ever happens should be taken as a gift of God, but the ever present God sees and notes what you do or feel.

By surrendering to the Divine and developing a heart filled with devotion and love, one can face all the challenges of life.

...Sri Sathya Sai Baba

6

Life is a journey

Dear mother life is a beautiful journey, the faster you undertake and complete it, the better it is. Mother when you undertake the journey slowly you become a tired and start waiting for the station or the required place where you wish to reach. The same was my case. I traveled by the faster train and reached to the final abode i.e. the abode of the Divine Mother, even before you could reach. My journey was smooth and before landing at this place, I had already enjoyed the scenic beauty of places like Orlando, Coorg and J & K. Tell me isn't it true?

Dear Mummy, I have left you both also to make your journey a pleasant and enjoyable one. Who knows when death comes? Who knows when you are going to leave your near and dear ones? Life is love, Life is beauty. It is to be understood and lived in the most graceful manner.

I always used to tell you, one who has understood life wishes to depart early because he has attained what he wished for. Though mother you did not believe and if you did believe that also hesitatingly was because you could not imagine the departure of your only son so soon. But now I have to as that was the reality. Live by trusting the great souls, because their sayings are like the stamps pasted on your minds. Mother Dear I was like an angel who was so frank, fearless, and enjoyed freedom each and every moment.

My message for both of you and my dearest sister is to live a life full of constructive work. Make your life productive because those who live for others live truly. Don't waste time in gossiping and sitting with worldly people because they will nullify your positive energies. Maintain silence and enjoy the company of your own self. Your own self will make your journey of the life a bliss, which you will experience. You are the fountain of joy in which one can bathe anytime. Just dip all your sorrows in the fountain and come out as a fresh one, a real energetic one.

Dear mother I assure you that real Chetna is evoked only when one gets the blows. Consider the blows to be sweet blows. Such sweet blow at the back shall make your journey free from hurdles and obstacles because we all are like passenger who have boarded the train with so much of luggage.

Drop off the luggage and sleep comfortably. Let God take care of all your belongings surrender to him and relax mentally and physically, because after all He is the giver of all. My last message for life is "The one who had understood life can leave the life in a fraction of the second because he has become lifeless during his life and for him life and death both are the same. You also experience it."

20 October 2001

"Obstacles that come in the way are often treated with resentment by the pilgrims on the spiritual path - you must welcome them because they give you confidence and ensure your spiritual promotion."

...Sri Sathya Sai Baba

7

Silence and solitude

How beautiful it is to remain in solitude and also to be in silence. Mother I always used to tell you 'silence is a more powerful than speech'. In fact you were bit taken away when I told you that you have to experience it one day. Frankly speaking, it is hundred percent true. Whenever I send any order to someone in silence it becomes more effective. For that, Mother I shall explain you what silence is.

Mother, Dear when you are silent you are talking to your inner self which is heard by you and nobody else. Hearing yourself means your voice is being heard by God because he is residing in you and hearing all what you say. Another way of putting it across is that our small minute mind is a fraction of the Universal Mind i.e. the Universal consciousness and all minds are linked together. One mind is linked to other thus there is the chain of minds. When you are a silent, you are in the state of concentration and during that concentration your thoughts travel and hit that very person to whom you wish to convey your message. One more benefit that you attain while in silence is on your energies of speech which are stored up in the mind. That energy is stored in the form of potential energy. This is the law of physics- the potential energy is converted into Kinetic energy while speaking. Once mother I also told you that Swami Ranganathananda ji used to keep his 'Moun' for hours together before he would deliver any spiritual talk. So mummy you also heard his lecture many times and would have acknowledged how effective in used to be.

Now let me come to the point of being in solitude. When you are in silence you would automatically love to be in solitude also. Thus just see one good thing is linked to the other and they both when added would give you eternal bliss. Mother Dear I wish you and my father should adopt the practice of silence and solitude. Being your only son, I shall always seek for your solace and peace though I am physically gone.

My last message in this talk will be – "Silence leads to the release of all your mental stress and tensions. Solitude, allows you to be away from worldly talk and unwanted activities. I have always refrained myself from worldly talks and undesirable activities thus you should follow my path in the years to come.

20 October 2001

Unnecessary talk should be avoided as this results in loss of energy and reduction in memory power. If you use sound the energy is wasted. So do not waste energy with too much talking. For this reason, the ancients discovered silence. In silence you discover your own truth. Close your eyes and sit in silence.

