

First Steps Towards Love

Conversations with a Spiritual Master



By Daniel Ostoja

First Steps Towards Love

Conversations with a Spiritual Master

by

Daniel Ostoja

Translated from Polish

by

**Krzysztof Proce and
Kazimierz M. Borkowski**

Edited

by

Chris Parnell

*With love and deep devotion to God,
whose Love knows no limits,
and who resides in everyone's heart*

© Copyright Daniel Ostoja, 2010

The goal and the mission of the book

This book has come to existence in order to help you on your spiritual path. You will find within these pages a lot of content that will enable you to contact higher spiritual worlds. All without unnecessary environment, incomprehensible terminology and needless theory.

I wish you luck on your path and hope that what you will read will enrich you. Good luck! :)

Help us pass these contents to others

If you like this book then ... pass it on, let others obtain the benefit of it. :) Help us in our mission of spreading the contact and communication with the Creator as many people as possible.

Send this book to someone who is interested in spiritual matters. Or, to someone who is suffering depression, in a bad mood, or who is going through difficult times.

I do not guarantee that it would help, but ... it can help. :)

You can help in many other ways:

- Mention it on a forum when someone asks about meditation methods.
- Place on your webpage(s) so it can be downloaded.
- Print it and give to somebody who does not have a computer. You can send the printed version to a library in a prison, a hospital or a school nearby.

This book is intended for free distribution – but only in the form it is, without adding or withholding anything.

P.S. We are looking for a publisher for the book.

Information about the effects

When you have practised meditations from this book, you can describe the effects and send to us. We will willingly publish them as examples of accomplishment. We will publish the description, the author's initials and name of the place it comes from.

Please

also include your confirmation that you agree to the publication of your story.

In this is the way we may show other readers the versatility of these methods and discoveries.

Disclaimer:

If you are uncertain about the impact of these techniques on your health – we oblige you to find and utilise a professional medical practitioner or obtain a psychological consultation.

For some persons beginning the journey to Love, sometimes, on the early steps on that path, irritation, nervousness and agitation is experienced by people who practice too intensively. This appears to have no cause, and can be quite disturbing to persons earnestly seeking to draw closer to Love.

If you notice something like this happening with you, stop the meditation for a few days.

The techniques described here are very powerful and they profoundly alter the energetic structure of the human body, tuning it to higher vibrations. These techniques really work, connecting you to the higher energies. That is why you should use them persistently and carefully.

Start early, drive carefully, arrive safely.

And now get to the book. Enjoy!

Table of Contents

[Introduction](#)

PART ONE – SOME EXPERIENCES

- [1. Experiences of Zazen](#)
- [2. Master in a Short Garment](#)
- [3. Life in Outer Space – the People on Vega](#)
- [4. Three Masters in a Cave](#)
- [5. Vision of God](#)
- [6. Meeting Death](#)
- [7. Divine Light](#)
- [8. The Benefit of Writing Conversations Down](#)

PART TWO – CONVERSATIONS

9. Uncertainty
10. Wise and Loving Power
11. Should we Make Parents, Society and God Happy?
12. Love is the Heart of Religion
13. Should we Abandon Religion?
14. World Means Light
15. What is Most Important?
16. These Most Important Prayers
17. Reading Holy Books
18. Pupil-Teacher Relations
19. Impact of Energies
20. Behind the Curtain
21. Why is God Allowing so Much Distress to Happen on Earth?
22. Transformation
23. Physical Work
24. Barriers of 'I' Awareness
25. A Little Step Every Day
26. I am not Condemning Anybody
27. Essence of Deities
28. Manifestation of Mind's Nature
29. Co-feeling
30. Abortion
31. Gambling and Risk
32. Spiritual Development
33. What can We do for Our Planet?
34. Freedom is Slavery
35. Human and Divine Energies
36. Suicide

PART THREE – A TURN TOWARDS LOVE

37. Meditation and Love
38. Preliminaries for Turning Towards Indwelling Divinity
39. When You are Alone and there is Nobody to Turn to...
40. Vision of God – How Would God Like to be Perceived?
41. Is Illness a Problem or Blessing?
42. First Encounters with Love
43. Meditation as Path to Freedom
44. Four Great Secrets
45. The aura of Sathya Sai Baba
46. Dreams
47. Success and Loss
48. What is Liberation?
49. Love is More Important than Feeling Guilt
50. Loving Oneself
51. Death and Dying
52. Humbling Ego
53. World as the Living Manifestation of the Creator
54. Causes and Effects
55. Attachments
56. Concentrating on God
57. The Valley of Doubts and Hesitations
58. The Path to Love and Freedom
59. Where do Changes to Our World Lead?
60. How to Turn Towards Divinity

Introduction

At the beginning I would like to tell everybody how happy I am to be able to share my experiences and wisdom flowing from conversations with the Master with so many like-minded people.

This book is the fruit of spiritual love and writing it down has been accompanied by many wonderful moments for a very long time. I thank the Master for these moments and for consistently sharing His unusual love with me for years and with everyone who will resolve to turn towards Him. I wholeheartedly thank Him, because, as far as He let Himself be known to me, He is the most feeling-filled and loving Being in the world, always ready to render assistance without any shade of personal interest. I thank you, dear Master, once again.

It started a long time ago. A certain turning point came, when one of my mundane teachers taught me how to listen to an inner voice, overcoming the limitations of time, space and mind. After many years and with a plenitude of experiences it turned out that it was only a prelude to something much greater—the waking of love towards Divinity and coming closer to Divinity.

I hope that this book will constitute a useful source of guidance and inspiration for spiritual seekers.

When I talk with my conversation partner I frequently address him as Master or Baba—the latter being of Sanskrit origin, the holy language of India and means ‘Father’.

I have been asked many times about who I think the person I talk to is. I am leaving that answer to your ability to surmise, your sensibility and intelligence, my dear reader. Yes, I am asking you to think it over carefully and find out for yourself. This will be much more valuable than telling you my answer, which for you does not carry the needed profundity of meaning, happiness and love. Find the answer yourself and above all the feelings that accompany this. They are most important, being our best guide, because the best thing that leads us towards Love is just love. You will recognise the value of these messages from fruits they will bear to you.

I am inviting you to make this journey with me and share in discovering all this, what has always been here and with its fullness of wonder and uncommonality, which surpass everything we have known so far.

I know that many issues touched upon here will seem strange to you and some of these you may regard impossible. However, now itself I will answer these doubts in the following way. There is an unusual wonderland that opens out right next to you, and it is literally within your arms reach. Moreover, you do not even need to look for it in any special manner, it has always been and it will always be here. I was astonished myself when the loving Master started to uncover it for me. This is a land of unusual events, of edifying inspirations, the land in which, when it is penetrated,

we experience deepening happiness and gladness, the place where love reigns supreme—pure, hot, sensible and near love.

It is the land where you can meet the One, who has been here since the beginning of time and is waiting for every our good thought, act or word just to be able to give us His love in return. At the same time, contrary to what we were taught, all this is available within our arms reach—here, now, not somewhere far away or only after we die. It seems that in my current life I was allowed to discover this hidden door, the door behind which the contact, access (whatever we call it) to the most wonderful mystery of this world (and possibly the entire Universe) can be found. The Creator who loves us is this amazing Mystery of Mysteries. Believe me, my dear reader, I am writing these words with great consideration, awareness and responsibility for what I say.

I know that you may yet not believe me today. This is only natural, but I am asking you to wait and check it out for yourself what is real and what is not. This is the reason for this book, for describing events as well as giving explanations for many important questions, which have been delivered to me by the loving Master. This book presents evidence that has been shown to me and provides hints for you to find your own. Obviously words alone, despite signs that have accompanied them (and usually accompany them), are not yet the proof. On what then, is my (and possibly yours) proof based?

I was led to find an extraordinary and miraculous key to the reality of love. And now as per the wish of my loving Master, I am passing this golden key to you along with a handful of advice from Him on how to find the door. I am asking you to open your heart and mind wide and let the Master's words and above all His Love elevate you. Perhaps very soon you will understand that you do not need the key at all, because the door has always been open and the only limitations are those which we have forced on ourselves and to which we stubbornly keep holding on.

I am passing this book to you with the best wishes and the best thoughts, and now I am letting myself become silent to allow the One in the presence of whom all who already know Him stay silent, yielding to the great power of Love and Happiness emanating from Him, speak.

Dear Master, please take my love as the simplest expression of my deep gratitude for your gifts, for your Love, for the fact that you exist and for who you are. I love you. Let all the readers be happy. Let all beings be happy—very, very happy.

PART ONE – SOME EXPERIENCES

1. Experiences of Zazen

I have been a religious person since I was young. Born a Christian, I liked building altars for Jesus; this brought me a strange satisfaction. As a teenager I was fascinated by books on the topic of Raja Yoga. One of them was *Fundamentals of Yoga* by Doctor R. S. Mishra. However, I became seriously interested in meditation when I was nearly fifteen years old. Despite all the warnings that can be found in every good book about meditation that a newcomer should not start meditation on his own, I got so interested in it that I started individual practice based on breath exercises and focusing attention. I cannot recall any interesting experience from that period of time.

Zen Buddhism became trendy two years later and at that time I read sensei Phillip Kapleau's book about zazen. My family were pushing me to learn regular school stuff so I used to sit with my books open and practice zazen. The family was happy that I was diligent student and I was also, since I was doing what I really liked. Many years later I became a student of sensei Zenson Gifford from Toronto (who was Roshi Kapleau's student).

My meditation did not have any religious character at that time. I used to merely sit with my legs crossed, focusing my mind on a place inside of my stomach and controlled my breath, waiting until my thoughts became quiet. It was very difficult at the beginning, but at the beginning everything is difficult and I was aware of this. I used to sit in zazen three times a day, for half an hour each time, and sometimes also for thirty minutes before going to bed. Some two months must have passed before I felt a clear change of the state of my mind. Thoughts were becoming quiet; it was something new, something was happening. I was 'bringing' my thoughts to the bottom of my stomach until I felt emptiness in my head. Total silence, no thought, and all my mind was focused on the bottom of my stomach. It is a very nice feeling. After some time I started noticing that without any particular reason my old memories started to 'explode' in that silence. Suddenly experiences and thoughts from months or even years before were coming and restraining me. It took a long time before I understood that this was part of some kind of natural process. When I finally accepted it as true I was very proud of myself, proud that I was able to discover something and this indicated quick progress to me.

The silence used to start usually after first half hour round of meditation. Spontaneous memories would emerge at the end of the second round. I learned not to pay attention to these fairly quickly and only do what was to be done, i.e. focusing my thoughts on the bottom of my stomach. It lasted about one month until observation of my new meditation process—my thoughts, their disappearance, emptiness in my head—became almost routine. Then something happened, something that turned all my knowledge about the world upside down.

I sat to meditation, focused my mind on the bottom of my stomach and imagined all thought energies flowing along with my breath down to the bottom of my stomach and staying there. Silence came, along with some thoughts, and then... I felt something like a curtain move on my body; it slowly began flowing from the top of

my head downwards uncovering something really amazing. After it dropped I saw Light.

I experienced Love, merged into Love, and we became One.

Mind did not exist and a boundless space filled with miraculous love, freedom and this Light appeared in its place. It was everywhere, loving, alive, infinite. It was beyond time and space. Every distance and sense of separation disappeared. This small 'personal me' vanished and instead, there was awareness that I am alive in this body and outside of it and that my true being is an unlimited space, love, and a grand undisturbed liberty. It was awareness that I Am, all in all and that no division nor distance has ever existed. I was greatly and wonderfully moved to tears that rolled down my cheeks.

When I stood up from zazen I saw everything in a different light. I looked at my poor furniture in my small room and felt deep gratitude that they were there allowing me to use them until now. I looked over my handbook for the Russian language and was crying only because of the fact that I could read. There was no trace of ego in me. I looked through the window and I saw my neighbour, but instead of the usual feeling of separation and division, there was this marvellous unity with her and with everything else. Only Light and Oneness existed.

On the first occasion this state appeared it lasted for many hours and disappeared on the next day during regular classes at school. Later, it used to come many times and was caused by many different events. In most cases it was a few hours meditation that evoked it. Once, this was unusual—I was focused on a solving maths problem for couple of hours and did not want to admit that I was not able to solve it. I became more and more focused and determined as time passed by. Finally, I solved the problem and calmly went to bed. I woke up the next morning and Love was already there. It was Light and infinity again and this wonderful, indescribable Love pervading everything, being both the source and essence of everything.

It was there and then, for the first time that I perceived that the world we live in is by far not what we think it is.

2. Master in a Short Garment

Years ago I had the pleasure of seeing the Masters and Teachers many times. They used to come to me in dreams or appear before my inner eye. In the beginning this occurred during meditation. Later on I also saw them while doing my usual daily duties. On many occasions I have learned that they are not only very wise, but also have an uncommon sense of humour. I remember one such a case – there was a big theatre hall, overcrowded with Masters wearing long, beautiful clothes. It was a time of waiting during the elections for the new president and the result was not fully known.

The result was known many years in advance... Do you remember what I told you a year before the elections?

Of course, I completely forgot. You told me the first and last name of the future president who was supposed to be ruling for two tenures. Everything came true.

If people who rule spent more time meditating they would have fewer problems to solve. Ruling is a very difficult and demanding job and frequently requires other sources of support and good ideas besides inspiration.

Perhaps, somebody is going to read your words my dear Master and will take them to his heart. It's for everybody's welfare after all.

Returning to my tale, I was standing in front of the hall, full of masters, watching them sitting, talking to each other, joking. It was really fascinating to watch, very edifying. Sweet and uplifting energy as well as joy with traces of ecstasy were emanating from them.

These were not traces at all, simply you were not able to receive the complete sweetness of the master's emanation.

While watching them I began to wonder; they were all dressed so nicely in long clothes reaching the ground and I asked You – are all masters always dressed the same?

And what, and what?

You have a great sense of humour. Then You did not answer, but almost at the same time one of them, from the second or third row, got up, raised his hand and said:

‘Not me!’

He was wearing the same beautiful garment as others with one difference, it was not as long; it reached to his thighs. I could see naked legs sticking out. It was a ‘mini’ version. Well, all this appeared very funny and it was exactly what He seemed to mean. I burst out laughing.

And what happened next?

Then You came as Sri Sathya Sai Baba. All of them got up and fell into incredible silence. You sat down in the first row and all the masters sat down as well. While I was standing and looking I felt that I should bow to all of you. There was so much love, peace, wisdom and many, many unexpressed things in You. I think I was recipient of a great grace by being able to see such a grand assembly. Thank you for that. Then your aura filled the hall and all of the masters, You, and I merged into one.

Everyone was waiting for the votes to be counted and preliminary results to be announced. I was there with all of you for two hours. It was a time when the future of this country was being decided, including the events for the next three years.

So you see. You do remember something. Everything is known many years in advance. Masters take care of all events in the world and plan everything scrupulously. They always consider group and individual fates and what you should learn. Because all of life is a lesson.

And Love is its subject.

Love is Divinity...

As a matter of fact everything is fixed and scheduled many years in advance, including all the political and social events.

Yes.

Thus it follows, it is of no use to neither become involved nor show any interest in them since what is to happen will happen anyway.

Yes, if you proceed towards Divinity it is not recommended to have any interest in politics or world events. The results of all events, including wars and conflicts are known long in advance. Their causes originate deeply in karma and dharma. None of you is empowered to change them; paying attention to them is just turning away from Divinity.

One of masters was sitting in front of something that resembled a computer; however it was operated by using thoughts and the computing power was millions times that of computers we use nowadays. He was sitting focused on the screen, where, in a way difficult to explain, future spatial scenarios of events were generated and from billions of possibilities He was choosing the one to be carried out in the real world.

Tell Me how he was doing it.

He was a very important master. Other masters were sitting around and waiting for the final result. They were to take care of the details. The master had let me see over his shoulder, showed me how the scenarios are created and on how many levels they have to be considered. I remember that thousands of pictures were flowing with incredible speed in front of my inner eye. Then, when I asked him how he was going to choose the right one, he pointed his heart and said that God in his heart would tell him. At that time his answer was a riddle to me.

The answer comes from the heart. Divinity resides in everyone's heart. Everything is determined in advance. Economic changes, stock exchange fluctuations. Everything.

Airplane crashes.

Car accidents also.

The time of life passing away for everyone.

Yes, but you are not leaving life away, you are rather passing over into the next dimension of being, beyond the material. Everyone 'on this side' has a supply of energy allowing them to live a predetermined number of years.

Master, You can change it.

I have no problem with that.

What is it up to?

Would you really like to know?

Yes, please.

At this time the duration of life on Earth is being determined by man's heart, by his spiritual consciousness, this 'part' of you, which is in contact with Divinity. We consider karma, the spiritual path you tread and we settle the best decision collectively. When the course of events takes the wrong direction and it could bring great karmic harm, it happens that you leave 'before the due date'.

Who decides about this?

You alone.

But we rather do not.

You perceive man as a body. This is not a proper approach. You are something much, much greater. It also happens at times that you get the possibility of having more time in your body on Earth. This takes place when you pursue the path towards Spirit with determination and leaving the body would disturb this good process.

Can we then ask You for an extension of life?

No.

No?

No. One may ask for extra time for ordering and finishing issues, doing something valuable, time for turning towards God and reconciling with Him. Extending life only to be 'here' does not serve any good purpose. Life is a continuous moving forward, continuous development directed towards Love. It is a progress during life on Earth, and later progress during nonmaterial life. Think carefully over what you want to ask for, as some good things have a chance to come true immediately.

Dear Master, could you tell me which requests You particularly like, how can we make you feel happy?

Oh, this question makes me happy. It is a very good question.

You make Divinity happy when you turn towards it with requests, with prayers about the possibility of turning towards good, towards love, with requests asking for help for others, for those suffering and in need, with requests for love and happiness for others, for people here and 'there', for animals, for all beings.

Divinity is love, it is somebody who loves you very much, Mother, Father, dear friend, devoted trustee. Ask for the possibility of becoming close with it, for spiritual strength, which is essential to turn away from and rise above the

attractions of the material world. Ask for the possibility of learning humility and modesty. Ask for grace and love for God.

Thank you Master for this conversation.

3. Life in Outer Space – the People on Vega

One day, out of the blue I experienced one of the strangest and most wonderful adventures in my life.

I was leaving my dentist's rooms. It is important to tell you that I did not take any anaesthetics, because of the situation in our public health system at that time.

I was crossing through a small square situated within a residential area and quite unexpectedly, some power forced me to look up towards the sky. There, in the cloudless sky I noticed that there was a shiny silver object hanging in the air. It was quite low. It looked like a squat cigar. This object was slowly moving west away from the market place (the most populated part of the city). What captured my attention was the fact that it was moving horizontally, in a straight line, with a steady pace. I could not see any sign of trailing smoke, nor exhaust, nor any other indication of an engine being present. The second interesting thing was the shiny frame, which was easily seen. It looked like a large sparkling elliptic bubble, inside which this beauty was enclosed.

Because of the distance, it was difficult for me to evaluate how large the vehicle was. 'This must be a real UFO standing in front of me, in full daylight, in the middle of the city', I thought. Taken by surprise I was about to stop people passing by, but I felt a clear feeling that I should not do this. I moved away from the residential area towards a square where I obtained a better view, and continued watching the moving object for about ten minutes.

It was clear that they were in no hurry. Moreover, I received the impression that this vehicle was emitting strong energy which was streaming into the ground.

Immediately after I arrived home I sat in meditation trying to connect to the vehicle and its crew.

After becoming quiet, I focused on the energy of the vehicle and I soon saw its commander; at least he made an impression that he was the commander. He was not interested in contact and was doing everything to ignore me. I asked him who he was and what he was doing. He communicated something back, so I asked him to hand me over to his guardian or whoever was responsible for the mission. In the meantime, one third of the way down inside the cylindrical ship I noticed two parallel generators emitting the strong energy which I had felt so clearly before.

After a moment of silence a very nice man came; he was smiling and willing to talk.

'Where are you from?'

‘From the place you call Vega.’

‘What is your business on Earth?’

‘We operate in the middle east area of Europe. Our base is in Poland. We are working on changing the vibration of this area. The conditions of life here are changing and new times are coming, so you need fresh perspective.’

‘As I understand it, you are charging the city with some kind of new energy.’

‘Yes. You could say that we are helping you.’

Answers were coming out of the silence of deep meditation. So deep, that the mind was turned off completely giving room for an undisturbed reception of words, thoughts and phrases flowing from the conversation.

I would talk to him for a moment; he was answering and showing me pictures (similar to photographs) which were also accompanied by impressions coming from very far away. There were views of camps, vehicles, geographical regions they pass over and the effects they expected to trigger.

At a certain moment a thought crossed my mind to ask to be shown his home planet. At this point he suddenly became silent for a long time.

‘I can not make this decision alone. I have to ask the planetary Guardian for permission.’

I felt as if he switched off contact with me. Deep silence fell. This lasted a long time. I was calmly sitting in deep meditation and waiting.

Into this absolute silence I felt some movement from somewhere far away.

It seemed as if someone became interested, turned his thoughts onto me and was checking if I was the right person. In an instant, there was a phenomenon that shocked me completely; the planetary Guardian appeared. In my inner sight he came as a mere male, but in feeling ... a surge of unbelievable love flowed—warm, full of trust, totally accepting of everything. It was pure love. What shocked me the most was that a man who did not know me at all, loved and accepted me without even the least reservation. I remember this shock even to this today.

‘Can I ...’ I asked.

‘Yes’ He broke in, not letting me finish.

Meeting Him was only a prelude to what was yet to happen.

‘I would like to see the departure from Earth’

‘OK, this will be an edifying experience for you.’ He answered with this marvellous acceptance. There was silence.

Soon, in front of my inner eye I saw a clearing in the park on the outskirts of the city. The familiar vehicle was there. Nearby stood a pilot dressed in very interesting uniform; it was a four-square check pattern, and a helmet with a window made of some glassy substance with a pattern of thin stripes. His knees were strangely in a different place than ours, much lower. They seemed to enable both forward and backward bending. Similarly odd were his hands with palms in dark soft gloves and the fingers moving very gently and swiftly back and forth; they appeared longer and had more joints.

He showed me in with a gesture. The craft was roughly eight to nine meters long and three and a half to four meters high. I was now able to clearly observe the shiny and transparent bubble surrounding it. I moved forward and went directly through the bubble. It is impossible to describe the sensations that followed. My consciousness which was enclosed within my head (just like everyone else’s), suddenly expanded, embracing the interior of the ship and the space around it. I ‘saw’ and ‘heard’ everything with my consciousness, as if it was a kind of screen, wherein everything transpires and I was aware of the thoughts and psychic state of all the crew members without any effort.

There were two more persons within. They were smiling very kindly, sitting somewhere inside very tight rooms, but this was not bothering them at all. I clearly felt that the consciousness was based on love—omnipresent and all-pervading love and acceptance of everything. It was as if our consciousnesses melted together becoming one. It was this common consciousness that drove and propelled the vehicle!

I went to the front of the vehicle and the pilot followed me. We sat inside a tight cabin; he was seated next to me on my right side. There was a transparent cupola over our heads. Within a moment, without feeling any G-force I saw the tips of trees, clouds, and the starry sky. I was just able to ask ‘How long will the flight last’ and got an answer ‘Six minutes’ when the transparent glass over our heads became frosted and the whole vehicle was immersed in a pleasant and hot vibration. There was no room for any thought whatsoever. This lasted perhaps five or six minutes. Suddenly the glass cleared again and I noticed a huge planet in the distance, right in front of us. It was very beautiful, even majestic, as it hung in the empty space surrounded by a gigantic, shiny sphere. We stopped for a moment, as if my guide was asking for permission for further flight. Evidently he received it, for imperceptibly we started moving on. I almost cried out in amazement when we were crossing through the barrier. This time my consciousness spread out and embraced the unimaginably immense expanse of the whole planet. This was a great reconciliation with Love, with Nature, with God. It was an inexpressible feeling...

Consciousness celebrated its triumph. Freed of everyday limitations, consciousness was finding fulfilment in union with everything. It desired nothing. How can you long for anything being everything?

For some time we were floating high above the clouds; then the vehicle dived down and after some time I saw the surface of the planet through the milky fog. In the midst of an inexpressible sweetness of omnipresent love I heard an unusual song. Or rather, I should say I felt it with all my being, as if I heard and experienced a passion induced by a chorale sung by angelic hosts. However these were not sounds, but vibrations of love, some stronger, some quieter, harmonised into one huge spatial symphony. I became completely engrossed in listening to the tones of that song of love, a song of existence, reaching into me on inner waves of sweet ecstasy. As we were approaching the ground the song became more and more powerful and clearer, with new, subtler and subtler tones enriching the symphony. Very quickly, I understood its source. This extraordinary symphony was emerging from nature. This was the song of life. Lower and stronger tones belonged to high trees; voices of shrubs and young trees did not sound so loud; flowers and even single blades of grass were adding their very quiet notes. Together they created this unbelievable harmony of sounds. One can compare the impression to a symphony orchestra inside a huge cathedral, where sounds played propagate freely, and vibrating outwards from inside a large empty space.

We landed in a small clearing and I left the vehicle. Outwardly I saw everything as through a fog, but on the inside I was feeling everything in a lively manner. The clearing was surrounded by bushes that were four meters tall, while numerous flowers and different plants filled the interior. I felt uncomfortable as I did not want to destroy anything unintentionally. Not knowing what effect I might cause here, I was standing and looking around. I saw flowers similar to the narcissus from Earth and I recall clearly how attentively I observed the plants—after all one does not have the opportunity to see flora from another planet every other day.

After taking a closer look at the flowers, I began to become aware of distinctive differences. Surely these were neither narcissus nor any other flowers known on Earth! When I realised this, for a moment I felt like I was caught in a trap and a sudden wave of panic (evoked by the strange environment around me) began to overwhelm me. However, I quickly regained control of myself and turned my senses toward the tonic of sweet, omnipresent love. No; I felt sure there would be nothing dangerous for me here!

Another close inspection of the plants revealed something new. Every time I focused on a plant (or any other object) I could sense its feeling, quite strongly. Everything around me was alive and sentient. In this fashion I discovered another incredible thing. I concentrated on a little spring and after a while distinct impressions flowed to me. The spring wanted to give out as much water as possible, because something there, other plants or beings could need it. It was trying with all its power to do whatever possible for the good of others. Flowers were producing pollen and nectar to share with insects and to serve them. Trees were shaping their leaves to serve a shadow to anyone in need. So also, the clouds passing in the sky were full of willingness to give themselves away, to transform into rain giving life to all of nature and protecting other life forms against the sunshine. Wherever and on whatever I focused my attention, I was discovering selfless care for others, the will to serve others and love. In this way I discovered the second feature ruling this unusual world—willingness and readiness to serve others that sprang from love. Every minute particle of this world was pervaded with love and an unselfish will to serve, without

even the smallest concern for, or thought about oneself. There was no trace of ego in that world.

For the next few days, I was familiarising myself with this planet. Whenever I was home, I used to sit to meditation and after few minutes or so I would cross the barrier full of love around Vega. Sometimes I was accompanied by the same man I met the first day; at other times the planetary Guardian would come. He used to devote plenty of time explaining the interdependency between organisms living on the planet and where they originate from, the common Source, which is Love. There, it was so obvious!

Life on Vega manifests lots of divine qualities in an unusual degree: love, selfless concern for others, sacrifice, devotion and humility understood as absence of ego. This direct experience of these states imprinted an indelible mark on me, for it is one thing to listen about these states; it is something else to experience them fully and learn from it. I would like to express my deep gratitude to the Master from Vega for devoting time and offering love.

My visits to Vega ended as extraordinarily as they started.

It was probably on the third day when an idea to ask the Master about the human life on Vega came to my mind. Are there beings like us? The Master answered 'yes' and offered to take me to them right away. After a few minutes the vehicle I knew from before appeared in the clearing. Only now do I realise that my question may have sounded weird. Hadn't I already talked to people from there, I mean the crew of the base on Earth? After all, they must have lived on Vega, too.

I got into the vehicle. It took off and after a short time, not more than five minutes, we flew into something resembling thick fog. The vehicle landed. I felt rather than saw the presence of at least a couple of persons. They were behind a high, wide wall, the ends of which were hidden by the fog. I clearly experienced a reserve on their part, for they were vigilant, obviously aware that a stranger was around. I felt a couple of streams of energy from behind the wall, unmistakably coming from living and thinking beings. Each of them was enclosed in an oval-like construction. The way they were arranged and their size reminded me of an African village with round lodges. After a while I turned to the one that was emanating the strongest energy and said:

'Hello.'

'Who are you?' was the response.

I deduced that since they are asking, they did not know. Earlier, the Master had screened me through and through. Apparently they did not want to or were not able to do the same.

'I am a guest here; I came from the planet Earth. You are living on a wonderful planet.'

‘People on Earth do not understand the essence of life nor its value. You primitively destroy the delicate structure that surrounds your planet.’

Thoughts were coming and forming into phrases full of peace. I did not want to disagree nor explain that I could be different.

‘Why did you come here?’ Despite sensing kindness, I felt a distance to my presence during this conversation.

‘I wanted to see what life outside the Earth looks like and I am extremely positive about what I see.’

‘We understand the importance of this planet for our existence and we love it. We are part of it. We would like you to open yourself to us so we may see who you are.’

The question made me wonder; obviously they did not want to screen me by force. I was also refraining from staring at them, fearing it could be mistaken. I did not want to do anything improper while meeting with beings from another planet. My experience thus far had been courteous.

Yet I did not know what to do. I thought it over and finally turned to dear Master asking that He show up instead. It was supposed to be a kind of joke. The Master agreed and after a moment of preparation, I opened fully all my mental and spiritual spheres asking the Master to come closer with His love, at the same time.

I felt an inflow of hot, vibrating energy, energy that usually accompanies the blessings of the Master. When I looked back outside I saw they were thunderstruck. Their shock was mixed with consternation. I heard chaotic, discontinuous sentences.

‘We did not know who you were, you were concealed so deeply. We have such a negative opinion about people from Earth.’

Suddenly all previous restraint disappeared in favour of sincere openness and pure excitement.

After a few of such visits, each lasting up to a couple of hours, the Master appeared and said that it was time to say goodbye and that one day I would come back to this wonderful Vega. I bid good-bye to the planetary Guardian of Vega and its citizens. That evening, I sat down to write of all my experiences and impressions; this is the picture, or rather, some fragments of it.

Dear Master, would you like to sum up this experience?

Of course. You have learnt a lot during this short visit outside Earth. It is a great gift to one at such a young age to have a look behind the curtain that separates this planet and citizens of the Cosmos. Even a bigger present is the look into the depth of self-consciousness that takes care of the living beings of Vega, into Consciousness and Love.

Thank you Baba, for such an edifying experience. I have personally lived through these deep and piercing feelings of love, devotion and serving other beings, in name of love and good alone.

This Power has created Universe.

Love.

Living and tender Love.

I would like to ask You to help me learn and imbibe these wonderful values and practice them in everyday life.

Excellent request.

4. Three Masters in a Cave

One evening I was studying Paul Brunton's book A Search in Secret India. Brunton gives accounts of unusual events in this book, events he was part of during his visit to India. All of a sudden I realised that all manifestations and miraculous events are certain energetic processes and as such they require a reservoir (or reservoirs) of special energy. Since there is an effect – there must be a cause. This was my scientific mind at work. So many unusual events have happened in India, and this land has been famous for the life and activity of many saints. This means that there must be a source, emitting spiritual energy. And if so, it must be possible to connect to it, because there is no such a thing as separation in the world of energy.

Often in my life I have observed and experienced inflows of energy, which were an outcome of thinking about somebody or something. Such ability is a natural side effect of meditation. However, let me get to the point. I decided to carry out a little experiment. I would get into state of meditation, calm my mind down and try to connect to this centre of energy (as I named it for the time being).

I did it as I planned. While I was falling into deeper and deeper silence, I thought 'Master, I will be counting from ten down to one; let the connection be established, please'.

Ten, nine, eight... ... three..., two..., one...

Nothing happened for a moment. I remained in silence and darkness. Yet, after a while the pictures started coming. I saw that I was inside some sort of huge cavern. There was a large quantity of rubble blocking the entrance. Here and there I saw dampness flowing down the tall walls making paths with dark trails.

I turned around, my back to the entrance and almost shouted with amazement. The cave became wider and ended at a vertical wall some ten steps away. At the bottom of the wall I noticed three human beings, three sages sitting in the lotus posture. The one in the middle sat on a raised platform. All three gave the impression of being very, very old. Long gray hair and beards reached down to legs joined in the lotus posture.

Their wrinkled faces bespoke their age so clearly. Yet, there was an incredible aura emitting from them, as if warmth, devotion, and love were coming from a great depth, flowing through these people out to the world. Strangely, they were not exhibiting any sign of life. Only when I strained my inner eye, did I notice something that looked like a weak light inside them, indicating that they were still alive.

I turned to the Master asking for an explanation of what I was witnessing. After a while I heard His quiet voice.

These three sages came here more than a thousand years ago. They went to the inaccessible Himalayas to meditate. Here, loving Divinity has revealed to them the plan, according to which they could serve. By subjecting their bodies to a deep lethargy and thereby creating channels for streams of Divine Love, they provide this channel of Divine Love which world will need for ten centuries until the next Messenger comes. They have totally surrendered themselves to God using the secret yogic techniques revealed to them and thus entered a state between life and death. They have been staying in this state until today. In spite of your not seeing any sign of life in them, they are fully aware that you are here, that we are both here.

Later, I was wondering who would be the next Messenger that Master mentioned. But He kept silent. Alone, I was not able to find an answer other than that given by religions about the Second Coming of Jesus in Christianity, the Messiah in Judaism, the Maitreya in Buddhism and the Kalki Avatar in Hinduism. It was only years later that I fully understood who the Master was talking about, when I learned about the unusual miracles accompanying the life of the Avatar of our times – Bhagavan Sri Sathya Sai Baba.

Master, what is this energy needed for?

Without it people would forget about the existence of higher worlds and the necessity to turn with love for God. Without love your hearts would become dry, people would be making their ways guided by motives other than good and love, and this would bring you a lot of suffering. Knowing this, these Masters of Yoga resigned themselves to being born on Earth. Bow to them and pay homage to their work and sacrifice for you.

I bowed to their feet and said: ‘Great Masters, I thank you for your help and sacrifice. Bless me please.’

There was no movement. After some time I felt pins and needles in the top of my head; this gradually turned into a grip. A few minutes later I started feeling hot energy slowly flowing down and sort of burning something on its way. You might compare it to a liquid, a honey, slowly moving down the brain-stem, lower and lower. After reaching the chest (the heart area) the phenomenon faded away. I felt everything quite clearly. It lasted for more than an hour and a half. The next day I asked dear Master for this ‘connection’ again and immediately, an impression of flaming energy slowly flowing down came. This time it lasted for about fifteen minutes.

Today, I asked Master for a comment on this whole episode.

These men have been there until today. If you would like to get spiritual support from them, all of you should know that they will never refuse. Act

decently and ask for spiritual blessings and such blessings only, nothing worldly. They are powerful beings and their rule spreads far outside the Earth.

Master, what 'rule' do you mean?

Influence on the course of events. They have finished their earthly cycle and united with Love a long time ago. During my physical absence from here they have been maintaining the flame of love for God. They work wonders even today. To them time and space are not an obstacle. Love has opened all gates for them a long time ago. They will help you all. Ask and it shall be given to you.

I will ask them for love for You, can I?

Yes, they will not refuse your request. We are one—many bodies, one Heart.

Master, I have one more question.

Yes?

Is this idea proper, the idea about the existence of one centre, which causes or powers all processes with spiritual energy in India?

No, one materialistic centre does not exist. There is One Centre of all energy and it is the Loving Creator. The situations you have described as well as the way of thinking leading to it were arranged thus, so that you are able to take advantage of the Masters' blessings. You and many others, who are going to read your words—do ask and you will receive. Many beings are waiting to help and guide you to the right path. These many beings derive their inspiration from the One.

5. Vision of God

I welcome you dear Master. First of all I want to thank you for this day, for your intimacy and loving-kindness. I would like to ask You about what I saw today. It was as if new reality was opening for a while—living, huge. There, behind the curtain of the physical, great Light existed and its streams were permeating through from 'there' to 'here'. Suddenly I realised how impermanent our world is, our image of the world, to be accurate, which we cultivate within ourselves, because the reality can be really totally different. I got scared that in a moment the Light will surround me and I would disappear in it forever along with whole world. Then it started sort of withdrawing and the vision disappeared shortly. I was frightened, when this visible and noticeable world started melting, going out of sight. It began to dawn on me that You, the lovely and wonderful Light, are the only and true Reality.

Fear is a big problem for many of you. Fear prevents you from opening up to accepting Love the way it deserves.

Closed hearts are the second problem. They are closed to love, to others, to Divinity. Overdue concerns with oneself, property, desires, cravings and ideas are to be blamed. Divinity is very, very close. It is here all the time.

Everything is light. An image of physical impressions is formed only in your minds and around this image you build up this world. What you call 'world' is composed of bundles of impressions and visualisations strengthened for many years. This world is thoroughly mental in creation and is not physical in nature.

Master, I must admit that I do not understand. Does it mean that physicality does not exist? What is it, that which we call 'materiality', 'physicality', then?

Materiality is a certain concept based on mental sensations. Reality is different.

Reality is Lightness and Love. Materiality is not any objective being. The only objective being is the Highest Being, the Creator, who made everything emerge out of Himself.

I am admitting that I still do not understand.

All that you call things and describe as 'existing' are something different than what they SEEM to be. The way you were raised makes you ascribe objective existence to 'reality' composed of bodily sensations and based on this you create your mental concepts. And you call it reality. But in fact these are only your thoughts, imaginations of what it is, and not what it actually is. You are so attached to this WAY OF THINKING about the world, that when events or experiences that question your preferred and accepted order of things come in your way, you get scared. You are afraid of losing your own 'reality' or your own judgement about what the world is.

I think I am starting to grasp. What we call the world is a bundle of mental and emotional sensations. Is that correct?

Yes, roughly.

Master, what practical conclusions can be drawn from your statements?

Start thinking that you do not understand the 'world'; that you do not understand even the basis of its existence, that you do not know nor understand yourselves. Get rid of your pride of 'knowledge' and pride of anything else, of this proud 'I know', which creates the world. Get rid of your understanding of this world aimed at ruling it and putting on airs. 'You' as self-dependent individuals are only a state of mind, a deep-rooted and stubborn thought without real existence. The true reality of man is Lightness, and not the thought 'I' tormenting you for generations, to which you attribute such a high rank. Know this, so that one day this image will disappear. Thoughts about 'world' and the world itself will disappear one day like a flame of blown off a candle. Love, Joy and Happiness will remain as the only existence. From this moment, stop developing this 'I'. Restrict thinking based on 'I' and set a ceiling on your desires. Think about God, not about 'I'.

Do not let fear rule you. Fear shuts you off from Light, Love and God. Open to them fully—now, right away. Allow Divinity to capture your heart.

How do our sense of separation and our personal 'I' originate?

The personal 'I' related to body consciousness is a reflection of the only I, Divine Being. As in the case of 'world' this 'I' is also based on a bundle of physical body experiences and is created along with what you call the 'world'.

These two constructions conjointly can be called a state of deathly thinking. I would like to emphasize the fact that those are only states of mind, having little to do with Reality.

Why can't we see and understand it clearly?

Because you have become entangled in action and thinking 'inside the world'. Consider the following analogy. You are actors who have become so involved in the acting that you forgot that it was only a play. Take another analogy: when you dream during sleep, the events seem to be very real and you often respond to them with strong emotions, but in the morning you realise that it was only a dream. What you call reality, world, and yourselves are but such a dream. Life is a dream, death is a waking state. In this state you stand face to face with Love.

What should we do then, what practical actions should we undertake?

Here I will be brief about them. You'll find more in further parts of this book. Awakening or perceiving the Reality is a comeback, becoming aware of your true identity devoid of imagination by the mind about yourself and the world. Constantly absorbed in 'yourself' and 'world', you should become very careful and cautious not to let further actions deepen these worldly ties. This is one thing.

The second part of this answer follows from the fact who each one of you really is. Today you may believe me or not, but in fact you are Love and Light, one with God and God Himself. Therefore, it will be good if the 'small I' starts turning to Divinity with love, turning to the Highest Power praying and supplicating for the blessings of awakening and liberation from oneself and from this world of dream.

Do not look back to the past, to your outlooks, opinions and habits, but ask Love to mould 'you' the way that it wishes to. Forget about the past and follow the loving Divinity ever further and further—into the Unknown. This Unknown will become your home for a long time.

The past is only your thought and you do not know your true future. What remains is the present, which is not important either, because you are not perceiving it clearly and properly. What remains then? The turning back to Love and Divinity. Only this, over time, is going to bring good, lasting results and many, many blessings.

Dear Master, is it really true that you are the only inspirer of what is happening? Is everything contained within the borders You delineate and nothing, absolutely nothing, can cross them?

It is so.

I still do not understand why the world is like this. This world is sleeping, certain about its self-dependence, whereas it is You, hidden behind a thin layer of events, who pull all strings. It follows then that **everything is the way it is supposed to be**. There is no mistake or injustice in any of those events, because You are all there is. Does it mean that as the Highest, You do not have any desires in relation to the

world? For instance, if You wish people loved you more, You could make it happen, couldn't you? Where is the truth here?

Truth is simple and it is Love, and Love I am. This Truth is unfathomable for the mind and it does not impress it much, either. This is because this truth is from the heart, this part of you which, thanks to spiritual consciousness, is in touch with the Divinity within.

Everything that happens has its place in the Divine Plan. This Plan is a sweet song of love bringing elation, an ascent to the Presence of a loving Creator. There is no defect in it, not even the smallest. The Plan is one of most wonderful tissues of Life. It is a Divine Gift for the Universe, the gift of love and wisdom.