...Sri Sathya Sai Baba

8 Divinity

Divinity means Godliness. Today, I shall tell you what Godliness means and then mother, automatically you will understand about Divinity. As you already know there is a spark of divinity in every human being, but it is hidden due to ignorance. When the veil of ignorance is removed then that spark shines.

Now how to remove the veil of ignorance is the question that arose in my mind when I was just seventeen years old. You remember I used to get the constant voice who is God? Where is God? Who am I? These voices were Divine Call which both of you could not understand. You took me to be confused person as my state of mind was really such that anybody could have taken me to be a "mad man". But mother my journey to understand Divinity started by becoming a 'mad man' which ultimately made me realise what Divinity means. Madness leads to sadness and then go to gladness. Thus, ultimately I reach the stage of gladness, which made me to achieve my goal i.e. to attain Liberation or Moksha.

Dear parents, I shall also like to recall my Divine Spirit how it led me to undergo Tapasya, when I started wearing white clothes, to visit Mother Teresa Ashram to go to the spastic societies and also to visit Ramakrishna Missions and meet the monk of the order. That part of Divinity was lit at that very stage which increased in intensity day-by-day and ultimately I willfully entered the Ramakrishna Order when I was just 22 years old.

After entering the Ramakrishna Order I found that meditation on the Divine Spirit was not difficult task and it can be attained through Japa, Tapa and Sadhana. I started reading the scriptures, I read the Gita, which was taught to us by a Vedic teacher, and I learnt Sanskrit also. Gita recitation become part of my daily routine, which I had to recite. This went on and then I was also told about Upanishads. I narrated you the stories of Katha-Upanishads and Mandukya -Upanishads when I come back from mission. After reading those Upanishads, the real Gyana descended in me and I found this is the end of all my knowledge. Ending of knowledge means the realisation of the self. When that comes you feel as if one is swimming in the ocean of Death and for him Death and Life, sorrow and happiness, pain and misery all are same.

Thus I became uplifted from the body level to the self level and I found body is merely an instrument to carry out the Karmas. It is Me the self who is directing and leading me to perform the Karmas. Thus my journey towards the path of Divinity started in the Mission. Dear parents, you also start your journey right from the day of my physical departure so as to experience the spark of divinity hidden in both of you.

21 October 2001

*Awaken your own reason, amass your own experience
and decide for yourself your own path. Then only can
you get joy in treading, if you are forced to take a path
by others or persuaded into it by someone else, then
when the first obstacles turn up, you will get dispirited
and turn back.*

...Sri Sathya Sai Baba

Sex and Celibacy

Dear Mother, as you know I remained celibate till my departure from the world so I shall tell you about the energies that one experiences being celibate. I used to talk very frankly about sex life, which as a Mother, you never liked to listen, but whenever I discussed with you, I always considered myself as a friend talking to a friend. You were more like a person of my own liking than a Mother.

Dear Mother, whenever I used to relate you any of my experiences. I would feel as if I am sharing my wonderful and unique thoughts with someone who has really understood me. You can talk these things to a person of your own choice because I was always open with you. As I had an intuition of living a short life so there remained nothing, which I did not pour out to you. I used to feel hollow and empty, after discussing with you.

When a person is celibate first thing is that all his sexual energy is converted into spiritual energy and this comes of use whenever he requires it. This spiritual energy as it is stored up removes all fear in your mind. It is just like a kind of security deposit or fixed deposit in the Bank, which can be taken out in time of need. Thus, celibacy provides you confidence, conviction and courage to accept the most promising challenges in life which I faced. When a person his indulged in sex life then he is always immersed in sensory pleasures of the flesh, which are just momentary. He, however, loses the enjoyment and pleasure that remains for all the twenty-four hours by remaining a celibate. I often used to tell you that I remain in total bliss through out the day which you never believed. But now since I am physically gone from the world all those recordings in your mind must be provoking you from time to time.

Dear Mother, I never came to give you pain or to make suffer after my death but my every failure or success was a big lesson to you. My every hurdle that I faced boldly was an eye-opener for you. My smallest or the biggest experiences are the lessons for you to record and write now. Dear Mother, whenever I used to talk to you on any issue, I knew it is being recorded in someone's heart and that was you, as you know, golden words are never repeated again and again and they never go waste.

So make your lives meaningful and happily follow my footsteps and always consider yourselves to be the happiest, choicest and the most beloved beings of the Lord. It is your very thinking that will uplift you. No body is your own. All your kith and kin will come only up to your graveyard, the rest of the long journey you have to travel alone and by yourself.

22 October, 2001

If you yield to sense organs, they are going to give you a lot of trouble. Right from beginning you must find a way to bring them under absolute control. Then you will have accomplished something truly worthwhile, the real hero in this world is the one who has managed to completely control his senses.