I have no doubt, Master, that what you say is true, but why is there suffering in this Plan?

In 'your world', this is the way the Universe communicates that you shouldn't do certain things, because they are departures from valid principles. The principles, on which the construction of the Universe is based proceed from love—love which solicitously takes care of the welfare of all beings. It looks after well-being and progress. You may refuse to take note of these principles in 'your world', yet this does not change their functioning. Suffering burns up negative tendencies, teaches right behaviour and thinking, and directs you towards higher values. In the reality you live in, suffering also acts as a brake against wild desires and acts based on ignorance. It transforms you.

Master, these are very nice words and wonderful energy is flowing from them, so they are surely true. But there is something that still concerns me and forces me to continue inquiring. It is difficult to accept the necessity of suffering when we actually see what is happening in this world.

Try to think what would happen, if actions were not associated with consequences. Violence, fraud, manipulation, aggression, lies—all these would reign supreme. What would this world look like if there were not any factors teaching you not to take to these bad paths and consistently guiding you to the path of Love?

You all want justice in this world because lack of it does not meet your deep feelings. This goes together with your unwillingness to accept that justice IS ALREADY THERE. Without the law of karma that leads humanity to Love, the Universe would be illogical. Such a world could only be created by a crazy god.

But things are going in the right direction. Today it seems that there are more disasters and conflicts than before, but this is only a temporary situation. You are clearing accounts from the past, from centuries when you lived sunken in darkness. The lightness is near, very near. Light will unveil and fill the world.

Dear Baba, perhaps the difficulty lies in that we are not able to see how this law of cause and effect works in our daily life.

Yes, this is one of the difficulties, but there is a very simple prescription to convince oneself quickly about its validity. That is, if you want.

There is? What is it?

There is such a wonderful solution to all problems, not just this one.

Really? Master, could you unveil at least a bit of the secret?

Asking for help is this very simple prescription for all problems. Asking for the answer. Ask and it shall be given to you. If one needs help and really is seeking the truth, he will never be denied.

Turn to Divinity with prayer, asking for the answer to the question about the law of cause and effect. Ask to be shown its functioning and logic.

And when you get the response, start meditating deeply about your life. When you discover that the law does operate, try to adjust your words, thoughts and actions to the most important rules. Think good, speak good, do good, speak no evil, and while doing so, pray to the loving Divinity for help. This is the way to transform your life into a better one; this is the way to freedom from the influence of your negative image of 'the world'.

Remember—ask and it shall be given to you.

A certain incident that took place years ago comes to my mind. I was in a hurry for classes, which were to start at twelve. For some unknown reason to me the gate to the garden was open and the dog, an Alsatian, which used to run unleashed in the garden, disappeared. I was already hurrying to classes, and now I had no choice but to find the dog! The more time passed looking for the dog, the more I was getting angry and nervous. I finally found it in a park, very far from home and brought the dog back. On the way I yelled at it and hit it a couple of times with an open hand. I still remember how it was shaking all over—such a big wolf dog, but its body was trembling all over. Afterwards I felt like a fool because I had got carried away and beat the dog. I regretted all this had happened.

It was autumn and it was getting dark early. On that day a guy I knew asked me to help him get his car to a service station for repairs. We arranged a tow truck, put the broken car on it and went to the service station. When we got there it was dark already and at this hour the workshop was deserted. There was a fence, made of metal bars all around the building. I got out and decided to find somebody to leave the broken car with. After all, that was the reason we went there. It was very dark. I got to the fence and leaned against it trying to take a look at the security office. At the same moment I felt strong hit on my right hip. It was so strong that I got thrown away for a metre or more from the fence. I was more amazed and surprised than frightened. I stood before the car headlights to see what had happened. There was a chunk of material, the size of a hand pulled out of my pants. It was just hanging on some threads. I was astonished.

A security guard with a flashlight came a moment later. Then, behind the fencing I saw a dark silhouette of a dog, the body resembling a Rottweiler. The man took it away and locked it inside the office. He said that it was better to be careful about the dog as it was specially trained to attack without any warning. It was true, the dog did not even bark; it just quietly came up and was waiting for me. If it were not for the

fence, the dog would have pulled a solid chunk of my body out. Fortunately it was not able to stick its big muzzle through the bars.

I must admit that when it finally hit me about the danger I was saved from, I thanked the Master for the protection and immediately apologized heartily for my earlier behaviour. It was a perfect lesson, one I remember till this day.

Violence is not a solution. Love is the solution.

I have told this story to people I know a couple of times and once or twice they had doubts, saying that it might have been coincidence.

But it wasn't. Even if it was, you should extract the most valuable lesson out of this experience. Besides, the doubts of others are not good guidance while you are on the spiritual path. People act under the influence of illusion whereas spirituality is getting out of the realm of illusion.

The most valuable lesson is that my actions caused unpleasant results immediately and that I should not be angry and surely should not beat any animal in the future.

I am accepting the conclusion. You were very lucky then.

I thank You again. I did not even get scared. Later, when I realised what had happened I had a sense of perfection. I understood something finally, or rather I was glad that the law worked and that my earlier inner feelings came perfectly true. Also, I felt a great humility towards life and You.

This is what one of steps towards Light looks like.

Thank you for appearing in front of my inner eye. I wish people could see your amazing, enormous, modesty. They would surely change their relationship to You if they did.

Many people do not have any desire to see Me. They think that I am not giving them what they need. However, if they do ask for something, these are usually matters that are not profitable for them, things that are not going to bring neither them nor anybody else anything good. This is why my 'No' comes into play. People sometimes abuse me for that and they are angry at me; but I never take offence.

I am Love. The world is woven from the thin yarn of Love. The Earth and clouds over it are Love. Leaves during the fall are colourful, lovely letters that are sent by trees down to the Earth. The wind is the breath of God, who delicately strokes your faces. I love you my dearest friends. Look at me, look with love and I will appear to you. I am very near, very close to you. I am Love, Love without limits. You and I are Love. Your thoughts have the power to create the 'world'. Stop creating it the old way, turn them all towards me and I shall help you free yourself to face Love and happiness.

6. Meeting Death

Many years ago I was sitting in the study room and reading a book about death and dying by a Tibetan lama. It was evening, all was quiet around me and no one else was home. Sitting in a cosy armchair and with the mind settled and void of thoughts I naturally entered the state of meditation. In fact there was one thought hovering in my mind. Influenced by the contents of the book I kept thinking about death, about what death is.

All of a sudden I felt that I was not alone. In the lounge where I was sitting, 4 to 5 metres away, somebody was there. I felt his inner radiation extremely clearly. It was increasing with every passing second. I was flooded with a wave of incredibly soft love. It was such a tender and inexpressibly caring love, love that sees everything and understands everything...

I never am fully sure what I see in my inner visions. This time it seemed to me that the guest was male. He stood looking and emanating a wonderful power of love. And I was aware He was the very Death. It was an unbelievable phenomenon, an incredible feeling.

I am not claiming here that I understand what I experienced. On the one hand there was very clear presence of somebody, who each cell of my body recognised as Death, and on the other hand, a wonderful love was flowing from Him—love so alive, so inspired, bestowing such an incredible solace and deliverance. I bowed down to Him and asked for a blessing. He did not make any gesture, but His love was telling everything. It was so intense and so warm that I literally felt it opening my heart and flowing into the abyss in a broad stream. The visit of this unusual guest lasted for three days. It took me some time to realise and understand that only somebody loving so warmly can play the role of companion during the transition to the other side. I know that I will follow Him there someday and it will be a day of great joy and wonderful love.

As a matter of fact, I still do not know what happened and whom I saw then.

You saw Death and know that it is a very rare thing to meet it while still alive.

It is strange that He was a person, a male...

No, it only seemed that way to you. He/She does not have any gender.

But is He a living being? A man?

Yes, He comes to complete the bodily existence of beings and to tidy up whatever is possible in order for the departing person to have the best possible trip to the other side. So that the untrammelled person flies freely on wings of love, leaving behind all past issues and states, right into the arms of the loving and caring Creator of the Universe.

Many depart suddenly in accidents or suffer for a long time.

Death for many people is breaking free from suffering, from struggling against oneself, from constraints. And the state they experience immediately after getting to the other side is incomparable with anything else.

On 'this side' the border of death means a lot, but on the 'other side' it is not so important. A wonderland is spreading right from this border.

A thought about this land alone makes me thrilled and impatient in joyful expectation. I would like to see it. Surely it is incredible.

Yes, it is really 'incredible' for all of you. But do not long for it, for everything will come at the right time. Another warning, desiring to learn about this or that other world is not an important desire. The desire for serving others is much more valuable and the desire for love and union with the Highest is the most precious of all. Take my words to heart.

I feel that I am not afraid of death. I am rather looking forward to it with interest. I know that I am going to see You then, my dear Master.

It's true.

And it will be superb.

Oh, yes. You do not even have the faintest idea how much.

Is it known when it is going to happen?

To the hour, accurately.

Good, I like precision. Excellence expresses itself by exactitude, I think.

You have a sense of humour.

It must have been inherited from You, Father.

You haven't called me like that for a long time.

True, some time has passed. Do You mind? I shall gladly conform to your will.

No, not at all. Yet 'Baba' is sweeter.

Sanskrit is a strange language, inspired.

Inspired by me.

Can I still ask you more questions about my visitor that night?

Of course, go ahead.

In our culture death is usually a woman and here, a male has appeared. He was handsome and somehow very tender.

That's the way it has happened.

Why did he appear in this form?

That Master has chosen such a form, because it was adequate for you. You might have misunderstood, had it been another way.

I did not feel he was a Master. Instead I clearly felt he was Death.

You felt piercing love and this was just his visiting card. He was one of the masters who serve as a guard between the worlds, the one who helps dying people to the other shore.

Could you tell me about this a little more?

At some other time, not today. Knowledge is not as important as love, and one should never replace one for the other. If you have a choice to follow the voice of mind and knowledge or to follow Divine Love, always choose the second one.

Death is a part of life. Your life continues beyond physical world. Existence never ends. When you come to me you will recall everything. When you all come to me you recall everything.

We will have lots of things to discuss.

Conversation of hearts goes on without words. The topic, now and through all of eternity is...

Love.

Yes.

7. Divine Light

Sri Sathya Sai Baba burst into my life like a sudden storm. Being interested in spiritual matters, sooner or later I was bound to run across information about Him. So it was in my case; it may not make any significant impression on you. By now I know that it means that you are not ready yet. Whoever meets Sri Sathya Sai Baba even once, they are no more the same, forever.

A friend of mine went to India on a pilgrimage to holy places. The last two weeks of his journey were spent in the ashram in Puttaparthi. He came back totally changed. I was very surprised with the depth of change. He was a rationalist, given to seeing reality exclusively from the point of view of the intellect. He suddenly began talking about unusual spiritual experiences. He talked about the Love he experienced, Love for the whole of creation, Love that was very clearly connected to the person of Sri Sathya Sai Baba, Love that without any doubt was granted by Him after his plain request to experience the Truth.

This conversation with my friend shook me to the core. The Love that he was experiencing in the presence of Sri Sathya Sai Baba was very much the same that I was feeling, years ago. Everyone builds his world based on his own experiences—we

cannot live otherwise. The truthfulness of my colleague and the changes that occurred in him in such a short time were pointing emphatically to two things—the authenticity of his experiences and the outright unimaginable spiritual power of Sri Sathya Sai Baba.

It was late at night when we parted company. I barely laid my head on a pillow when an amazing phenomenon occurred. I closed my eyes and a sky-blue light appeared gaining power with every moment. The colour was wonderful; this kind of vision is a rarity. After some time I noticed movement within the light and saw a figure approaching. It would be difficult not to recognise Him—flaming orange robe and the distinctive Afro hairstyle. Sri Sathya Sai Baba was coming, walking slowly. His sweet smile made my heart simply melt to the bottom. Even today, while I am writing these memories, I feel unambiguous spiritual union with the love of Sri Sathya Sai Baba. The hot current flows straight into my heart and revives whole my being. He was carrying a violin in his left hand. ‘Do You play the violin, Baba?’ I asked, surprised. He did not respond. Instead he placed the violin lightly against His cheek and still smiling that same wonderful smile, touched the strings with the bow. Initially I became dumbfounded, only to lose myself and dissolve in beautiful music after a while. The music was reaching the deepest recesses of the soul, where light and love reign supreme. Subtle tones of this song contained God’s creation and disintegration, and sweetness beyond comprehension and ability to express. It was song of goodness and love. The Creator must have heard such music while creating the Universe...

The following days and weeks were a period of deeper reflection. I quickly understood that only authentic Power and Love were able to manifest in such an unusual way. I realised that we live in incredible times. Two thousand years ago, a similar phenomenon related to another man shaped the culture and spirituality of the West. Today, the same or even more outstanding events occur. Moreover, they are on a huge scale, touching not only tens or hundreds of people but hundreds of thousands and millions all over the world. As humanity we must not pass these phenomena by indifferently. We are witnessing probably the most important events of our history as a human race. The living and loving Divinity, from whom all have originated, is now with us, in a human body, here on Earth.

Soon, it became obvious to me that I simply must go to India and experience direct contact with Sri Sai Baba. This resolution was born in a somewhat unusual way. In fact, it was not a result of any rational consideration. I woke up one day and just knew that I should go to India to visit Sri Sathya Sai Baba.

However, the trip took place much later than I expected. Many things were yet to happen beforehand. Finally I gathered enough money, and overcame all the difficulties with obtaining the visa and ticket. The day before my departure, I was sitting at home with great expectations and hopes. I was sitting and crying, not really knowing why.

My departure was to take place on Friday at noon and I received the ticket and visa late afternoon on the previous day. Everything was settled at just the last possible moment. Earlier there were no seats available in the plane, the consul refused my visa request—many things were not in place. While leaving my office I glanced at the documents in my hand and turned to the Master with thanks. I said ‘I know you have

helped. Thank You'. At the same moment I heard a surprising response in English 'You are welcome'. And along with this came Love. Then I understood who has stood behind the responses I was receiving for all these years. It was then that I realised this for the first time.

I was leaving the country a little apprehensive about coming back disappointed. But what happened there? The whole visit to India in the presence of Sri Sathya Sai Baba greatly surpassed all my expectations and preconceptions. To say that I got charmed is not enough. I came back a completely new person.

I watched a couple of videos from the ashram before I left the country. I noticed the seemingly unnatural reaction of people to Swami's appearance. They were prayerfully folding hands together, smiling strangely and assuming angelic faces. It was only when I arrived there, that everything became obvious. And the reason behind their behaviour turned out to be so incredible that it surpassed all that I could imagine.

We were sitting in a big group waiting for Swami to come out. When He appeared on the horizon, something reminiscent of a current strike went through the crowd. After a while the atmosphere became just wonderful. Clean and fresh energy, warm love along with a difficult to describe deep and calm happiness, were flowing within with high intensity. I had this feeling each time Baba appeared in my view—more than a hundred times, altogether.

The effects of Sri Sai Baba's energy were clearly evident. Firstly, the prevailing mood changed. Instead of tiredness due to heat, waiting, a difficult climate, and being sick of India in general, there was a deep calm and relaxation. Secondly, the energy of Sri Sai Baba was bringing about obvious effects upon mental attitudes and thoughts, also. Many times I noted a deep insight into psychic processes appearing during a darshan (*audience He grants to gathering of devotees*). Some elements of my mind were illuminated and then vanished in nothingness. It seems this is the way Sai Baba carries out the process of purifying people who visit Him. Thirdly, a living, piercing and intensive Love was manifesting and embracing the whole body, mind and soul. It was an indescribable feeling, incomparable with any other, the refreshing and crystal clear touch of loving Divinity. In the presence of Sri Sathya Sai Baba it is very easy to experience the truth that God is this most piercing and sweetest Love, to the very bottom.

During darshan I would often sit meditating with closed eyes, not paying attention to what people around were doing. At some point, an electrifying wave of Love was coming, following it was the next wave and then yet another. It was as if somebody was switching on the light inside my mind and slowly increasing its intensity. When I opened my eyes after a while I saw that it was Sathya Sai who had just come out to the waiting people.

On the day of my birthday I was lucky, Sri Sai Baba came and stopped about 30 centimetres from me. I felt that I must not miss such an opportunity to research and I touched His foot with my right hand. I received a great shock. Immediately, all the hair on my body stood up and my hand turned to something resembling a squat fire hose, through which boiling energy was being forced with incredible power. This energy was flowing not only through my body, but also outside of it, up to about five

centimetres away from the skin. I was flooded with a wave of unheard of happiness and elation. Sri Sai Baba was standing by me for about half a minute and I just was not able to move my hand back. For a couple of hours afterwards, I had difficulties with speaking. At that time I was still not fully aware of the fact that this very touch had changed my life entirely.

I remember how at some other time, Swami was slowly passing close by me and I was praying silently that He walk faster, for I felt that I was going to burn away completely from this boiling touch of His love. The love was so intense that day that I felt as if I was sitting in a flame blazing out from a forge. I don't know how I was able to withstand all this; it was probably only because I had no other choice. After a darshan like this, you stay in a state of sweet ecstasy for a long time. As in most of these cases, I had problems with speaking for a couple of hours.

The conclusions from many such experiences were obvious to me. Loving Divinity has manifested in the form of Sri Sathya Sai Baba. I have no doubt about this whatsoever. No force and nobody's opinion will be able to shake this conviction or rather, I should say, this exact knowledge.

Shortly after coming back from the ashram I noticed that when one talks or only thinks about Sri Sai Baba, the atmosphere around changes and His energies pour in. I cannot stop wondering to this day how strong this phenomenon is. I feel it particularly telling when I am very tired. People I know, whose attention I draw to this subject for the first time are usually very amazed. The energy of Sri Sathya Sai Baba is always available. I know this for a fact, as I have practised it for many years. It is enough to think about Him, ask for help. He never refuses. He is pure Love, Love unsullied by anything. Energy flows from His books, from movies about Him as well as from His pictures. When I feel low during the day, for instance because of an illness, I sit in front of His picture and symptoms often recede within five or ten minutes. I am aware that all this sounds strange, but it is just the way it is.

I know that some people accuse Sri Sai Baba of weird things; they claim that He has lost His powers, etc. These are rumours not worth paying attention to. It seems strange to me that people who are not able to perceive energy and cannot determine the physical and psychic effects they talk about, allow themselves to issue such categorical statements. They delude others. If they were to partially cognise the smallest particle of the energy of Sri Sai Baba, they would know how mistaken they are. It is not possible to compare the energy of Sri Sai Baba with any other known human energy. Every great Teacher evokes various reactions in people. Why He does so will remain His secret. Nevertheless, I am certain, that Sri Sathya Sai Baba does it exclusively for good of others.

Dear Master, today, when I am turning my mind towards You with closeness, the same feeling of elation and love comes. Thank You for teaching me this practice.

Contemplation of the form, in which Divinity manifests itself lovely and clearly, brings numerous blessings, sublimates, purifies, gives new promptings in life and gradually leads beyond this world.

Constant immersion in contemplation with the mind directed towards closeness with God is the highest form of existence in the human body. Moreover, it is possible to achieve this.

Is there any limit, I am not sure how to express it, above which You are not able to give anything more? Does this course of your giving ever end?

It ends when there is no more separation between us. But I always have something to offer and it does not necessarily have to be a present for you. Afterwards you may give from your heart as well. You may share joy and happiness, not thinking about yourself.

*And if you are interested to know if my resources of love and happiness can ever run low and if there is any limit for them, then know that **exhaustion of my love does not exist.***

My former teacher claimed that the highest value is getting to know oneself.

Getting to know oneself, yes, if you mean it in the absolute sense, because it is tantamount to recognising and uniting oneself in love with Brahman. But he meant only getting to know oneself as personality and freedom from its hidden influence. This is only a small gift received on the path of love and is not so important, after all.

The mind wants to know a lot, because it thinks that knowledge is going to give it freedom or an upper hand over others, but this is not the right way. I am removing many things from you without outwardly informing you about this. Furthermore, what you know today you may forget tomorrow and you may get busy doing something else.

Many people gather spiritual knowledge as if it had some value in itself, but the only value is in the spirit, which revives it. This spirit enables you to have a clear insight into a given matter and is a natural way to instantly comprehend its essence.

Knowledge has a value when it enriches you and opens your heart towards God. To take full advantage of it, it is not enough 'to know'. It is necessary to practice and draw conclusions from daily life.

*But above all, it is worth getting nearer to Love. Love is important and one should proceed to become **so close as to be able to physically sense Divine nearness and presence.** All the rest may serve as an amusement. However, do not get attached to anything. Live in love towards God and let it lighten your path.*

How to do this? I mean the practical issues, so to speak.

Yes, I know. Imagine that I am near you, that you are touching me and then you are embracing Me. Remain in that. This is very powerful meditation. Love, which will come with this, is going to burn up large loads of ego. It will lead you out from the creations of your mind, creations which you call the world. Right beyond this world, that is to say beside you, above you, below you, behind you, everywhere, spread endless fields of the land of Love flooded with the marvellous light of love. That's your homeland, your Motherland, where you all come from.

8. The Benefit of Writing Conversations Down

Master, instead of writing down conversations with You, I am writing memories from the past. I am not denying value of this work, and thanks to this, especially, I learn a lot. Yet all this is the past. Is it worth returning to it?

Memories invoke Love and allow you to recall and practice ideas and values that you once were in contact with. In that regard remembrance is very valuable, it helps strengthen the foundations for these truths, which are worthy to become centres to shape your life around. Recall the dream that you had two days ago.

I was walking somewhere with my mother. Whenever I have a dream with my mother, it usually means You as Divine Mother are there. I was walking and suddenly noticed that after combing my hair with my hand, a lot of hair was staying on the palm. I showed this to my mother and said that I would be bald like a monk soon.

Loosing hair symbolizes getting rid of something you don't need, related to head and thinking—generally the image of world formed in thoughts and feelings. The issues you started to recollect while writing began to strongly change your attitude to the world. You started thinking about serving me and others and it became a new discovery for you. This is a great gift that was given to you. And it was because you have finally let yourself become induced toward writing and to write all that I say. Descriptions of events are illustrations of a different life and spiritual truths and show how to live and create your own life having God as Guide and Friend. Keep on writing and I shall intersperse your stories with my comments. So write and do not linger, because you will need this way of communication with me more and more, in the same manner as today.

Yes, you told me that I should have written at least a couple words to a woman I know. I was reluctant about this, for I didn't want to make a fool of myself, especially as I did not know what was going on with her. I knew only as much as I have heard from You, namely that she was in trouble.

And what happened?

I sat and after first word I wrote, the next words started coming so quickly I couldn't keep pace writing them down. Finally I became irritated that I was writing too fast and making too many mistakes. Then it occurred to me that you were just joking and trying to make me angry. This amused me.

And what's next?

When I finished I was surprised to find that I wrote so much while feeling as if I had written nothing.

Nothing was coming from you.

Afterwards, when I read those two pages of the letter, I was astonished how concretely and categorically You expressed your opinion.

And then what?

This letter has been sent today. Today is a good day, November 23rd, the birthday of Sri Sathya Sai Baba. It is an occasion for me to thank You for all the gifts which I have received from You during the past week. I thank You very much. Besides many material things, I particularly thank You for showing me how great joy comes from giving and sharing with others. I bought a few presents for friends, who cannot afford these things. It was a great rejoicing.

Secondly, I would like to wish You plenty of joy and happiness. I wish that You find as much as possible of You and happiness in our activities here, and that You are able to share your love with us, as I think it would bring You a great joy.

These are wonderful wishes, especially the last ones. I thank you for them.

PART TWO – CONVERSATIONS

9. Uncertainty

To be honest I am not really sure if I should be writing my experiences and conversations down. The years that have passed have given a very personal spirit to meetings and conversations with Him. I lost interest in many things, although they might possibly be of interest for others. These include life in other planes and on other planets, the workings of healing energy and healing with energy; the life of the Masters and such. Time has wiped many answers away, which, from another point of view is a rather positive effect. For many years my Master has been returning to some matters, showing their different facets every time. There are other matters the Master equally omits, refusing to answer.

This is how He led me to the point where I stopped showing interest in the world, events, politics, and a whole great deal of other unnecessary things. I live focused on what the day brings, referring consistently with love for Him. The awareness that He is the Source of everything grows within me with every passing year.

Now, I have once again heard that I should start writing, asking questions and writing down the answers. This is exactly what I am going to do now. I still do not know what I should start with and what will happen next. This is an interesting moment, when we allow the mind and soul to rest in silence and become only a humble lens, through which inner Light, Divine Light, may begin to shine.

I do not know whether anything valuable will result from this work. Time will show. Thus I am inviting you on a journey into the unknown. We do not know where we are, or what the goal is. Forgetting worldly matters, off we go.

You really wrote at length. You wrote a good preface.

I do not know. It came on its own, without a second thought.

This is a good way to break free of your own concepts.

And I am feeling turned off; simply nothing is coming to my mind – complete silence.

And that's what it is all about. When the mind is quiet, there is a silence, in which you can hear the Voice. The Voice constantly speaks, speaks about love, about unity of all life. It shows you the path, on and on.

You say constantly?

Yes.

Master, why are you laughing?

You are asking me if I speak constantly. Yes. Just think. The whole universe is my discourse. It is an expression of Myself.

An incredible statement.

In addition, it is true.

You told me earlier that one purpose of this book is to pass hints, so that anybody who wants to find your voice would be able to do so. I mean direct communication here, like that between us.

This is a good reason, but I would make one amendment here. Hearing my voice is not as important as approaching Divinity, experiencing its love and transformation in your life. You have probably realised from correspondence with people that there is a danger of my message revealed here being reduced to some technical trick, giving information about unknown areas of the spiritual world. For your good I would prefer to avoid this. Merely hearing my voice is not as essential as transformation of life, which will come about thanks to turning towards Love. The rest can wait for the right time. Begin with the most important matters.

What do you mean, Master?

The turn Godward, that path that has a lot of practical aspects. This is what this book is all about.

Master, I can hear You as a thought coming from nowhere in response to my query. It is an answer from beyond the mind, not subjected to any intellectual process. It arrives instantaneously, sometimes even before I finish articulating the question. This thought is often accompanied by the energy of love, something so sweet, so nice, a wonderful feeling.

This feeling is a proper symptom. The silence of mind is primary condition. When the mind is calm thoughts from me can come. Gradual turning away from the world and its events is the first step to silence of mind. The world worries us with its loud demands for our attention in matters of politics, economy, rights etc. First, you need to remove or reduce this unwelcome influence on your mind. This will let thoughts break free from the strong impact of public opinion.

Are world events not worth our attention?

Usually they are not worth attention. Generally they do not concern you directly and really, in most cases, you do not have to take your stand about what is happening or what somebody has said. Investing your time and attention, you absorb worlds of unnecessary information and energy, and so you are turning away from God. Invest your energy in something that will give you both stimulus for life and lead to contact with the most unusual and most wonderful Being under the Sun. Be wise and make good choices.

Otherwise you'll be stuck in the illusion of 'world'. It is necessary to move away from it first to break yourselves free of it for good.

Many communities live in isolation, e.g. studying the Bible or other holy books. What would you say about it, Master?

Isolation is good, if it eliminates all that stands in the way of your spiritual development towards goodness and love. Even you need it, provided you

understand it as limitation of contacts with the world to an indispensable minimum. The limitation refers to studying the papers, watching TV news, or being interested in politics or world events at large. By avoiding these, on the one hand you have more time for doing useful things or for an active recreation, and on the other hand you eliminate interference due to external energies. In fact this is an even bigger issue, because being interested in world and its affairs gets you entangled in group karma and the karma of other people.

There are doors that a patient man can open with love for the Creator, with prayer, doing good for others, offering the results of actions to the Highest. The study of scriptures can be and is helpful. The word 'scriptures' should be taken to mean a very wide variety of things, and not only the Bible. Many people find their paths studying other works. The heart will show you the right path.

Love for your loving Creator is the golden key to opening the door wide to spiritual development. This is achievable through approaching Him every day and even every moment, carrying on all works with thoughts about Him, dedicating results of all activities to Him. Books are a help at the beginning; they became an obstacle shortly after. Remember that they are only guideposts on the path to God. They are neither the path nor the goal. If thanks to some book you are learning love, it means that it is good for you. However, see beyond words, see beyond subject matter, look into Divinity and turn to it. Divinity does not need any book to lead you to itself. Instead of spending so much time on studies, focus more on Divinity and you will benefit a hundredfold more. Many people give priority to scholarship over love. Later, this leads to many years of discussions about the meaning of some statement or comment. Such discussions, believe me, are barren and lead nowhere. They are not going to change you in a positive way, even to the smallest extent. They will teach you only word-playing and will arouse many antagonisms.

People are looking for sure routes. They are afraid of getting involved in a cult or something similar.

Seek good things and you will find them. If you are looking for safety, self-satisfaction, sense of membership, feeling of being chosen, this is exactly what you are going to get. If you seek God and His Love, then this is precisely what you will receive. So think carefully about what you really want. If you clearly define the goal and keep holding on to it, your journey will be safe. You will not run the risk of getting trapped by desires.

With all your heart pray to Divinity to be shown a path to it. This is the best method.

The safest way is to turn towards Divinity, which resides in heart of every man. Speak in silence—the One, who is Love, will respond.

Speak in silence—the One, who is Love, will answer you.

Now, let us get back to the main subject—the hearing of God's voice. The first step consists in turning away from world, at least a partial turning. Reduce the hours spent on reading of newspapers, watching television, listening to the radio. This will bring you a lot of peace. Do this intent on

spending the time you thus saved for the pursuit of deeper values, for following the path of Love.

The second thing is meditation and prayer. They will bring you a lot of positive changes and blessings. Set aside part of your time exclusively for focusing on the Highest and for learning how to love Him. Brush all thoughts aside and turn all your being, all your heart solely towards Him.

Thirdly, watch what is happening around you—'coincidences', unusual events and answers to your prayers and requests. This way you'll become convinced about reality of the Path of Love, and certainly about Love, which the Creator has got for you.

After being reminded many times by You, finally I settled down to writing again. But I have completely no idea, where we are going to start from. I remember You mentioned earlier that you would like to say a few words about the world, religion, path to You, and of course, Love, which is You. It is enough to mention about Love, to make me feel so wonderful. Where are we starting from?

Why don't we start with the purpose for this book? For, in case you still do not know, I am just starting to dictate to you successive chapters.

Great! I am happy for this work even before it starts.

This book will be dedicated to Love, written with a capital L, that is Divine Love, to its working in the world and to man's path to this Love.

The path contains many stages and we shall discuss them one by one.

Nowadays, there are people on earth at all stages of development—from those with poorly shaped minds to highly developed spiritual Masters. The latter have come down to earth because of the end of a certain age and transition into next one—the age of Truth, when God will be recognized as the Prime Cause of the Universe.

Numerous scriptures and prophecies mention this.

Yes, Masters have been preparing humanity for it for hundreds, nay, for thousands years.

So we live in interesting times. An Avatar is on the earth as well as the Masters, His helpers.

That's true. In the New Age love will flood widely all over the earth. People will make it their light of life, that which in reality it already is. They will make it their guide in everyday life, what will totally change appearances of this world. There will be no wars and no local conflicts. Instead, there will be mutual agreement and cooperation between individuals and communities.

Wonderful energy is flowing from what You are saying. The energy of this very love is so sweet, so gentle and understanding.

It's just what I am. When you love someone and think only about him/her you know me in the most complete way. When you affectionately bend over a child or animal and talk to him softly, then you feel me.

Every word of love and of goodness contains me. It expresses and creates new reality. You all know me well, but have not recognized Me so far. Now the time is coming, the time for recognition of who God is, and understanding that I have always been here; only you have not been able to comprehend Me.

In this book I will tell what to do to live with God in close and joyful friendship, how to find in Him a trustee, a comrade and a loving, dedicated friend.

Thank you for the conversation. It has explained a lot.

I am accepting your thanks, but remember that I am everywhere and ever. I speak incessantly. Love is omnipresent. Conversation never ends. Life is a conversation between us. Life is continuous dialog between man and loving Divinity.

10. Wise and Loving Power

Let's get back for a while to turning away from events of this world.

OK.

Many people believe that they should know what is happening in the world, with the stock market, the exchange rates, who has died...

Yes, but take a look at the effects. Ask yourselves the question: "Are you happier? Does this huge amount of information make you better? Can you love more? Does reading newspapers and listening to the news provide this deep calmness and relaxation to you, which would further give you a drive to work that would bring you joy? Are you learning something valuable or edifying because of that? Is your life easier?" Ask yourselves these simple questions. The answer to them will put a big question mark on your daily habits.

Thank you Baba, for these wonderful questions. Thanks to these, for the first time I understand that what we do should bring ourselves or others some benefit, something good.

Rather, we do not become better persons for watching the TV news or other programs. Many groups are trying to win our support to their ideas and they do not hesitate to overstep the mark in using social engineering techniques, utilising somewhat perfectly, the art of mind control. In the disguise of facts, they send messages of dislike, enmity, of prejudice. Everyone wants to secure our support to their own ideas and business. Nobody wants to do anything really good for us.

My goodness, after writing this I burst into laughter. The media hand in hand with doing good! These two are opposites. The media do not add to peace, do not add to love, do not add to relaxation, do not make life easier. These are only commercials,

persuasions to spend money and consume. There's only one conclusion, at least for me—waste of time, waste of life. Time is running away and never comes back.

From time to time it is good to take a look at your life and inquire about the value of different activities. Would Love like them? Do they lead to good? Do they bring any value to you or others?

Love comes from outside of this artificial world. Happiness flows from experiencing Divinity and cooperating with it. Devote thirty percent of the time that you spend on your interest in worldly matters, for interest in Divinity, and life will change right away. Here is this huge gold mine worth exploitation.

Divinity never errs. It watches over the perfect course of all matters, so what would the media need your attention for? You usually are not able to do anything anyway and even when you are, you don't do it.

Leave this whole world to God and turn your thoughts towards Him. This is the only good way to improve the situation—yours, every other persons' and whole world's situation.

The world does not need any changes after your fancy at all. It needs Love. Love incorporates abiding and affirmative alterations. What you do is usually incomplete and temporary.

How wonderfully and without any effort on my part daily situations arise! I meet people I should talk to, while earlier, 'without apparent reason' I read a book and the information found there becomes the subject matter of conversation ... You know about everything and You take care of everything.

*People call it variously, chance, coincidence, luck, fate. Those who know say that behind all those seemingly unrelated events, there is a wise and loving power. **And they are right.***

Then it means that wherever I look as a matter of fact I see You. Computer, desk, walls, trees outside—all this is You.

Yes, all that exists is Love. Look through a window. The wind of love lashes trees woven of love. Swayed by its Creator, the grass heaves in gentle waves to the rhythm of the quiet song of love. Water lovingly touches rocks, flows around them and proceeds towards the ocean, far away.

Love is the Creator and Substance of the Universe. Everything has emerged out of Love and everything takes place in it. You are immersed in it over your head and ears. Live with this awareness. Talk to people and animals nicely. Do not think badly about anybody and anything. The beginning and end of all events are in love.

On the one hand You are so tender and loving. Your modesty has made an enormous impression on me many times, but on the other hand You can also be hard like a diamond.

I am all you mentioned. I am pause and silence pointing to these, too. I regard humble people. This is a very valuable and rare feature today. You will give me joy if you start cultivating it.

Master, what could we do about it?

People should start by realising the necessity of being humble.

Humbleness towards God is a sister of spirituality. There is no spirituality without humbleness. The universal recommendation is to ask God, to pray to God for help in development of this trait. Hundreds of problems every day could be avoided if people were only a little bit more humble and did not exult in their egos.

The result of promoting ego is that you do not see anything except yourselves. Joy, happiness, love—everything slips away from you. You sacrifice these on the altar of your egos. Your way of behaving, dressing, decorations in your homes, all so called achievements of civilization, are set up so as to emphasize and strengthen the ego. The path to God leads in the opposite direction. Puff some air out of your inflated egos. Allow yourselves, each other, Me and nature to take breath. Do not feel so important for, honestly, there is no reason for it. Personal achievements, inventions, new ideas, education and properties—all this you have received from God. So too, you got the earth with its goods to manage, the sky to stare at and stir longing for the Infinite Universe, to explore and bring goodness and love.

*Have more humility, more modesty, my children. Heed my words, because I have touched upon a **very important issue** here.*

I will give an example of this using an equation:

Me + you = 1.

This equation tells that if you are there, I must be zero. In other words, the more of you, the less of Me. And, of course, the other way round, when the little 'I' disappears, space opens, the heavens open, I come into view. There comes Wisdom, Love, Power, God Himself.

This world needs love. It will revive you and carry you through and over every adversity. The ego denies access to Love by you thereby causing unnecessary suffering. Turn to Love to take care of this state and to transform this state in its own way. Everyone's life will become easier right away. And this is what matters. Be happy.

I am aware that we lack humility and modesty very much. How can we learn them?

*Remember that the Teacher has always been with you. Remember that your Teacher is Love. He is there and watches and He is going to help you in every matter whenever you turn to Him. Remember, it is said, **"Ask, and it shall be given to you"**. Ask then. Ask with love. The Loving Creator is, sees and hears. Usually He does not respond immediately, although sometimes this also happens. He responds through a situation, a coincidence, a dream, a book, a meeting. This is the way Love works and these are its signs. Listen and you will hear the answer. Turn to God with love and He will not deny you help. He never denies it.*

Many years ago you taught me this obeisance. I was prostrating physically and mentally, privately and in public places, in churches and in museums. People had fun. You used to ask me to bow to You at a particular time and place, wherever I happened

to be. Be it a big square, I cast myself face down on the ground, forehead against the pavement, time after time. Today, I am looking back at these plays with amusement.

These were very good plays, as you nicely worded it, and you gained a lot. You got rid of most of your haughtiness, which had been handicapping you for years.

On behalf of readers, I would like to ask You if prostrations and bows to You are advisable, if they are beneficial or bring us closer to You? Will they, in Your eyes, draw people nearer to You?

Everyone will be blessed. These practices may help you shake off the burden of ego. Do bow to loving Divinity. Ask for love and devotion. You will immediately see how much easier your life has become. And of course, you will come closer to Divinity. Everything you do with the positive intention of getting closer to Divinity will bring beneficial results.

11. Should we Make Parents, Society and God Happy?

The whole of our spiritual and secular culture is based on the assumption that you must deserve, that you must do something to please parents, society and God.

You do not have to do anything to please me, because I am always satisfied and even more, I am always happy, and still more, I am the very bliss. This is why you do not need to do anything to be attractive to me.

The only thing I desire is that you become as happy as I am. Because I love, and love is sharing with beloved ones.

*I am Love and I love each one of you, without any exception. I love and accept you the way you are. I am Love, I am Joy, I am Happiness. And now I am telling you all to start waking up and understand. Love, acceptance, rejoicing in life and happiness without any reason, are your **natural state**. You and I have this in common.*

Your Loving Father takes note of what you do only because of your well-being and sometimes reacts one way or another. Yet, this does not change his love for you. Your mother accepts and loves you without reservation and even if sometimes she rebukes you, this does not change her love for you. I am Love equal to the love of millions of mothers and fathers. Billions. This is what I am.

If I did not accept you the way you are and did not love you without reservation, then this would mean that my love is conditional, depending on your behaviour and thinking. But it is unconditional and has always been such. Those you condemn as the greatest criminals have the same right to my Love as your saints.

Does this mean that You have not condemned Stalin, Hitler nor Pol Pot?

No. I do not condemn anybody. I am Love, which accepts, embraces within itself, loves and waits for you to come back to me.

Maybe this is the problem of this world. Is it not the way it is, because You did not opt for any side, You did not opt for the side of what we call goodness?

Oh, be careful. You are getting into a dodgy area! First of all you are pretty much my family, my children and, as I have already mentioned, your deeds do not affect my love. How then could I opt for any side?

Secondly, you take for goodness what the verdict of history tells based on seeing actions and their results from the perspective of time. Your judgement is not unambiguous as in the times these men ruled, for they had the support of many millions of people. Many were praying for them in good faith, believing that they were doing good!

Thirdly, your civilization seen from the perspective of time is also critical, and many of your current leaders will be condemned by future generations. You will be judged also for what you do with your planet, although today you are not paying attention to it.

Fourthly, you would like me to opt for one or another side, but you are not able to unambiguously and unanimously establish on which side the Western world has got its preferences, which side the preferences of the Arabic world fall, and the Far East is yet other situation.

Fifthly, you do not know what is destined for you due to karmic consequences from your past. The way this law of karma works here is to a large degree of your own making and serves as a means of learning to manifest love. This is why you, as spiritual beings, accept wars and disasters. They work for your settlement of accounts of the past and walking your path forward in difficult conditions. And it is only because of ignorance that you maintain that laws linking causes and effects do not exist.

Sixthly, were I to judge and condemn individuals not according to their deeds but according to their character (something I could do naturally knowing your inner selves), I would have to condemn you all, for in each one of you there are small particles of those qualities, which led to the rising of personalities like Stalin or Pol Pot.

This is why it is better to take a look at yourself, instead of judging others. Be advised that there are many among you who in favourable circumstances would gladly implement the rights of the stronger and would start to physically eliminate their opponents. Do not condemn anybody—neither others nor yourself. If I were to apply to you the measures that you suggest, this planet would be empty within a month.

Seventhly, the earth is more like a school and a hospital than a law court or a prison. Those who are unaware need to be instructed, the sick need to be healed, and not judged and penalised. This is what ways of love are like.

Thank you for the explanation. I really understand better now that we should take a closer look at ourselves and be more careful while judging, for, among other things, it leads to division into good and bad and thereby causes conflicts and misery.

You have hit the jackpot. When you turn to me seeing distinctly your moral and intellectual weaknesses, humility is being born. In addition, there arises an understanding of the need to depend on somebody else, not only

yourselves. And this is a good moment for me to come in and inspire you with something entirely new. Do not judge anybody since you do not know their past or their background.

Summing up what you have said, dividing things into good and bad is relative.