...Sri Sathya Sai Baba

Advice from others

I ask you a simple question when do you take advice from others? Well I shall tell you the answer – it is the very confused and the weak mind that takes advice from others. Taking advice means to Add-Vices to your thoughts. See mother, there is a difference between taking a suggestion from elders, youngsters and so on, but when you start taking advice then you land up nowhere. When you stand nowhere that means you are very shaky, trembling and having no strength at all. Dear parents I always used to advocate about the strength as Vivekananda said, “Build up muscles of Iron and Nerves of Steel.” So be like that. Follow you own self. Listen to your own mind. If you depend totally upon your own mind then your advice shall always be the correct one, because in your own self resides as your Atman, the purest and the strongest of all the forces and just rely upon that. Leave all your worries, anxieties upon the inner self and see what wonders you achieve in your life. Mother try out my recipe my formula.

The true worth and the value of the person lies when he is gone and today I can see how from parents before I left for the heavenly abode my last year of stay with you was the happiest and the most relaxed period of my life. I was earning very well materially, I was enjoying the best of my life and my potential in my job, and my career was at the peak. They say only the realized souls before reaching the next planet fulfill their desires on the previous planet. Though my life has been quite short but during that short period I could do the best possible. I always used to say I wish to live quality of life and not quantity of life.

So dear parents, I shall always suggest, you raise yourself to that level that you become the master of your mind and have control on all the sensory pleasures of life. Let the mind be fully concentrated on your goal and the goal will be automatically achieved. Be a good observer and during observation your minutest mistakes will be observed by you only. Observe your own thoughts and ideas and check them wherever they go wrong. Dear parents everything is possible and can be achieved but again follow as I say. Neither give anybody advice nor take anyone's. Strictly follow your own mind and have total hundred percent faith and confidence upon your potential or the divinity.

23 October, 2001

Be prepared to cheerfully meet any temporary obstacle on the path. Only then can the goal be reached. Be vigilant and take what comes with a positive attitude.

...Sri Sathya Sai Baba

Thought and its process

Thought is just like a wave in the ocean. The vast ocean is our mind and all the thoughts are the waves. Sometimes these waves may be strong and high and sometimes they may not be so high. Similarly, our thoughts come out in the form of our feelings, emotions, expressions of sadness or joy. Good thoughts come out in the form of charity, compassion, and love whereas bad thoughts come out in the form of violence, hatred, anger and so on. Now when I say thought and its process I mean to channelize your waves or energies in the proper direction. Whatever thoughts come to your mind, develop the power of screening them. Let good thoughts remain and bad thoughts go out. It is just like sieving rice or flour. You always throw out the unwanted things from Dals or the rice and cook only the clean part. Sometimes your own mind needs the maximum amount of sieving and cleaning because it is a storehouse of thousands of bad and good thoughts. Thoughts are not to be blamed. They keep on arising and like a monkey keep jumping in our mind. But who controls these thoughts. It is the mind that is your own computer, which is fed with the data that you are feeding. As a result feeding of information is an important issue.

Dear parents, previously I used to feed you with good thoughts from time to time on the physical level. Even though I am not physically present I am there at your mental and spiritual level – call me any moment and I shall come to provide you with the purest and the subtlest of my thoughts. Dear parents, have full faith in me as I have not deceived you by leaving at a younger age rather, I have left a thought for the whole life. It is the dearer and the most loved ones to God who reach earlier and attain peace. I am amazingly comfortable with my Divine Mother, and she is providing me the love of millions of Mothers who are on the land. I am being protected all the time and residing in the safest place called the Divine Abode.

So, dear parents, whenever you feel my absence in the house, just close your eyes and start meditating. I shall provide you with my mental and spiritual association so closely that you will forget the outside world and shall remain absorbed in your inner world.

Again, I am giving you a recipe for your solace. If any Good Thought has come in your mind practice it at that moment, do not wait and think again and again.

because thoughts keep changing extremely fast, they move faster than the speed of light. So, you can very well imagine the speed of your thoughts and its process too. To lead your lives peacefully, watch your thoughts at that moment and let its process be smooth, without any friction. The friction will come only when you both do not rely on your own thoughts and its process.

24 October 2001

Individual effort and Divine Grace are both interdependent. Without effort, there will be no conferment Grace. Without grace there can be no taste in the effort. To win the grace, you need only to have faith and virtue. You need not praise Him in order to win His favours.