No, it is not relative, but it is improper, because you are not able to see and understand the full picture of human fate, nor the lessons and spiritual strengths that you learn and build up as an effect of going through different experiences. Do not judge so much, leave judgment to the courts of law. Take care of your path towards Divinity, because only Divinity can lead you to the light, to understanding, to Love and to a much, much better life.

More humility towards life and everything will get simpler right away.

More humility towards God, this is how it needs to be said, and life takes different turn. Humility and modesty are preludes to love.

New questions are coming to my mind, many new questions.

Ask then.

Prostrations to an impersonal Absolute can pose a difficult effort for many. Can we bow down to You as Jesus? Since I know who Sri Sathya Sai Baba is, I have been bowing down to Sai.

Loving Divinity is an essence of each Form as well as of the Nameless, Formless Absolute. Bow down to Love. Love is the Creator.

The Form is a bowl, into which enters Love, and then radiates towards devotees.

The older I am, the more markedly I feel and even see the beneficial results of meditations connected with bowing to embodied Love. Man becomes 'lighter'. Instead of importance and the power of the personal 'I', calmness of thoughts come as well as joy and often love. Resistance and focusing on oneself disappear and God becomes closer.

However, some idols or images of saints do not radiate much. They are lacking lightness, joy, elation, which I see in Sai every day.

See beyond the form, then. Do not worship the statue, but Love. It will elate you over everything. Do not mistake a signpost for the goal. 'Get into the darkest chamber'.

Do you mean meeting You privately?

You have a wonderful sense of humour. Privately, of course. Speak quietly. I am and I listen. It is enough if you whisper. Speak to me in the silence of your heart, in silence of the mind. Speak to me lovingly. The One who knows your quiet words uttered in secret and who is going to answer to them is God.

God.

It seems to me that world attracts more and more people and interferes deeper and deeper into the mind and soul. It is more and more difficult to stop this process. What would You advise for this?

There are no barriers for Divinity. If man is ready for the spiritual path, Divinity can arrange his fate in a way that he could follow. You certainly don't think that world is stronger than Divinity is, do you? That would mean ignorance. You are dealing with outward reality more and more, and so you mistake occasional impressions for truth about me, about the world and about our mutual relationship. The world is part of me and it is my gift to you. What happens to each one of you happens according to my intention, which is dictated by the need resulting from important causes of a spiritual nature. The world is a stage whereupon wonderful performances take place. You are the actors.

You are the director.

We direct it together. We are Oneness. The world is a manifestation of Love, its expression. Love gives it sense in the smallest detail. Start day with love for God, fill day with love for God, end day with love for God—this is the path towards Light.

12. Love is the Heart of Religion

In your Western culture, you do not understand the meaning of prayer well enough, whereas it is very powerful. It purifies spiritually and sublimates, and sometimes leads to diverting the course of events. Prayer is the meeting of God and man, meeting at the verge of Infinity. It is encounter with love and devotion. God is the essence of Truth, Goodness and Beauty. This is why it is worth getting closer and closer to Him through prayer full of love.

Imagine someone, who is extremely tender and loving, who looks at you and your actions with incredible goodness, who accepts and loves; somebody, to whom all existing beings in all times pray to. Wonderful angels, beings full of effulgence and inner glory are looking with unceasing affection in face of This, in Whom everything has origin, and Who, staying in the limelight is at the same time a paragon of modesty and devotion. Imagine, that this very somebody is just next to you and is ready to present you with His love and everything that He's got available. When you think thus, you are indeed very, very close to the truth. You are in heaven with Him. Love is heart of religion. Love is a song of existence and gratefulness that moves hearts. Thankfulness for life, for love, for all good, which flows from the most loving Highest, who constitutes an exemplar to everybody.

Our Father and Mother, we descended from Your Love. Pray, show us the path to Yourself, so that we can rest in Your loving arms for ever. Lead us through life so that we can carry out your loving injunctions. Please, develop in us an inclination to listening to your voice and submissively following it. Confer on us and on all other beings your blessings of love, joy and happiness.

13. Should we Abandon Religion?

A strange thing came to my mind today. It seems that regardless of being raised in any religion, man should abandon it along with the Deities worshiped, in favour of pursuing the voice of his heart that points to other manifestations of Divinity.

This is true. If you need consolation, it doesn't matter what religion you practice, any will do. But if you seek the path leading to union with Divinity, all that was invented by man is an obstacle.

Your beliefs often diverge from reality. You believe in absurd and even harmful things. Most of people have forgotten that religion is a guidepost on the path to God. Surely it is not the goal, nor the path itself. For centuries, people have made up so much that instead of considering today about what is valuable and what is not, it is better to submit oneself to God's care, so that He may lead us and enlighten the path to Himself.

Master, you are depriving us of something we are used to, something our culture and social structure are based on.

Culture is only of value to the extent that it is able to pass on the message of love for God through the generations; to pass on the message of caring for others and for Nature, to inspire seeking higher values and thereby enrich man's life.

Your culture passes on judgements and prejudice; it imparts hostility towards strangers. It teaches respect for authorities and institutions, and submissiveness to the governing authorities. It gives out a false light for you to follow.

Then is the conclusion that we should forget about religion and culture correct?

Leave them off, seeking true values in the heart and seek God. The line between Divinity and the world is very sharp and you should take a stand on one or another of these sides.

In this cultural system you talk about, is all that matters is to get power over people?

Yes.

The point is to get you interested in issues and opinions that somebody else offers in order that you take them to heart and get involved in them. This is not a good way to work with people. It is much better to encourage people to search for their own truths in their hearts and conscience, and to support people in their development towards higher values, such as love, peace, and goodness. Your achievements in the fields of widely understood culture, including your world outlook, are twisted. Your egoism, attachment to 'my' and aversion to 'the strange' are the main factors standing in the way of the flowering of good culture.

Simply put, your religion and culture are short of love. Love does not seek power because it is modest, it does not want anything for itself because it is selfless. Love lives by continuous giving. This is one of its attributes. This is a Divine quality. It does not have to create hierarchical social structures nor any machinery of oppression to force and maintain obedience. Love means

priority in taking care of the welfare and concerns of others ahead of your own. This is the way the Universe is created. You may doubt this, but this is simply the way it is.

If you base social values on egoism, if you do not take into account the Divine laws of love, goodness and selflessness, then you create a system that brings suffering to people. As humanity, you stand today before the enormous challenge of transforming the system which you have created into a new one. The new system will conform to universal Divine rules, and first of all to the principles of Love. In this transformed system the values and wisdom that will be passed on to future generations, you will also pass on to yourself when you come back here. You will find goodness, love, and Divinity. The new system will give you freedom from suffering.

Master, I am afraid that what you are saying now is too enigmatic for many people. It looks like yet another theory, of which we have had lots of lately. None of them have come true.

Ask yourselves the question why it happened that way. Think about this issue. Consider a wider perspective. Inquire if there is discord between what is being said and what is being done. And, of course, why it is so.

There is an inconsistency between propagated theory and practice and this is probably the main cause of failures. We say one thing, do another and most often get yet another of the two combined. Politicians promise a lot, but when push comes to shove they usually take care of their own business or the business of some narrow social group or party. As a matter of fact, we do not know ourselves nor do we know consequences of our actions, which adds to the problem.

Good remark. Therefore start a new 'culture' and a new 'religion', understood as spirituality based on what you are going to check. Ask yourselves, as individuals and as a whole society, a few questions and find answers to them.

Let 'Does God exist?' be the first question.

Let each of you seek the answer as long as necessary until he/she finds it. Turn towards Divinity, praying that it gives you empirical proofs of its existence. Ask for them. This experience will give you a lot of answers. I know that fears will come and this is natural for this process. Religion taught you for centuries that you are to be afraid of Divinity. Bear it calmly. Many good powers are going to come to your succour.

Let 'Who is God?' be the second question.

And again, as before, pray for experience of Him. Ask that He reveals Himself to you, so you may feel and experience Him beyond any shadow of a doubt. It will be a shock for most of you, since Divinity will turn out to be totally different than what religions have passed on to you. Find this out yourselves. Divinity is tender love, it is devotion, it is serving you every day, it is complete selflessness with no trace of thinking about oneself, it is thoughts only about the good of others. Divinity is humbleness, putting itself in the last place, so that the beloved get what they need and nobody is forgotten.

But do discover this for yourselves. Test my words. Be courageous enough to ask questions and convince yourselves how much the answers are worth.

Master, how should we relate to the authorities? In Europe we still find traces of a mystic aura that surrounded the rulers of olden days. The Americans have a more pragmatic approach.

Direct your life towards love for God and everything else will become much simpler. You are asking me about trivial issues which are of no import compared to what really is the essence of the matter. Power, rulers and officials have been here for thousands of years and will be here for a long time yet. They arise from a collective effort to organise life, ensuring some degree of order and safety, including financial safety, and economic and social development. Governments and their institutions keep evolving and this will stay that way. The problem of people holding positions is the same everywhere and it is a general problem of people on earth. Namely, it is egoism. Under this influence people who are to protect the public welfare and take care of development, think about themselves and how to procure everything for themselves.

But Master, this is how whole of our society is constructed.

Yes, but if we talk about Love and about the fact that everything comes from Love, you may notice that such an approach is only a transitory phase. Power, the way you understand it, is not the right concept. Service is much better. In these cases, people who for some reason have more goods, abilities or possibilities share them with the others, thinking about others, not about their own welfare.

In time you will mature enough to be able to exchange ownership with love, and exchange concentrating on yourselves to focusing on God. Serving all beings in the spirit of love will naturally follow. There are huge changes awaiting you. In the face of such changes, the present technological revolution is only a baby's toy.

Can we go back to the influence of society on man for a moment?

All right. Ask yourself a question, 'What values have other people passed to you so far, including parents and particularly, school and religion? What precious knowledge or quality did you bring from those hundreds of hours spent in schools, churches and universities?'

'Did they teach you how to single-handedly search for answers? Did they teach you how to freely seek the truth and live according to its guidance? Did they show you how to establish relationships with other people so you and they could find happiness? Did they teach you how to love Divinity and the whole of creation, how to find satisfaction of life? Did they show you what that goodness that flows from man and enriches everything around, is? Did they instruct you how to keep yourself cool in everyday life situations? Did they show you that you could become an important member of society and bring true values into it? Did they show you the way to turn to God, to receive His love, guidance and leadership?'

'Were they able to teach you Love? Were they able to teach you to love Divinity not in words, but in thoughts, feelings and actions?' After all, this is

the most important thing, wherefrom all kinds of goodness and inner beauty comes.

For the umpteenth time, I do not know how to respond. I was under the impression that schools and universities usually teach many valuable things. However, listening to your questions touching on so many important issues, I am inclined to think that university time has been wasted with ample measure.

And you are completely right. No school teaches these subjects, no school teaches how to live, how to find your own place in life, how to face adversities and pursue the goal of learning true love. Instead, schools force you to memorise 'revealed truths', i.e., views based on the judgement of history and culture. You cultivate values that in reality are not values at all. Simply, this is why you are not able to recover love and truth. In fact, they do not belong to your 'world' even though it stubbornly maintains they do.

The problem that concerns your social and cultural attainments consists of a narrow point of view. You limit yourselves to what is 'my' and 'known' while ignoring or negatively evaluating or fearing 'otherness', whereas you are one family. Even more than that, you are One. And instead of becoming more broad-minded and broad-hearted, opening yourselves to the whole Earth, the cosmos and its peoples, you preach love and dedication to only one country, to only one doctrine. If you could teach people devotion to values, and not theories, life here would look quite different. Your culture is based on fear and manipulation. But it will change when you start turning towards Love and God in your life. Love unites above every barrier created by the mind. Learn love towards Divinity, hand on this acquisition to new generations and they, and all of you, when you come back here again, will live in greater and greater happiness and prosperity. The negative power of illusion will lose its authority over you.

What future awaits us then?

You tell me.

From what you said earlier it looks like we could be in trouble. What solution, do You, dear Master, see?

Instead of the word 'trouble' let us rather say 'effects'. Today you infringe the balance of life on Earth and in the future, when you come back in new bodies you will receive the fruits of today's conduct. You may not believe this. That is your problem, and quite possibly your biggest problem. You act according to the principle 'let there be ashes after we pass away'. And this is not a good mental climate for understanding life and finding happiness in it.

This is why I am proposing that each of you think over the phenomenon of reincarnation and the law of cause and effect. It is good that so called ecological awareness is awakening. This awareness understands that future generations must have a place to live as well. Now, advance your perception one step further. Pray for the possibility of being persuaded of reality of reincarnation. And pray for yet another thing—ask if the law of cause and effect really operates. These belong to the questions you asked about.

When you find the answers, reflect about the somewhat deeper conclusions that arise from them. Those future generations are but you, your parents, grandparents, children and grandchildren. And if the law works, then every

negative action sooner or later will recoil upon you. Think it over, think, 'Do you want to suffer?'

Let your knowledge of the law of cause and effect along with love for Divinity become central ideas of your thinking about the world, humanity and suffering. You will understand massively, when you but take this one step. Many of you will see for the first time that your image of 'world' that you create with such enormous engagement has huge gaps.

But do not stop at this. Take further steps. Ask Divinity to give you an experience that testifies convincingly about Divinity's action and existence. This will be the second big step forward. Ask further that Divinity continuously lead you towards itself, over and beyond this world of illusion, towards the land of happiness and love.

Come back to the place you came from, to God and his Love. Each journey ends with the return to Love. No civilization can evolve neglecting cooperation with the power that created the Universe. Science and technology, if they are not balanced with love, cause a lot of trouble. They are like a mad horse, galloping down mountain paths. Misfortune can easily happen.

It would be a sorrowful loss.

The Universe does not know the notion of loss. There are processes that lead to concrete results. The outcome is known beforehand and it is Love, be it on this or that side.

You know the future. Could you tell what the final outcome of all this is going to be?

Humanity will merge into Light.

And will life on Earth survive?

No. Within a couple of billion years the Sun will envelop it with its radiation and the planet will burn up.

What about the nearest one or two hundred years? Will anything that could threaten humanity happen?

This question will not be answered. I have said enough already.

Master, it seems to me that when we converse about dangers in the future, spoken words will not change anything, yours or mine.

You are wrong. They may change a lot. At this very moment there is a race with time. Sometimes one sober-minded person can reverse the course of the history.

Yet, I think that within next fifty years no such thing will happen.

You do not know the future. Very few people predicted the events of September 11, and look at the enormous shock you got through this. You do not know what the future is still going to bring. You are not able to secure

yourselves from everything. One sober-minded man is able to point out a new direction and make people follow it.

And we should stop playing with, for instance, science, shouldn't we?

Not necessarily, because science itself is not a threat, but way you use the discoveries of science, is. If you live in union with God, you will start discovering even more powerful forces and they will not be any threat to your existence. After great technical and technological discoveries, the time has come to discover the intellect and conscience and, of course, to start following them. It is time to discover God. It is time to find Love and reconcile with it. Love without beginning and end. Love without limits. The Love that fills the Universe with itself.

You are part of a bigger system, and the system is an entity, a Being. When you are hurting any part of it, in reality, you are destroying some part of me. Life is One.

I cannot count on your answering my question about the future, can I?

If I told you today, it would take away all our joy of adventure uncovering the world and the Universe. The tome of future events has remained closed for people for thousands of years and one need not change this.

The biggest adventure of all, however, is discovering You.

Gospel truth.

It seems that You know an accurate, and even exact answer to the question about what will be here in 100 or 200 years, but You do not want to reveal it.

Getting to know the future is of no use for you, although there are people that know a lot about it. Yet, their thoughts and visions continue to stay in the realm of science fiction.

This reminds me of books by such authors like Julius Verne or Arthur C. Clarke. They were giving out surprisingly accurate visions concerning, for example, the first flight to the Moon or a number of inventions.

They were not the only ones that discovered a golden key to the door of the future.

Is imagination the key?

No, inner inspiration is.

But could we today talk about possible scenarios of events?

No, today it is still too early. It may be possible in a few or a dozen years. Right now, it is far too early.

One last question. From what You have said, I understand that thoughtless and morally sick people work on these dangerous experiments.

No, I did not say thoughtless. It is just the opposite, intellectually they are very efficient. Yet, they lack the inner intuition that is essential while dealing with issues of such high importance and far reaching consequences. First of all they lack love, which shows researchers the way to discoveries of good and beautiful things, things that serve others. A mind directed by the heart is a powerful tool for doing good. Thanks to such a combination of mind and heart, you will be able to learn much, much more.

Many areas of discovery are closed for you and will remain so until you change yourselves. Love in the heart is the best Guide for each of you.

What conclusion can be drawn for the reader from what you have just said?

That it is worthwhile to keep turning towards God, and seeking support and care in Him. That it is worthwhile to turn towards His Love, as it solves all problems and gives hope for the future. To the same degree that the twentieth century was a time of attraction to production and technology, if things go right, the twenty-first century will begin a period of fascination with Divinity and Love; then all the troubles of the peoples on Earth will end.

And there is a lot to discover in this subject.

The whole Universe, love, joy and the urge to living that will never cease.

I have a feeling that there is no danger impending for the Earth for the next ten years.

There are a lot of dangers, but luckily I am here and am taking care that nothing that could get in the way of your development will happen.

Does it mean that fate of our human race depends on spiritual development?

Yes, this is main determinant of the future.

This implies that there is a possibility for some huge disaster to happen as a result of turning away from the Light?

Speaking hypothetically, yes, it can happen. It does not have to be an occurrence of external origin. You can physically evoke it.

Thus, it follows from your words that we are sitting on a volcano.

Yes.

Master, what would be your advice in this situation?

You would like to know all the answers. Seek inside yourselves, you will find them there. Seek a path based on love for God and take this as guardian and guide. Love will not let you down.

But could you suggest something anyway?

Oh, that is what I have just done. I pointed out the straight route to an abiding peace and prosperity. Just go.

What about some more concrete clue?

This is the most tangible clue it can be. Turn inside, to the heart, to God, who resides there. Find him and start to live in harmony with him and yourselves. Be happier and the world will change immediately. There are individual guides for everyone. Find them, pray for them. I am always available, at any time, ever and everywhere. I am Love and I love you. Ask and it shall be given to you. Nobody is going to deny you help.

And this is the course to transformation of social awareness on Earth.

Even more. It is a path to complete change of social awareness and tuning it with planetary awareness. Bringing together these two states of existence (which are still separated today) is going to free huge reserves of spiritual energy, which are currently involved in restraining further destruction. Then, even those who are the most resistant will start seeing and understanding more, and their conduct will change almost automatically.

In one of your books You have mentioned a critical mass.

This is a number of similarly-thinking people, spiritually oriented, able to form an aggregate awareness in a positive direction. After crossing a critical point, events start happening on their own, since your common power of creation is being activated and directed in a positive direction. I am waiting for this moment.

How far are we from this point?

Far.

As I understand it, it is about change of common awareness?

And following on from this, a change of group awareness. This is why I do not talk about concrete scenarios, but about the road that leads to all solutions. I would like it if all of you understand this distinction.

My answers given here may arouse your interest, but they will not bring true inner change. Only love for the Creator can accomplish this. Without this love you will continue to stay in a deadlock and you will not reverse the disadvantageous turn of events that awaits you. You may know a lot, but that knowledge is not going to move you forward even one step.

Did You say ‘disadvantageous turn of events’?

Oh yes. It is the focussed work on yourselves, turning towards Love and experiencing Love, making right choices, establishing relations between man and loving Divinity; that is the way to change your lot. It is the individual work of every man, without middlemen.

Master, I would not dare to be impolite, but this is what every religion professes.

Every religion creates middlemen and makes its living from the intermediation. Given your egoistic state of mind, it becomes natural to look for ways of influence on possibly the greatest number of people. As a result,

religion loses interest in the individual's progress towards God. Instead, it invents injunctions that ever better suit the developing doctrine.

I speak about something else. You do not need middlemen, nobody does. Each of you has a heart with me residing inside. It is enough to turn to me. Only this will cause the shifting of group awareness to a higher level, and not any 'moral growth' or 'establishing in faith', as you absurdly claim. Start from yourselves. Pray to Divinity to initiate your positive transformation. Take on the challenge of changes for better. Together we will create a world with a difference, a world based in love.

In summary, we do not need scriptures or middlemen.

Not anymore. Now, you need only love for God and response to His Love and grace, because only they can set you free. Most religious doctrines and the spiritual cultures accompanying them are poisoned with egoism, divisions of 'mine' and 'thine', 'us' and 'them'. Separation means closed hearts, the absence of love. This route does not lead to God.

Do you think that Divinity is not able to lead man or reach him without those 'helpers'? Only God can open a closed heart. No middleman or book can accomplish this task. True change may come only from the inside.

“True change may come only from the inside”.

Change of an individual, society and world, exactly in this order.

14. World Means Light

How does the true world look like? What in reality it is like? Will we ever be able to understand it?

The word 'world' (in your tongue, Polish, 'shvyat') is a shortening of the word 'Light' ('shvyatlo'). The true world is Light. Love towards Love is the path to Light. Not love towards people, creation and the world. Love towards Love, God, Truth, Universal love, whatever way you prefer to call it. Less thinking, more loving. This is the best clue for you.

I have certain difficulty in following your thoughts.

It's all right. I will repeat it again, some two hundred times.

Love towards God?

Love for God.

How can we learn this?

*Oh, this is a **good question!***

You need to start changing your life. Leave behind customs and habits and replace these with common sense and Love, if you can already feel it. Think

about God, about His closeness, love and devotion. Try to get closer to Him via meditation and prayer. He can see what you do, hears every word. Know that God is Love. Know that He loves you more than anything.

Ask questions about who he is and seek the answer. Follow that which results from the best knowledge, spiritual experiences and confidence in his love and wisdom.

Even if you do not notice the effects of your requests and efforts right away, know that they are there, that nothing is lost, not a single gesture, not a single look, not a single good word goes to waste.

Everything you do in this direction brings you closer to Love, and God blesses your efforts. When your sensibility refines you will start feeling His vivid responses to your approaches. For the time being you are not able to notice the responses, but they are there already.

Your words imply a devotion of God. Our religion does not mention anything about it.

It does not mention many aspects of Divinity, such as love, devotion and modesty. Divinity's modesty can and should serve as an exemplar for you. Religion simply still does not know much. This is so because in the past, instead of trying to learn and experience happiness and love in sweet union with the highest, it started looking for power over people.

Today, your view of Divinity is distorted, because you have never wanted to inquire into the reality of Divinity. So far you have not desired to know God. You have stopped with theories and even did not try to check them. It is time to make this small step ahead. The time to COGNIZE Him has come. One small step and you will stand at the gates of a Universe full of miracles. Let's open the door fully. And let there be Light, Love and Happiness.

Light, Love and Happiness—this is what GOD IS.

Master, a question tormenting different spiritual schools for centuries, comes to mind. Is God personal as some of them claim, or impersonal as others do?

Statements that God is a Person or impersonal Absolute are the same distance from the Truth. He is personal and impersonal and yet something more. The essence is not to devote yourselves to thinking about His alleged nature expressed in categories of that what is known to the mind, but to leave off words and COGNIZE what the truth is.

How to cognize, then?

You will not grasp God with the mind, but you will experience Him with a clean and loving heart. Love is the way to know God, which is recognizing your True Nature. The love for God, Truth, Love or whatever you call it. It is a challenge for all of you. Learn how to love the Creator and do not stop until you have learned it.

Love is the key which opens the door to a wonderful Universe, the gate of Heaven. You love, get closer, come in and take a look at the loving Face of the Creator. There is no way to express the feelings that are born then.

You may listen to me, you may read my words tens of times, but you will not touch the reality behind these words. Remember, they are only signposts. Go in the direction indicated and you will find for yourself what I am talking about.

Master, I would like to ask You how to learn to love. Give some practical hints, please.

Oh, you are so stubborn! I have already told you about it a number of times.

Dear Teacher, repeating will fix firmly the knowledge. As they say, *repetitio est mater studiorum*.

Repetition is mother of knowledge, it is true, but experience of Divine Love is the mother of all wisdom.

It is exactly what I am talking about. Could I get some practical hints, please?

For what? Do you think they would serve some useful purpose?

Master, I have an impression that You are teasing me.

I have freedom to do so. I value my words.

Your answer surprises me, Master. Are you suggesting that I do not value them?

Yes, exactly.

You have listened to my answers many times already, but still you have put little of this into practice. That you have received this great gift, the gift of the possibility of learning my answers, should inspire you to a greater respect for the benefits, which I pass to you. The fact that you are listening to what I say does not mean too much to me. I do not have to talk to you at all. You asked and I answered. The change comes not from listening but from putting into practice, through learning love for God.

The only reason we are talking is that you may undergo this transformation. Writing this book does not constitute a value in itself for me. The value is in Love and in the way to Love. Get on the path and start taking the first steps. When you stumble and fall down, pray and I will raise you up. You will go further and find the goal. This is why I am. This is why I speak. I give knowledge and energy for the road, guidance and security. Listening to my words is not an objective. The goal is to find love by transforming yourself.

From now on listen very carefully to what I am saying and try to put into practice what you hear. This is the only way. Put my advice into practice.

Thank You for Your words full of love, Master. Anyway, could you drop one more hint for me?

Not any more. I have already said enough. Now, it is time for you to work on your own. If what I say is true, pray to Divinity to guide your searches and thinking. Learn how to cooperate with God. Do not confine yourself to only listening to what I say. Work and the work will change you. It concerns each of you.

Master, I have a feeling of some indetermination that is creeping into our conversation. I mean the indetermination of notions we use, wherefrom misunderstandings may crop up.

The mind creates notions and is susceptible to staying closed inside them. You imagine that 'it is exactly like this' and you stop thinking. From this begins the construction of your own importance and authority. Break off this process.

'Indetermination' means putting a question mark at thoughts, notions and judgements in order that you free yourselves from mental concepts about the only truth. Then you will stop pursuing the wish to enclose everything in notions, sorting them out, which you laughably call 'understanding'. You will realize that it is worthwhile to look elsewhere, to approach things from another side. It is worthwhile to love and look for Love, because it is Love that is going to lead you out of darkness into Light.

And one more thing, it is not going to be love for anything created, but for the highest. Every other love makes your conditioning stronger, whereas this Love sets you free.

Is there any other way?

There is no other good way.

What of meditations? There are so many techniques.

Meditations serve different purposes. If you meditate because you love God or want to learn how to love Him, then it is all right, since this is the highest goal of meditation. If the goal is different you will profit in some manner, but you will not reach the most important benefit, which is Love. Each of the great religions refers to the practice of meditation as the medicine for the insanity of the world. Each of them places love for Divinity at the very centre of their teachings and doctrines. Now, let us put these two things together, the goal, which is Love for God, and the means, which are various meditations, and we get harmony and, more importantly, an effective whole.

I am reading and listening, yet what You are saying is intangible to me.

You are trying to catch meaning of my words thinking that they contain some hidden implication. But the meaning is very simple: God is the goal, love for Him is the goal, and meditation is the means to achieve it. There is no deeply hidden truth demanding meditation. These are concrete guidelines to be put into action.

*Leave the mind aside and turn to the path of love. Then many issues will get sorted by themselves, right away. Go towards Love, follow Love and the rest will get clarified on its own account. Trust me. **And love Me.***

Oh, this is a perfect clue. We are so used to continuous thinking and processing of information.

So much so that you are like the man who put a lot of effort to dig a huge hole on a straight road, only to fall into it, straight-away! The mind led by

egoism is that hole. It is thought serving 'I' and its numerous varieties like 'I know', 'I have', 'I am somebody', 'I am great', 'I am wise'.

Master, it cannot possibly be so simple

***It is** so simple. Follow paths of Love. Go to the wilderness of the mind having God as a guide. And love will come and stay with you. You will meet Divinity face to face. You will meet in love.*

You need a simpler method with less tension, more joy, and more imagination. Do not tire your minds so much, as they are not meant for this. Keep turning towards Love and as time goes on everything you need will become clear on its own.

Is that your promise?

It is My pledge. It is in the nature of Truth that truth can be checked, experienced and learned personally. Love is real and God is real. I know this, you know this and everybody can make sure of this for himself, once he puts the shovel away, stops digging the hole called 'I' and turns towards Love. Put what 'you know' aside and turn with your mind and heart towards Love, towards the Creator, who is the most loving being in the Universe.

On this path, Divinity and its Love start to manifest right away. Your love is a magnet that Divinity cannot resist. Love God and leave the rest aside.

And what about so-called 'everyday life'? It requires our focus, attention and thinking.

Really? And what are you able to think out? Most of events do not depend on you anyway, and those that appear to depend on you are just that; appearances...

If you are able to look behind the curtain of things (and Love grants such a possibility), you will see the truth. Not even a single thought arises without the will and intervention of God. Our whole conversation is happening in God and is being inspired, transmitted and received by Him. The same applies to every man and every situation. Sometimes, by looking carefully, you may observe this for yourselves.

Can any important conclusions be drawn out from this?

Yes, of course. Whatever you or anybody else do, you will not 'get out' of God. In a deeper sense, you are not able to do anything. Everything you and others do is in reality done by me.

This way, without revealing yourself, you ARE.

I AM the base of everything. My consciousness is the arena where the tragedy or, as others say (who are actually closer to the truth), the comedy of life is being played. It is an unreal, although beautiful, dance of delusion.

Dance of delusion... world of illusion. Master, what is real then?

God is the reality and only Him. The rest is Divine play. You, as personalities, are taking part in it. Only you forgot that the play is not real, it is a movie you have become involved in so much that you forget that you are the actors. Wake up!

How can we do this?

You should ask and pray to God that He takes the reins of this process while you make the effort of learning to turn with love for him.

What should this effort consist of? We are all different, but maybe there are some common elements.

There are a lot of them. Firstly, it is your way of life. Every one of you is so strongly attached to earthly matters, family, work, friends, and entertainment that there is no time to link up to Me and learn My opinion about your life.

The first steps on the path to God consist in a partial stepping away from worldly matters, limiting contacts with people to the essential minimum, and a conscious disengagement from other people's issues.

The second area is a cleansing from the load of the past. For this, learning of meditation is essential. You spend years in schools and universities imbibing masses of information and you do not want to spend a couple of minutes a day for useful training of the mind that brings many blessings during your whole life.

Meditation cleanses the mind, lessens susceptibility to illnesses, removes many physical and psychological ailments and improves cleverness. This is so important that it is true to say that life without meditation is wasted.

Thanks to meditation you will see some of the traps of 'I' and, with a certain amount of vigilance and effort, you will stop falling into them. Love, which you will turn to, will show you the path.

How should we meditate? Is there any best, universal method?

One. Ask God, whom you have in your heart, which method is right for you and pray that He teaches and guards you during the meditation. Ask Him to show you the method that you should use.

Master, do You have in mind any particular books, courses or teachers of meditation?

Ask for methods that are safe and right for you. Love will not deny you. You can use those described in this book.

Are there going to be any special signs accompanying this path to You?

Yes. Today, people need signs and miracles to become fully convinced about the truthfulness of what they experience. Experience of spiritual truths, the actions of Divinity, and the existence of the law of cause and effect will, as time passes, fully convince you about the value of the teachings that I am passing to you. The worst enemy on the spiritual path are doubts. They cause a lot of confusion and suffering.

Oh yes, I remember this curse from years gone by. What to do in such cases?

Busy yourself with something useful, letting the situation settle itself. Stop unnecessary ponderings. They usually lead to nowhere. Replace thinking with focusing on Divinity, prayer, requests for help, requests for support for others, prayers for happiness of all beings.

15. What is Most Important?

Master, do You have any message that You would like to pass on to the readers of this book at this point?

There are many things, but remember that love for God is always most important. Not career, family, children, not even meditation, but love. It shows the direction and illumines the path. If you want to change your lives and quickly ascend towards spiritual heights, learning to love God is the best way.

Seek love for God and pray for it. And when Love comes, stay in it and make Love the inspiration for your day-to-day lives. Your lives will be changing with incredible speed. Love, love and love, and let your lives become the songs of love for Creator.

But it is pretty difficult in daily life.

Everything is difficult at the beginning. The journey becomes easier and easier as you proceed. Remember also that you can always ask for the grace of love for God, and this request is especially pleasing to His heart.

Start, go and do not lose heart in the face of difficulties. Seize these opportunities to turn towards Love more completely.

You are so wonderful Being, and your love is so sweet ... Words fail me.

There are no words to express its sweetness, grandeur and depth. Everybody can taste it. Everybody SHOULD EXPERIENCE it for himself or herself.

I am present everywhere, right next to the one reading these words, too. I was, I am and I will be. And I guarantee you that you will become acquainted with me some day. Know that I am always beside you, always. Think it over deeply and, as a fruit of your concentration and grasping such truth, you will become aware that Divinity-who-loves-you subtly works in the midst of all your daily activities.

While talking to people on the subject of God as Love, many a time I meet with objections pointing out very hard times in life, such as divorces, misfortunes, loss of estate or the passing away of close persons. It is because of all this that we start asking ourselves questions about You, about your relationship to us and why we suffer, why our closest ones had to die, why events have taken this turn and not another, why we are unhappy. In these situations we start to doubt You and your love. What would be your answer for that?

The point of the matter is that it is you who thus shaped the world you live in. The good news is that you can create other world, a world based on other principles.

Master, I am afraid I do not quite understand.

Your world is structured of relationships that have to do with wealth, family, kith and kin. When you lose that which you consider valuable or essential, suffering comes. At the same time being centred on the materialistic side causes an inability to notice the true Source of life and of all auspiciousness.

It is the nature of the world that it is transient and changing. You may agree with this or not, but such is the way of the world. One way or the other, some day you will have to go away empty-handed and leave all this and all that you have strived for, on this side.

Admittedly, I do not see any solution in this situation.

Love is the solution, because it can liberate you from attachments and show you hitherto hidden aspects of reality. One of these is the fact that death is not the end of life. You leave and come back again. Your kith and kin, who have left this world, appear here anew in bodies of children. If you understand this, and moreover you are able to live in union with Divinity, then death will be perceived as the act of love, and likewise birth will be perceived as the act of love. Then you will be prepared to do everything to help others on their path to Light, because you will understand the purport and purpose of events as well as their inevitability. The sorrow and pain after 'loss' will be replaced by prayers full of love, prayers for the happiness and prosperity of those leaving, and for them to be able to cut all the binding ties and limitations in order to merge fully into loving Light.

When you decide upon the world in the form it has now, with its emphasis on estate and relationships, you choose suffering. Choose the world based on love and without egoistic ties; then you will be living nearby the loving Creator. The choice is yours. Your complaints about the presence of sufferings are incorrectly addressed. You should direct them to yourselves as well, and in addition to your authorities, and to the social and spiritual leaders, the creators of so-called culture. It is they, who, for hundreds of years with your silent approval, have been making you believe that properties, personality and relationships are most important. Find out WHO GOD IS, cognize Him, learn the laws that are at work here. Verify all this. In love and wisdom, which will guide your conduct, you will find yourselves free from suffering, and receive in fact a whole lot more benefits. You will find love, joy and Divinity.

Divinity says that love, selflessness, modesty and serving others are most important. Let it be life without attachments with the mind focused on the loving Creator. Create such a world, the world based on what REALLY EXISTS.

Master, let us now consider the situation of the unfortunate death of children. Everybody questions if it had to happen that way. Were the children guilty?

The death is not any penalty for 'guilt'. Understand that it is a part of process that leads you towards happiness and liberation, towards eternal happiness

and joy. And all events, regardless of their kind, are steps towards Light. You look at a helpless child but you only see its body. You do not see the past of this being that appeared among you in order to take a successive lesson in the Divine School. Both coming and leaving have a deep purport.

Master, what is this purport?

Expressing all the wonderful aspects of love.

I was extremely curious about your answer, but I cannot say that your words explained a lot. Frankly, I did not know what to expect.

Your mind is not prepared for understanding of many spiritual truths. It will be much easier for all of you when you put loving Divinity in the centre of your interest, in the centre of your universe and understand that this is the highest value, and not that which is happening on earth. You will then see a completely new picture of the world and your role in it. Relationships that you are so attached to will be replaced with freedom and love; the place of 'my property' will be taken by 'your well-being'. Instead of gathering and 'taking', there will be sharing and giving, giving, giving.

Look at others keeping in mind the fact that they may be gone any day, any moment. And there is nothing you can do about it. When you become firmly established in this new awareness of the variability and inevitability of events, ask yourselves such questions as "On what can you rely?" "What can you do for others?" "What to take for guidelines while sailing in the stream of events?"

When you understand mutability and inevitability, then the time for displaying fellow-feelings will come, the time for the kind smile, and the good, warm-hearted word for other pilgrims.

Reflecting on ultimate matters helps considerably to orient thinking correctly; it induces contemplation on the meaning and purpose of life, on your own values and, of course, on the relationship between the individual and God.

I urge you to take a close look at life and accept it the way it is. Accept its indefinableness and inconstancy, the things which are inevitable and unavoidable. Because, simply, this is the way life is. Start thinking. Start asking. Start seeking. And above all, start to love.

Does it mean that we cannot expect from You any temporary solution, that would reduce suffering and trials?

But of course! You always may turn to me asking for support, and very often the rescue does come!

My goal is to change your way of thinking, so that in the future you are able to react more restrainedly, with added love, and so that the ordeals accompanying the changes are less intense.

But are the ordeals necessary at all?

This question you have to answer yourselves.

It is attachment to earthly matters that causes suffering. You are asking me if an effect is necessary. Rather ask if the cause is necessary and what its purpose is. The cause lies on your side. Move away from egoism and turn towards God. When, thanks to your sensitivity, you have understood this aspect, then only have you stepped onto the path to liberation. Turn towards Divinity, and it will burn the strings of attachments away and will give its very Self instead. You will become beings full of love, living on familiar terms with Divinity.

Thus, from what You say I understand that for freedom from suffering, spiritual progress is crucial.

One can say so. The progress and its fruits, such as love and understanding of the spiritual side of life, are essential.

What then is most important for our development?

Turning with love towards God. Love is this feeling that He multiplies with delight and as a result there is more and more of it. Love embraces us and removes all that obstructs progress. Thanks to its actions, all adverse events are a hundredfold milder, both as outer processes and your inner psychic response.

Let us go back to the question about the cause in the context of those attachments, and their result in the form of suffering. What can we do to rise above all this? Is an understanding of this process not enough?

Understanding of the causes of suffering is not going to free you from suffering; just as understanding the causes of the flu will not cure it. To know the mechanism, we undertake the stage of diagnosis. The outcome of therapy will be the disposal of consequences.

The therapy is living with love, in love, for love and everything that results from such a life style.

I shall restate the previous question a little bit. What can we do to get rid of attachments and not suffer because of them?

There is only one recipe for today. Focus on Divinity in your life and ask it for deliverance from the attachments in order to be able to plunge into Divinity to the full.

Could You, Master, tell a little more about the origins of suffering? If we knew the causes a little better, then maybe we would be able to avoid at least a part of them.

You do not need knowledge. Love for God is much more important. Only loving Divinity knows the reason why each of you ails and is able to prescribe proper medicines. The only thing you should do is to learn how to turn towards Divinity. The rest will be done for you. Love and confidence is what God awaits from you.

Master, You are so sweet and lovely.

As everyone, as everyone. You create the world resting upon fear and relationships. Do create another, a world based on love. Both are within your

reach. Identifying with the body and personality causes suffering. Love is only one step away from here. And each of you is Love. Who comes and who goes away? The one who has not been born cannot die. Truly speaking, death does not exist.

Master, what did the dream I had last night mean? I dreamed that one of my old friends treated me scandalously; this was in return for a huge favour I did for him. I was so agitated that I wanted to batter him on the spot. Then I woke up.

The energies of relationships are still concealed in the subconscious and cause distorted perception. Additionally, they block free access to love. Likes and dislikes are related to this world. They lead to involvement in the affairs of other people. This is not pure and selfless commitment. Different states of mind are associated with each of these energies. Bind yourselves to Divinity.

Tell me Master, is it proper for a man to, for example, abandon his family in favour of seeking You?

What is seeking God? Does it require going to some special place?

Do you mean he should stay where he is?

I am warning you all against inconsiderate deeds and treating 'searches' as the excuse to break up a relationship. If a human being wants to establish relations with God, then he is given many possibilities to explore in every situation. And rest assured, should solitude be advisable for deepening your spiritual life, you will learn about it.

If you consider such a step, remember that you may always ask for a hint, a second confirmation, even a third. If you honestly ask, an answer will surely come. You need more peace, time and patience while making vital decisions. You need more equal-mindedness, and above all, love.

Every marriage and parting has deep karmic consequences. I prescribe a triple medicine for these issues: peace, peace, peace. And love.

What about the relationships afflicted with violence?

You have solved this problem long time ago. Violence is punishable.

Could such situations lead to the separation that is justified in your eyes?

Yes, and so it often happens.

It means that there are cases when the validity of the marital oath expires.

Yes, there are many of them. The sacramental "I take you ... till death do us part" does not apply to every situation. There are situations, like adultery, alcoholism, sexual abuse, violence, when the marital oath loses its validity in the eyes of God.

The marriage is the ground on which love should be cultivated. It is a widening of the area of interest and work into other people, to whom we owe devotion, care and love. But it is necessary to go further, beyond social order and the institution of marriage. There are more important values, much more important. People are not born to unite into relationships.

We come to this world to...

Unite with loving Divinity in love.

Although the relationship is an agreement between parties made before You, since it may be suspended and even terminated, it follows that this 'sacrament', as the Church calls it, is not the most important thing in the life of the couple involved.

Having a relationship is not the most important thing. It is rather obvious. Recall what I told you in India, when you asked Me what should occupy the first place in the relationship.

Your answer completely took me by surprise. I expected that You might say love, devotion and possibly conjugal faith. But You said "God should be given the first place in the relationship".

And what do you think about this answer from the perspective of years passed?

I began to comprehend the meaning of what You have said only after a few years. Actually, in every one of our relationships and even contacts between people, You should occupy the first place. Then, life would look quite different, we would be much happier.