...Sri Sathya Sai Baba

Face the world

When I say face the world mother that means you are undergoing the most unforeseen situation of life, which nobody is prepared for. It is just like standing on the sharpest edge of the razor. The most difficult and un-thoughtful situation of one's life, losing the dearest only son at the age of twenty-eight. But dear parents consider this to be also a happening bound to happen though an exceedingly rare one. Such type of happenings, rather I would call as the most shock giving events of life, provide an opportunity to build your strengths. These happenings will draw out and dig out the potentials from within. You are prepared for a war only when the enemy has entered in your territory. The internal war within you has begun now. When you are at one end and the whole world on the other. By the world I mean your relations, friends etc. But face the world bravely with the weapons of your words only. Those powerful and the most penetrating words uttered through your mouth will solve all your sorrows and miseries of the world. One day you will find that you do not face the world, but the world has started facing you. Just see all the great realized souls have no problem in facing anybody because they have the army of good feelings, good thoughts. The defense mechanism lies within and not outside.

Thus, parents my sincere and the only recipe to face the world is again to understand the situation. Please do not make my passing away a very serious issue because if you make it a very serious one you will be mentally broken and let me tell you once you are shaken mentally you will never be repaired. Face the situation in a very calm and composed manner. At times people may think, some curse on the unlucky parents. Take it the other way a boon on the lucky parents to give birth to a liberated realized son. See in no time your thought process has made you a positive thinker. Be positive and assertive in life.

Dear parents do not revive old memories now and then; rather absorb yourself in activity - physical, mental or spiritual. Always remember me from the higher plane of life not merely on the physical or on the shallow level. Mother, I was always cutting jokes with you and my small talk must be carrying a great meaning in your present life. Is it not so? Practice that and it will give you tremendous strength, energy and courage to over power and face trivial things or problems of the world. You will face each and every situation of life with a strong determination that will lead you towards attaining success in life. Life takes the shape as you mold it. I have left all my mathematical formulae with you only so that you apply them daily. Listen all that you want to listen rest you do not carry inside the ears. Have the capacity to throw away the unwanted voices right at that

moment only. Do not bring disturbing thoughts inside you because they will always pull you down.

Dear parents, I want to pull you out from the miseries of the world in the most graceful and the dignified manner. My physical departure will set your hands and legs in motion towards attaining higher goals in life. You will get enough time and opportunities to do the same.

Last but not the least message to you is to show or reflect the world your truthfulness, sincerity, humility, and forgiveness. Show not by merely talking, but by adopting that in your daily life.

25 October, 2001.

*In every deed or act God is present as the invisible
motivation. In every minute thing that you handle or
manipulate God is present as the inner core.*

...Sri Sathya Sai Baba

Dependence and Independence

When you are physically and mentally weak you become dependent upon others. If one is having a physical ailment, he becomes dependent for his health, if one is materially short; he becomes dependent on someone for money this goes on. Therefore dependency upon someone takes you away from becoming independent.

Mother dear, you remember I always used to say, "I shall never like to be dependent upon someone for my physical ailment or for some material help". See, dear parents, I chose to leave my diseased body sooner rather than becoming dependent upon you or the hospital authorities anymore. I decided and drew a standard period of just sixty days as it was a Divine Play for me. I really realized it was better to become independent in Heaven rather than becoming dependent upon so many people on Earth.

Now my message for you both is to strive for the same independence and dependence will run away. I had earlier also made you prepared as I used to say "Your son will not be present to lit your pyres because I had a strong intuition that my physical body shall be departing earlier than yours". I used to tell you that in your old age you should not expect any 'Seva' from your only son thus, this word automatically vanished from your mind. Dear parents, you shall have to lead your life independently in old age to become physically, mentally, and spiritually strong. One may say blessed are the ones who do not need the services of their children, in the old age for they remain healthy till death. I feel, blessed are the people who serve than be served. Offer your services to the poor, needy and the diseased ones but do not expect in return form anyone. Expectations will reduce your joys and will bring miseries. Wonders will bring joy and happiness.

When you are independent you lead the life of your own will and choice. You have the freedom to talk and walk. You are spiritually much higher than the people who are dependent either on their children or their relatives, You become less creative but merely talkative. Creative people are always independent because they know in the heart of their heart that their treasures are lying hidden in trenches. Any time they can dig their trenches and take out their spiritual wealth. My last message to you on this topic is become dependent on sources of joy i.e.

nature: Observe nature be it in the form of birds, animals, flowers, trees, mountains, rivers or oceans. Dependency on these natural sources will bring you closer Divinity. Dependency on your own self i.e. the Atma will make you realize your Divinity. Dependency on your own body hands, feet, legs, heart, brain etc will give comfort, solace and support to other physical bodies. Dependency on spiritual books and the company of holy people around you will enable you to cross the rivers and oceans of miseries and sorrows smoothly. Dependency on your Divine power will drive out the fear of death completely and take you towards the path of Liberation or Moksha.