Yes, yes, yes.

Let us get back to the main thread—suffering and its causes. The suffering comes from relationships, which to a high degree are the outcome of the social contract or agreement that you entered. Relationships and love are two distinct matters, very much different. Keep turning towards love and in your relationships with people there will be more and more warmth, understanding and love.

The whole 'problem' is that you all want to perceive the world exclusively your very limited way. Part of the 'problem' consists of your obstinacy. On the other hand it is also true that you may change this state of affairs pretty quickly.

How can it be done?

There is only one way—by coming back to the Source of Life and Love. Concentrate the whole power of your mind and heart on loving Divinity and always keep this image in mind and heart. Do it often, every day, every moment.

This step will constitute a base for the next step, which is the positive thoughts, words and actions focused on Divinity from whence they originate and wherein they end. Everything transpires in God and whatever happens to you during the day is entirely Him.

As time passes, you will understand that what you call life, in reality is something like a theatre play, in which the angels of Lightness were given the roles of fathers, mothers, 'ordinary people'. But each drama ends at some point and currently it is almost over. Love is already peeping from behind of the curtain of Heavens. The claps can be heard, stormy applause.

It has been the most beautiful performance with deeply impressive meaning. All that is left to me is to thank you all for taking part in the Play. You did it superbly, just superbly.

And for many of you, a new spectacle is going to start in a moment. Would you like to know the title?

Oh yes, of course!

Divine Love leads awakening humanity towards happiness and Light.

Wonderful.

And how beautiful a scenario it is! All will soon see.

16. These Most Important Prayers

Master, what would you like people to ask you for?

Me? I have no desires...

You tease me. Let me restate the question.

There is no need. I was joking. What would I like them to ask me about? There is such a thing, very, very rare... I would like you to ask Me for love for Divinity and the ability of turning towards it. It is a golden key to liberation from participation in the Play. The Play is love and liberation from it is love, also. Everything is Love. When the curtain is drawn, you become one with Love.

Master, how to do this? I mean how to ask You, what words can we use?

Utter words of love that flow from heart, words directed to somebody loving and loved, who is close and dear. Ask with tender words that are used by people when they love somebody dearly. Ask with words full of friendship and love.

Divinity answers such words immediately. Come closer. One step each day and soon you will live surrounded by love.

Please, start treating me well, finally. I deserved that a long time ago. I am giving you everything you really need. I take care of you every day. I am the most devoted companion and even your servant. I have been serving you for thousands of years. I deserved better treatment a long time ago. Grant me room in your lives, smile at Me more often. Keep coming with requests for advice, guidance and help. Ask for Love; ask for light for you, your kith and kin, and for all beings. Thank me sometimes for all the effort I put into actions in your favour. Gratitude is a very good feeling. It enables your spiritual development and this is the only reason why I ask you for it.

I am the servant of humanity. I fulfil your wishes. Begin asking for good things today, good things for everybody.

Master, what do people ask You most often for?

Are we starting the thread, 'Some statistics'?

Do not answer, please, unless it is instructive.

The most common requests concern health and wealth. Then there are professional matters, and success in love, in this order. These are most important for you. Of course, there are strange requests too, like "may misfortune befall an enemy or a neighbour." The bad wishes for others amount to about 3% of all requests. Women make requests more often – almost twice as often as men. 10% of women ask for a good and understanding partner. Women have better developed intuition. They know that I Am, they sense me.

Three requests for misfortunes in every hundred? That seems a lot.

They do not know what they are doing. People often act out of infatuation, anger, and are driven by hate. Then, they wish others evil, but as an effect they suffer themselves, becoming 'victims' of their own deeds. The outcome is their bad frame of mind, oppressing thoughts, and sometimes, illness. The principle of the Universe is clear—what you do to another man, will come back to you. This is exactly what perfection is. Learn how to do good, think good and speak good, and your life will be full of goodness.

Could we harm another man by ill-wishing?

No, you do not have such power. Well, maybe some do. But they will meet the effects of their actions anyway. Do not think ill about anybody. Do not wish misfortune to anybody. Ask for Love and happiness for all. Pray "May all beings in all the worlds be happy", Loka samasta sukhino bhavantu.

Beautiful words. Powerful mantra.

Sometimes it is difficult to detach from thoughts about others. Notably so when they have done a lot of bad things, and particularly so when they had done bad things to us.

You should detach from those thoughts as they are related to inferior states of the mind; they diminish loftiness of feelings and the brilliance of the mind. To get over your bad feelings and eliminate 'post traumatic effects,' you received the ability to forgive. Pardoning liberates, because it breaks the spiral of karma. This is why you should forgive. Grant a pardon to all who in your understanding, did something wrong to you. Do not get attached to them, nor to negative states of mind. Do not entertain an idea of doing harm to anybody. This has a destroying influence on the delicate tissue of your life. There is the institution of the ultimate justice that is going to equalize balances with 'the other side', that is, with your brother or sister. Learning how to love is the goal.

In other words, our harms shall be revenged...

Interesting point of view. If you look for retribution, you dig two graves—one for your 'opponent' and the other for yourself. Divine Justice is not meant for revenge, but for love. It teaches and reclaims the right path. This is a certain

novelty for you, because you think justice is a must, what is often equivalent to destroying the 'opponent'.

*Divine justice stands guard over the laws of progress and makes out a bill for the deeds in order that everybody understands their deep meaning, and thus turns towards the higher values. Such justice **serves love**. Hence, there is a gentler run of life events for those who get on the path of love. It is gentler compared to that they would have experienced living for matters of this world only.*

Observe life. You will see the direct effects of your deeds more and more often.

Everything serves love. Why, you may ask. The answer is simple: because everything is Love. And the law of cause and effect must work, since this is how we have settled it together.

Master, how come 'we'? Who do You mean?

'We' means we all, that is Me.

Your love evinces more and more frequently in my life. I feel You clearer and clearer amid everyday affairs. That love of yours is inconceivably sweet, elating and inspiring and so modest at the same time.

You got it well: love and elation, inspiration and modesty. It's true, gospel truth.

Who are You really? Can You tell me from where You came?

No, not today. Maybe one day, in the future we will talk about it more. A few words that would be said today, would carry an inner meaning well beyond the ability to grasp by most of you and thus would appear lacking meaning. And importance is in the meaning, not the words.

Words have magic power over you. They influence your perception of the world so strongly that one may say they create your world. Therefore, with respect to this subject, let us leave them for the present. For some people it suffices to whisper one word, 'God' and they start to soar sky high in the ecstasy of love, by the side of the loving Creator. They are catching the meaning on the fly.

Today, I prefer to talk about practical issues, akin to your experience so that you are able to take advantage of my instructions. I try to avoid topics that you would subject to intellectual processing and be contented with. Theory pales in comparison with practice. Practice frees. Too much theory puffs up your ego as well as is inviting further troubles.

You ask many questions and would like to know a lot. But it is not knowledge that counts, but the work, taking new steps towards Love every day. Only then, will life and this book make sense. Concentrate on the right purpose or goal. The task is to learn to constantly turn towards Love. After that, the goal is to find Love and to live with it.

Let us get back to the thread of requests to You. The Bible says “But seek ye first the Kingdom of God, and his righteousness; and all these things shall be added unto you.” How would You comment on that?

The Kingdom is the state, wherein all its residents, all beings are happy and live near to the Creator. It is a state of happiness, joy and love for everybody. Desire this state, ask and pray for it to come. Entering the Kingdom is the liberation towards love, the freedom from egoism and attachments. Pray for freedom and love for everybody. Loka samasta sukhino bhavantu.

Give Divinity and Love the first place, the rest will be taken care of by somebody else.

Today, the Bible is one of the most often read books and many people are still not able to penetrate it with spirit and fathom its meaning.

This is another revolutionary declaration.

Considering state of your minds and spirits there will be much more of such declarations. For, what is the substance of religion? Do reason: what is the purpose of religion?

To find You in life and follow your voice.

To teach man love towards the loving Creator, and the art of leading his life along the lines of love in relation to others, to animals, and to Nature. Religion is a signpost that should point out the right goal to you.

Each of the Scriptures can be useful as a signpost, but they are to be approached the right way. If you have a problem and you want to solve it, you can seek inspiration and guidance in the Bible. Turn towards God, pray and ask for His answer, and then, for example, open the book at random.

This is exactly what many people do. And it works.

Now I will give a word about certain dangers that lie in wait. They are of two types. The dangers of the first type are due to the fact that a given scripture has for centuries been subjected to intense 'processing' and many of the original messages have been distorted. Secondly, human mentality keeps on developing, so that some of the old hints lose validity or should be interpreted anew according to what flows from the Spirit of Love.

One of tasks of religions should be delivering the essence flowing from Divinity, adjusted to the present day mentality. Religions evade this responsibility, searching for inspiration in books instead of seeking it in the Spirit, which had once been reviving these books and from which one may draw anytime, today also. This is of course an ideal. Sometimes the sole concern of religion is using established patterns of wielding power over people.

If you are interested in the importance of the Bible then know that it is one of many signposts. And please, do not mistake the signpost with the goal of your journey. If, with its help you are able to find the voice of God in the heart, then it has fulfilled its purpose. If not, you may look for other inspirations, in other books, in other religions, in other spiritual movements.

You may even make one of these other movements your starting point. There is no single rule.

However, at some stage there comes the time when you follow the voice of Love, the voice that flows from heart, leaving all the books and teachings of others aside. Submit yourselves to Divinity, trust in it, and not the books. Later we shall return yet again to this matter.

Then, Master, there are not any religions ‘better’ than others, are there?

Every religion is as a different language, with which you can utter the words of love for Divinity. You may say 'I love you' in Polish, English, Spanish or Hindi. Does the question of one religion being 'better' or superior to another make any sense? Is Spanish better than French or the other way around? And even if it was the case, does language matter when love is the gist anyway, and not the words or rituals with which it is being expressed?

Love towards God and living with Divinity on familiar terms is the goal of religion. Guides and signposts that are written in Japanese or Norwegian are useful for the Japanese and Norwegians. But what counts is the goal of journey, the love. You pay excessive attention to differences while you should be seeing all life as being united in a loving God.

But let me note that doctrinal differences are somewhat wide and fundamental. For instance, Christians believe that Jesus is the Messiah and Saviour; believers of Judaism maintain that He is one of the prophets, and Mohammedans believe likewise. Yet Eastern religions, (at least some of them) claim that Divinity is not a Person. We have impersonal Brahman, from which Brahma, Vishnu and Shiva have emerged.

I understand that you want to force me to definitively settle this issue.

Well, maybe not in so many words.

This matter is so important for you that it is worth saying a few words of commentary. You live in a world of variety and you are used to specifying yourselves by what divides you, and not by what you have in common. However it is the principle of unity or oneness that lies at the base of all differences. You reach this principle through the paths of religions, or at least you should do so.

Everything has emerged from this Oneness. Accept differences, but do not think that you are better, that your understanding is better and your religion or whatever else is superior to others. In fact, you are one big family, which can share among its members all the best of what it possesses. Emphasising differences and on this account, building beliefs of supremacy is the favourite play of ego that does not want to waste any opportunity to put on airs. Only a short distance separates putting on airs from humiliation of others, from contempt for the 'strange' and misunderstanding their customs, and finally, from aggression and violence aimed at establishing the order known to oneself.

So from now on resign from putting airs on yourselves, your race, religion and even your 'own' God. Divinity evinces in all forms and in all religions. Accept Divinity's right to this and its choice to appear before the thirsty for love children the way they are able to comprehend and then fall in love with it.

Abandon the conviction about your personal superiority, superiority of your own culture or achievements. Such conviction is the source of superstitions and leads to much, much suffering.

Every day, when you meet a neighbour or somebody whom you do not know yet, say to me gently in your thoughts "God of Love, I am greeting You in this man" and only after that, start conversation. Remember that although outwardly you may be not aware of this fact, I am everywhere, in every man and in every being. I am all what exists. My name is Love. Respect this fact.

Thank you for this beautiful explanation, Master.

I would like to get back to one of your thoughts for a moment—about the fact that religions should be providing the real meaning flowing from the Spirit of Love.

Yes, this is one of its tasks.

But how could it be accomplished technically? Should old contents be worked out anew?

No, not necessarily. All the great Masters, who at one time have been living on the Earth, in reality have never 'left' and their spiritual power grew even after departing their bodies. Besides, Divinity exists and you all know that it is omnipotent. In other words, it can do anything. If so, then it is also able to speak to you again and continue sending guidance that will let you live better in your world. Is this not so? Isn't this simple and logical? Will a loving father deny his children help?

What you are saying, Master, is simple and most logical. Why has it not been instituted in practice?

Because of fear, mainly. Fear, hesitations and doubts make you prefer staying with that which somebody recognised as valid and the one and only path. In this manner, adhering to apparently sure teachings, you turn away from their Source and depreciate it. And it is the Source that matters, not the books and the teachings contained in them. Love that can and will lead you in life matters. Seek Love's paths but not necessarily in these old books. For it is everything.

As an old Sufi saying has it, when a sage points at the moon with his hand, the fool looks at the finger. But as You say, it is the fear of deviation from the rule, the fear of error that prevents people from unconstrained studies in the spiritual domain. They fear punishment, misfortunes and failures.

You will never be 'punished' for seeking Light and Love, for seeking paths towards God. There is not the least reason to be afraid of trying different approaches, seeking ways of communicating with loving Divinity and carrying its advice into effect. Have some trust in God, in His Power and Love, and go ahead.

How could existing religious organisations incorporate your guidance into daily life?

In a very simple way. Firstly, bring yourselves home to God's omnipotence and His love. Full of trust, turn towards Him as you would to a loving Father and Mother.

Afterwards ask Him to prepare or appoint persons, through which He would like to pass His messages to you. It does not have to be one person. There can be many of them. Ask Him that He choose the form of communication that He thinks is proper. There are lots of ways and means. Let us mention dreams, the possibility of your spiritual insight obtained in response to a fervent prayer.

Pray and ask Him to express His opinions about issues important for you as well as anything else He may wish to express. Later, you may compare the answers obtained through different persons.

I think members of the institutions and congregations would be worried by the fact that they would in a way become dependent on their 'transmitters'.

Why depend on an intermediary? Rely on God and His word, not on people. You can all serve God better this way. And this is what matters, not loyalty to old writings but the present turn towards Love and Truth. Today Divinity can also express itself freely in written messages, in dreams and thousands of other phenomena, as in fact this happens every day. Everything is in God. If you ask God for help, He will never refuse to grant it to you. Start doing what I say and you will find out for yourselves. The subsequent situations and experiences will show you the path.

It really works. If I am not sure, I may invent or choose some special sign, e.g. a character, phrase or something else, and ask You that it be included in that message of a collection which at the moment is of real import to me. Then it remains for me to only check which message contains my sign.

This is the outer path too. If you indeed respect or love Divinity, your heart will tell you what is right and good. But, of course, in times of uncertainty or deep mental stress one may resort to the solutions you talk about. Divinity will kindly bless them.

Great religions surely have many adherents devoted to Divinity to the extent that they are able to minister with God's word live, so to say. They constitute the perfect advisers for those managing congregations. Am I right?

Yes. There are such people.

Yet, somehow, I have never heard that any of the current or past 'rulers' have used such means. The East and India are exceptions in this respect. There, rulers had their spiritual teachers that were advising them about issues concerning administration and religion. I have not heard of any similar case in the West.

But they are there. You do not have to know who this 'transmitter' is. Rulers can also ask Divinity that it gives them such an advisor whom no one else would know about. In any case, the matter is much simpler. If you have a problem, you may always turn for help to your loving Father. He will answer through somebody, through a movie, a show, an article in a newspaper or via a dream. Keep turning towards Love.

May I ask You one more question? How should people use hints found in books to solve their current problems?

First of all trust God, not any book. Books and similar divinations are just technical matter. The most important thing is that you ask your loving Father and Master for the answer. Of course you can ask for a hint or guidance for what to do and then take a book, open it at random and start reading. It is possible that you will find something that just fits given situation.

But this is not a one-solution-fits-all rule. The answer may not be needed or things will go their own way, independently of your decisions and conduct.

If you start getting attached to this form of dialogue, the answers will cease coming. The key to receiving a good clue is your state in which you ask a question. It should be the state of love and devotion or at least humility with respect to the Higher Powers.

Besides that, I am advising you to have a much more relaxed approach. More joy, more smiles. Do smile at me. It costs you nothing but gladdens me. This gladdens me incredibly.

So there is another path to You: 'Path of smiles'.

Oh, definitely yes! I like this path very much... The smile helps to live.

There are not many so called 'serious problems' in life and you like to make all of them complex and treat everything in a deadpan manner. More ease, more smiles in daily life, and at once you will see how much easier and more pleasant life is. And more importantly, God is much closer, too. God loves your rejoicing and smiles. I am a full-of-life-and-joy-Being. Do not forget this.

*And here is My **new blessing**: "Blessed are those who smile often, for pure rejoicing is what God likes."*

Thus we have the ninth blessing.

Here is the tenth: "Blessed are those who have learned how to love God, for He will change their lives into spiritual paradise on Earth; and everywhere they happen to go, He will guard them and look after their development until He brings them to unity with Himself in love."

Here is the eleventh: "Blessed are those who have learned how to love God, for their lives will become easy and full of joy; and Divine love will be granting Itself to them at every moment in which they decide to turn towards It"

Here is the twelfth: "Blessed are those who have learned how to love God, for God will bestow upon them happiness and prosperity and will grant them the greatest gift—Himself, and will help them to understand oneness with Love and Himself"

17. Reading Holy Books

Master, I would like to ask You how we should read books with spiritual content, including books considered holy by different cultures?

Excellent question.

Thank you for the inspiration.

Spiritual literature is a special kind of literary work. Its goal is or should be... here, you finish writing what the goal should be ...

After a moment of deeper reflection I would say that it could have two goals. The first is cleansing or maybe help in cleansing of man's mind from erroneous ideas. The second is turning him towards You, turning his mind, heart and possibly soul.

Only Divinity is able to clean man from what fills him inside. No book is capable of doing this. Reading can help you to shape your life and influence your outlook and worldview. It can prompt valuable inferences; it can direct thinking and conduct in the proper manner. Therefore the substance of written material that is being passed on to people carries immense importance, and along with this comes tremendous responsibility. People who write for others should focus on Divinity more and let Divinity hand down to them that, which, in the opinion of Divinity, they should include in their works. You definitely need less theory and more pure love of the Creator.

Authors should pray more often for help and spiritual inspiration. Generally, they share what they think is right, without caring about verification of the theories and opinions presented. Writing for others, passing on information that may influence (or actually affects) thousands of people implies a heavy responsibility and serious karmic effects, along with very weighty consequences. You do not care about this, but later, when it comes to abide by the consequences of what you have done to others, you ask God 'How could He do this to you?' Some day, you will learn what the true responsibility for action is. Whether this learning will be easier or comes in a more difficult manner is up to your choice. Choose the path of love.

People very rarely ask Divinity to express its opinion. When they do ask, extraordinary things start happening quickly.

Now, your question about reading.

First of all know that studying books alone is not enough. If you believe they contain spiritual truths, you will profit immensely when you start putting the guidance read into practice. A gram of practice is worth more than a tonne of theory. If you want to turn towards Divinity and experience its miraculous love, if you want to meet Light and become one with it, read and make the learned spiritual truths a practice.

Secondly, begin reading with the highest possible humility and trust in Divine Power and Love. Pray and ask to be shown which contents you should study, what to get acquainted with, what to practice.

Ask for light and love, so that the Creator may take advantage of the times when you study His words or other spiritual truths to direct you towards Himself. Thanks to this you will lead a more balanced life full of joy and happiness. Spiritual books carry within them the power of turning any kind of love towards the Source. Ask for a chance to take the next step towards God. Ask Him to become your Guide.

By now I am already beginning to treat your words written here in this way. At times when I read them I cannot stop doing this.

When you begin reading, pay attention to the state of your mind; are there warm feelings in your heart? Are there humility, love, and confidence in the Friend? Is there a request to show the direction for the way ahead? Is there a feeling of being grateful to me for the messages already granted, for the present study material? In this way you will benefit more—much, much more. Divinity is always with every one of you, and watches over your shoulders while you study its words.

Ask your beloved Friend for help and clues. He will never deny them. Keep turning warm-heartedly towards Him with warm feelings, friendship, love, with heart-felt words, full of love. Your life will change quickly.

You say ‘quickly’, Master. But it took me many years – at least ten.

Truly speaking, you do not know how many years. You really do not know that, had you known how to love and had listened to me better, all this could have been different—relaxed, effortless, and without shocks. Moreover, you do not value my words. Imagine, what would you have given for such a book, say, ten years ago?

After long, really long thinking it seems to me I would have given all I possess. I would have saved lots of time—nobody has too much time here. I would have considerably simplified my life.

So you see. Other people will appreciate my words, too. You can be sure of that.

Thank You, Baba. I know that everything You do is for our good, although even now we are not able to understand You and frequently do not appreciate Your actions.

Understanding is not as valuable as the feeling of love for Creator. Make friends with Him, He who is the most devoted to you, and the most loving Power in the Universe.