*Without faith in God, we can not perform any
action. It is Divinity which pervades everywhere
and works, non stop.*

...Sri Sathya Sai Baba

Awareness

Awareness means Attentiveness, total not fragmentary. When we are totally attentive towards our thoughts, actions, behaviour then our consciousness is fully involved. Dear Mother, often I used to tell you about full awareness towards your surroundings, situations etc. Today I shall be focusing my energies on this issue.

Consciousness is at two levels upper and lower i.e. the active state and the subconscious state. When you are in the active state then you are aware of only those emotions and thoughts that are in the upper layer but when you go deep into inner layers your subconscious also evokes up. My departure from the physical world shall evoke your subconscious mind also. Those thoughts that were suppressed into the inner mind shall also come – up because any major set back in the life of a person will release more of the energies or the potential that is lying hidden. This set back of losing your only son at a young age will reveal your inner nature. Mother, Dear do not get fragmented, be total and release all your energies. I shall always be with you to provide the support.

Now I shall tell you what does support mean. Everybody has a support system. It may be in the form of material, intellectual or spiritual support. Mother, dear my support to you shall always be a spiritual one. It will always strengthen your spirituality and enhance your growth on this path. I know the loss borne by my parents must be tremendous, but my support will provide you like a soothing balm on your wounds, and the wounds of separation will be healed up in no time. Thus, think of the Psychological time and not the time by your watch. The time that goes psychologically also is according to your mental watch and not by the physical watch. Go as per that. Moment by moment you will find that painful memories of my physical departure have turned out to be the sweetest ones. It is through the agony or the pain that one realizes the beauty of the human body.

Dear parents when you are fully aware and live attentively seeing all the situations you are bound to commit less mistakes because happiness and joy makes you to forget your true nature. It is the sufferings and the miseries that reveal who you are. Blessed are the people who get an opportunity to feel the urge of knowing who we are, what for we have come in this world. Strive for your liberation in this birth. Carry on with your mission and my support will enable you to fulfill the mission. Perform service with full awareness and attentiveness and leave the fruits of that in the Almighty's hand for you have come on this earth to serve and not to be served.

27 October, 2001.

Joy and sorrow

Today I shall talk to you about joys and sorrows of one life. They are the two sides of the same coin. Whenever there is a joy in something sorrows also drops in and whenever there is sorrow there lies some blessings or joy also underneath it. Mother, this is the Divine Law, which I shall make you to understand. Worldly joys which we call as the sensory pleasures give you pain in the end because they are impermanent and lead you to ignorance. Whenever there is sorrow, it will direct your energies towards the other channels that will counter act your sorrows into joys.

Dear parents here I shall just explain you with an example. As you were finding sorrow in my physical absences. I directed you to channelise your energies into setting up of my room and feel my presence in each and everything that I was using from time to time. Did not you get joy out of this activity? Thus, the life, which you felt was full of gloom, became full of bloom as you were finding pleasure in reading my books and listening to my cassettes. Mother, I have left all my valuable collections for you to search and dig down to your inner consciousness.

Life is always beset with misery and happiness, pain and pleasure, joy and sorrow. You must be wondering why we are suffering. What sins did we commit? Now to find out the answers for these types of questions, you both shall have to rise above pain or pleasure, misery, or happiness because in reality it is our own mind that creates pain as well as pleasure. It is your mind that takes you towards happiness or misery. All these states of mind are at the body level, but your soul is always free from pain, misery, joy and sorrow. So strive for that and you will definitely reach there.

My message to both of you has to be understood by itself. Be strong and courageous. Miseries and suffering are like passing clouds. All kinds of experience are necessary to unfold our higher nature and increase spiritual strength. Think that every experience comes as a blessing when one understands the Divine Law.

28 October, 2001

HELP EVER HURT NEVER



LOVE ALL SERVE ALL

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Death is but passage from one life to next. It is a change from old clothes to new. Death is the dress of life. Never be afraid of Death. Never forget God. Never take this world as real.

The body is the dress which the Divine spirit puts on. Therefore, are should not weep when the body is worn out or falls or is injured. Death is an event, that is the very nature of the body. Men seek the cause for death but no one seeks the Divine source of life. Be engaged during the brief span of life in glorifying God in doing God's work.

...Bhagwan Sri Sathya Sai Baba