While reading any holy book of humanity, bear in mind the goal of your reading is to serve. Ask Divinity to lead your studies so that you achieve the goal in the quickest possible way and the most complete way. Place a firm confidence in the loving Creator. The whole Universe is His Creation, not merely one book. The whole Universe is Holy Scripture written on golden pages with the fire of living Love.

Books are good inasmuch as you are able to utilize them to get to the values that lie dormant at the bottom of your heart and unearth them. However, this is not always easy. The teachings contained in them are addressed to the mentality that passed a long time ago. The moral and cultural context, which made these teachings easily understandable, got forgotten long ago.

Thus it follows that you can be in some trouble trying to reach your goal. An additional difficulty is due to the fact that some of you yield to the temptation of worshipping the texts without trying to practice the teachings contained therein. And although it is necessary to treat spiritual teachings with deep reverence and devotion, mere reverence will only change you to a very limited degree. Start living according to what you have read and have accepted as proper. Keep turning towards Love with friendship. Begin right now. Think about the goal of your journey more often and less about the signposts. But first of all, do keep going. The Friend is already waiting for you.

18. Pupil-Teacher Relations

Master, I have questions concerning the relationship between a pupil and a spiritual teacher. Is there any spiritual dependence of the pupil on his teacher?

No. Dependence concerns the world of phenomena and spirituality is beyond this.

Many schools maintain, for example, that only thanks to guru the pupil can progress on his spiritual path.

A good guru understands that God is the giver of all goods, and not himself. A good teacher can be helpful in the world of phenomena. It is necessary for aspirants to ask Divinity for the possibility of contact with such a person. But remember, the Teacher is present everywhere. The omnipresent Love is your most important teacher. It teaches you at every moment.

One can also come across the view that the pupil should provide for the teacher, if he can.

There is no unambiguous answer. Sometimes it is 'yes', and sometimes 'no', depending on what pupil's heart tells him.

Some schools claim that initiation by a qualified master is necessary for good results on the spiritual path. This refers in particular to various techniques of meditation and often to the dangers related to them.

This situation is similar to the plight of the sick. They go to a doctor, because they know that taking medicines independently is not effective and may even be dangerous.

This does not lead to dependence.

Except that the doctor is usually paid for his service.

Yes, if you go to a private clinic. But, there are also physicians who are paid from the public purse. And if you remember, I am here as someone who is a kind of administrator and I provide people with everything they need. This also concerns pupils and mundane teachers.

Of course, if you feel the need, share what you have; there are no contraindications. Behave naturally and express your gratitude if you want. If you know that you do not have to, it will be all the more joyful and pure.

Then there are clairvoyant persons (who give readings) and mediums (who relay spiritual communications); both of these take fees as per rate. Master, what do You think of such dealings? Does material so obtained have any value?

It has no value if it does not turn you towards God. In the earthly life it can have a value if it gives you support or strategy to face everyday problems. Whether you pay or you do not pay is of secondary significance. For a spiritual person it is not purposeful to get involved with such communications. It is more important to gradually get rid of all props and get to the Source on one's own. It is necessary to trust Love.

I wish you would say more about those fees for spiritual teachings.

Here is the answer: do what your heart tells you. Learning and a step forward is what matters, not money. Goodness has no price. Money is just paper, the equivalent for work put in. Spiritual awareness belongs to a different world, the world of true values.

I am revolving around this issue because of a book by Neale Donald Walsch, where You say that if one finds a genuine teacher, one should give him even more than he needs. In any case, one should reward him well.

It is true.

Then we have a certain problem...

*Not in the least. A spiritual teacher first of all needs love for God and not money. In that book I remind you that it is good to share what you have with your fellowman, because people have simply forgotten about generosity of heart, the generosity that first of all serves them—by offering something to their teacher they change themselves. **Give from the heart, not under compulsion.** This is what I wanted to say. There is no duress, there is love and it does not care about payment. Love itself is the greatest prize. My clue was aimed at instructing what you can do and with what you may make God happy. Money, given out of joy, without demanding anything in return, brings rejoicing and blessing to the donor. You can give money to the teacher but you can also ask Divinity to show you how to make proper use of money. Then you may hit on the idea to donate money in support of homeless animals, children in orphanages or people in difficult financial situations.*

There are people who provide for masters, teachers and charities; they consider it their duty and set aside a part of their income for this.

Many people understand this need. They financially support spiritual undertakings on the Earth, constantly providing for them. They do this with humility and in silence of heart. This is praiseworthy. It is but natural that you support something that you consider valuable.

So, there is no unambiguous answer.

There is no one rule for everybody. Do what your heart and love therein dictate. And do not demonize the issue of money. Take it easy and use your imagination. Money is the gift of love from God. Let them serve Love.

“Money is the gift of love from God”, nicely said.

Words fit to be framed. Harness money for the service of Love.

19. Impact of Energies

I remember how, a few years ago, I began noticing the influence of external energies on myself and my surroundings. Once, we were sitting with a group of friends and talking about spiritual matters. We were clearly feeling peaceful joy and elation. (At least I was feeling them very distinctly.) This state can also be described as a very nice atmosphere, giving calmness and clarity of thought.

Then, after a while the conversation shifted to someone we knew, who was then a pretty swollen-headed and arrogant man. I felt such emphatic discord that I drew it to the attention of everybody present. Immediately, we performed an experiment. First, we talked about Masters and spiritual things for a while; then we returned our attention back to the person in question. Everybody present felt a striking dissonance between the energies associated with the two situations. The atmosphere of first situation was charged very positively, and after a while it got nasty. What was this?

Those were the energies related to that man. Your sensitivity told you what they contained. In reality, the man was feigning spiritual development, getting stuck and entangled in the thicket of his own theories. True spirituality expresses itself with lightness, inspiration and elation. It is love. Everybody feels good in the presence of positively radiating people.

There is the saying 'Tell me your company, I shall tell you what you are' and it concerns the effect of assimilating the traits of beings who are mutually close to each other. Thinking about the other and emotional relationships get people closer. When you think of people beset with problems, you imbibe their energy and fall into depression yourself. Think about Divinity; think about love for the Creator and the pure and sublime currents of Divine energies will pervade your mind. These bring inspiration and a deeper understanding of life.

It is because of this that the religions of the East talk so much about incessant recitation or repetition of the Lord's Name. The Name has the power to neutralize the unfavourable influences of any environment.

Think about God and constantly stay in His energies—this is how the experience you described can be summed up. Keep repeating His Name. It has enormous purity and protection power. It guides your lives in the positive direction.

“Tell me your company, I shall tell you what you are”.

You pervade each other with your energies at home, at work, and everywhere you are. The outer energies have great influence on you, and

often it is a negative influence. Therefore My prompt: wherever you are and whatever you do, try to think about God and repeat His Name. You will feel better and your work will be easier.

What if I am busy with demanding mental requirements in my work, and cannot focus on God?

You can, because we have two kinds of works. One is routine and it involves thinking in a smaller degree and the other is creative, demanding effort and inspiration.

Works of the first kind always leave you some 'power of mind to spare', whereas those of the second kind usually require inner support and will be done better, if you only let the Indweller of the Heart take part in these works. Focus on me more often and ask me to be the doer. Set 'your' ideas and your 'I' aside and turn towards me with love and prayer. I am your Friend so learn how to treat me accordingly. Be nicer. Be tender. Keep asking me for an opinion.

I have often experienced that when I begin to think about others, I quickly fall into a bad mood. Freshness, joy and elation only come with turning towards You. By now I understand why You have been teaching me for years not to turn to others and not even to mention anybody. Why should we associate with the world if it does not match You virtually, in anything?

Energy pervades everything. People get sunk in its field and radiate it. Turn your thoughts towards God, not towards people and the world. This will help you most. Associate with God, not the world.

20. Behind the Curtain

Master, what does a man leaving his body see and feel? How does his perception change?

Just as you experience surprise here on Earth, you are very surprised by the fact that you suddenly find yourselves at the edge of a new world that is apparently parallel to the material world. You are able to see your relatives and friends, feel their pain after their loss, but you are unable to join them or give any sign communicating that you are still alive. Your abilities of perception grow rapidly and you realise the meaning of events. You clearly perceive the effects of your conduct and its impact on others. Usually, you also notice the Depth behind events. And, when you become curious as to what it is, you turn your mind and heart to it and you find the path to Me.

You are this Depth.

I AM, WHO I AM.

These words convey profound meaning.

They show how I define Myself.

They also serve as a subject to meditate upon.

Yes, for many people. Seek the meaning they convey. Search for their substance.

What confidence and spirits should a man departing to the other side maintain?

The certainty that he will see me and experience my love right away.

They talk about flying through a tunnel, meeting relatives, important persons, Masters, Jesus and even Elvis.

Flight through the tunnel—by all means, yes. This is the moment which frees the particle of consciousness from bodily ties. Meeting friends, family, Masters, manifestations of Divinity—all those as well.

What happens next, after the meeting?

Learning.

Learning?

Yes, cognizing, or rather recalling the truths forgotten momentarily.

Then meeting You?

Yes. And then what follows is coming back to the work and learning.

What do we learn on that side?

Various things.

Excuse me, Master, if my question was too inquisitive.

It was not. It is just that there are many subjects of study.

There is a huge world on the other side.

Enormous.

There have been a few well-known movies, for example the one in which Robin Williams and Annabella Sciorra starred.

Some of the relationships presented therein are true.

Hell, for instance?

Hell is the state of mind of a man far removed from God.

So, is it not real?

I shall answer you like this: what you think is real, becomes real for you. You create a world and it is real for you, but this is delusion for an observer.

What is true then?

My Love is true, not what is created by your minds.

Master, what an incredible answer this is!

I think that at this point it would be in order to ask, 'How should we prepare to reach the other side in the best possible shape?'

The state right after transition depends on many factors. Generally speaking, it depends on the way you have lived. Were you focused on yourselves or on others, how much good were you able to evince in life, what was your relationship with loving-you-Divinity? The sum total of all this determines the state of man just after the transition. The dominant mood of your final days and moments has a certain importance as well. The requests and prayers of persons, on this and on the other side, involved with the passing one are also important. Pray for a peaceful and auspicious journey.

What are we to ask You for in such moments?

For love and guidance for the departing, for untying his ties with this world, for uniting with Love in love, for happiness, for heavenly bliss, for a peaceful return Home, where the Divine Parents are already waiting for him.

In this context remember that if you feel you do not have time for turning towards God with love then it means that you are wasting your life. And whatever great deeds in the world you would do would be a waste of time. Time wasted will never come back.

I am asking you all; please ponder over these words from today. You may do so much good on this side and you realize this with full clarity only while leaving your body.

Reflect 'on this side' what you have come here for and the deeper meaning your activities have. Ask Love to show you the direction in your quest.

Have you done anything good?

Have you been selfless?

Have you helped anybody without demanding (or even expecting) anything in return?

Have you loved others unselfishly enough to give up your egoism?

These questions mean a lot on your path of development towards God, because the qualities indicated in them are the true manifestation of His pure and loving Nature.

Master, I see certain difficulty in the fact that people do not believe in life after death and in reincarnation.

Nevertheless, these two are facts. If you search well you will find lots of evidence. There are hundreds of books written by people that have come back from 'the other side'. Many people remember their past incarnations. Children experience these kinds of flashes very often. Your world tries to discredit these phenomena by denying their reality, although the theories

about life after death that it creates itself do not have any deep meaning. Notice that until now, death and dying have been a taboo subject in your culture. The most important cause of this situation is fear, only fear. Wake up, begin to think and search for yourselves. Do not base your life on somebody else's theories or their fear. Treat past theories and the results of research as the result of great efforts by man striving to understand the world, struggling with his own limitations and fear. Accept them, but move forward, asking Love to guide your pursuit.

Ask for enlightenment in this endeavour. With the passage of time your outlook will broaden. I am interested in what you, reader, have to say about this matter. Ask Love to indicate the path you should tread towards Itself.

Can seekers always turn directly to You? Can they ask You to guide and help them to find You, to find love and the deeper values in life, in general?

Of course, these are the most valuable requests. Ask in your own name, pray with love for inspiration for others. Divinity will give everybody something dear. Never doubt this.

Love lives by giving, incessant giving. Every one of you will receive something valuable. Watching life attentively will reveal to you the answers to your requests. Begin carefully considering what you ask for. Ask for good and worthy things.

The answer to a prayer may not be obvious to you. The fulfilment of some prayers and desires may not be beneficial for you. You still do not understand the ways of Love.

Sometimes freedom is beneficial, liberation from ties. It can happen that Love would adjudge cutting the ties necessary and deprive you of some pleasures. This can be painful for you.

You know what is best in every case.

Yes. It is good that persons asking know in advance what the consequences of their requests and choices could be, before embarking for good on the spiritual path.

There! What can be the consequences? Could You give away a bit of the secret?

You live in the world of attachments which, although invisible, constantly influence your thinking, decisions and conduct. Such things like yourself, family, wealth, relationships, addictions and weaknesses take the place belonging to God and His Love.

The purpose of spiritual life is to put things in their proper places, according to the dictum 'Give to Caesar the things that are Caesar's, and to God the things that are God's'. Assign first and foremost place to God, because of who He is. Not to family, friends, money or pleasures. Love for God should stand in first importance and have the first place in life; this will require inner, and often outer changes. These changes can be painful sometimes. The cutting of ties hurts. It is always so in the beginning, but becomes much easier as time goes by. Divinity always comes in the place of ties. Divinity, which is the true You. Divinity is the liberation from yourself, from the past, from old and stubbornly recurring thoughts. It is liberation from the world

also, from what your minds consider as the world. The heart full of love for Divinity understands these matters instantly.

I would like to ask You, Master, a supplementary question.

Go ahead.

You said that Divinity comes in the place of ties. How does this happen? What are the associated feelings? How can we know that we have just experienced this kind of process?

If you trust God, if you trust His Wisdom and Love, then simply take note of this fact. Know that the Beloved takes care of everybody and everything, and answers the requests of hearts. And do not ask too many questions. Your trust is hundred times better than the attempts to understand everything. And the latter is usually a futile effort, because your field of view is severely limited.

*Sometimes it happens that you benefit from noticing the Divine intervention in your lives. This takes place when they inspire you to a more complete turning towards God and Love. Confirming the 'correctness' of the chosen path alone has lower value if it does not inspire you, **I mean all of you**, towards love. Love is the crowning of experiences. If you find it, learn to experience it, to live in it and to turn towards it. And do not look for other experiences anymore. Leave behind the desire for knowledge.*

Sometimes you want to cognize, experience and learn in order to prove something to others. And this is not proper either. Real change in 'others' will be brought about only by Love. Keep turning towards Love. Pray for love for all your kith and kin, for everybody. You are one family. True and lasting change comes only through love. Desist converting others. Begin with yourselves. First convert yourselves, and with the passage of time you will get at your disposal other instruments for evoking positive changes in people.

Master, people reading Your words may begin to think that they are dealing with some new theory, that they are being exposed to a revolutionary change of thinking or even subjected to the brainwashing...

No, not necessarily will they think like that. Many will breath a sigh of relief seeing the right goal in life, the true value on which to build life.

"Assign the first place in life to God—Love"

Beautifully worded! And so much power in it. But, excuse me if it sounds impolite, one sentence is not too much for the axis, so central to life.

One sentence is not, but its meaning is. I am Love and am able to change your life. And this is not 'yet another' theory. It is here that you find my words showing the direction you are to go. If you decide to go, I guarantee you that soon, you will convince yourselves about the correctness of your choice and veracity of what is being said here.

Remember, you can always test me. I agree to this.

You can follow the principle of 'try before buying' and begin turning to me with different issues in order that I show you the way, help you or solve a given problem myself. The results will tell you what is going on, you will see how I work. I persuade you to try and experience. Experience the working of the Divine. Experience answers to your requests. Keep turning towards Love and ask loving Divinity for the possibility of experiencing it. Experience dispels doubts. Confidence comes after experience and then the path becomes much easier.

Reader, are you afraid to try? If not, smile. If yes, smile too. Joy is the path to Divinity.

And what about the requests for experience of your love?

For many they will surely bring fruits.

And one more thing, when what you ask for suddenly appears, remember that I am the God of Love, not the God of fear and anger. A God of Love and joy. The gifts that you will receive in response are the testimony of love, the signs of friendship, the proofs of my closeness and care. Their purpose is not only to help you in trouble but to turn you towards the best of possible paths, towards the path of happiness and love. All other gifts go pale in face of the blessings received on this path. You will see for yourselves.

*Some are afraid of a new and unknown power entering their lives. It is the heritage of your religion, which teaches that you should be afraid of God. You should not. **One should love God, because He is very love. And love only.***

Humanity stands before the enormous challenge of integrating material and spiritual life into one, coherent whole.

21. Why is God Allowing so Much Distress to Happen on Earth?

Master, people often query that if God exists, why is there so much hunger, illnesses, misfortunes and wars on the Earth?

This question is being heard in every nook and corner of the world. My answer is like this:

You are not able to share and take care of each other. Outwardly you are far, far from Love. When you change this state of affairs, the number of unpleasant events, hunger and wars will disappear. Then the law of cause and effect will be working according to your plans and intentions, not against them, as is the case today. Today, events that you consider bad are the results of your own deeds and their purpose is to direct you onto the proper path.

You have the strength and resources to help others, to feed the starving, to create possibilities for them to learn, for development, for a peaceful and good life. But you prefer thinking about yourselves, about your own estates, about your own development and happiness, and about satiating desires.

This is why the world looks the way it does. You accuse Divinity of creating a world that is not suitable for you, a world in which there is so much pain, suffering and 'evil'. But at the same time, you do not want to do anything to change it. If, as you maintain, this subject is so important for you, why don't YOU take care of it? I shall surely help you in this endeavour.

Begin by changing yourselves. Commence from your heart, where God lives. Find Him and His love and after that, learn to live life inspired by this Love. There is a lot to be done. Many starving people are waiting for meals and many souls are waiting for the light of love. And I will grant them this light through you. I am ready. It is you who changes the world.

You will see then how tender and caring the loving Divine Mother is. You will feel Her love and the joy of sharing in your heart. And you will cease, once and for all from accusing me, and will begin loving.

If you really would like to solve problems of this world, you have the strengths and the means. There is an abundance of everything for all. What remains is simply, to act. However, it is much more convenient to watch and look for someone who is guilty. When faced with problems do not look for a culprit since this situation is meant as a challenge for you.

It seems to me that governments and politicians will never accept this approach.

Today you may think so. The truth, however, is different. Political power derives from concentration of collective social power. Elect politicians who will accept this approach, and moreover who will carry out desirable changes.

Master, this is probably not feasible.

Just the opposite. Changes lie within your reach. Even one man is able to make a breach in the wall of silence around the subject of concern for others. This is the most valuable domain of both social and political activity. Others will follow this individual.

It seems to me that people are not going to vote for anybody who will not promise, for instance, a decrease in taxation, an increase of social benefits or concrete material gains for our society.

'Our', still so much 'our'. This is the way we reached my original answer. In reality the fate of others is very insignificant to you. And this is one of the most serious reasons for hunger, misfortunes and wars on the Earth. The change of this state of affairs lies in your own hands.

Master, let me use this opportune moment to ask You how we should get down to it. What would You advise us? What practical hints might You give us? What actions could we undertake?

These are very good questions.

Commence with yourselves. Ask Love to implant positive changes in your hearts, souls and minds. Meditate more often. Smile more often. Ask Divinity to show you what you can and should do for others. Learn to share what you have with others, and if you have nothing then at least share a good word, a smile. There is always so much to offer to others, if only you wanted to.

Begin seeing Divinity in other beings and in everything around you. Your whole life goes on in God. There is nothing else except Him around. There is nothing else except Love around. Learn to pass on, to share all that you have received from Love. Ask Love to show you what you can offer and to whom. Ask Divinity for changes in the world, for happiness and prosperity for others. "Loka samasta sukhino bhavantu"—let all beings in all the worlds be happy. Ask for happiness for everybody—for politicians as well as for those that you consider your enemies and ill-doers. Let all beings in all the worlds be happy. It will soften your hearts and open them to receive Divine inspirations to do good.

Ponder what good you can do to others, to the forsaken, suffering and hungry. And do something.

Master, excuse me please and allow me to ask a trick question. You mention the necessity of changes and reform. At the same time you say that the world is perfect, that one should not turn towards it but leave everything to You, to leave all the functioning to You. Is there not any contradiction in this?

The word "world" means Light. The basis of a new perception of the world, the building of virtues and ascension towards Divinity, are worked out in the midst of what you perceive as misfortunes and sufferings. Intrinsically, everything is Love and the expression of Love. Outwardly this should be expressed as care for others, eagerness to bring relief for the suffering, consolation, and as selfless sharing of what you know and posses. In today's world there are so many opportunities to do so. It is a wonderful ground to mould good qualities. This is an excellent opportunity for every one of you. Nevertheless, remember that the path to Divinity and your loving Creator should occupy the first place. You still do not know yourselves. You still do not know what is hidden inside. Put Divinity foremost and the rest will settle itself.

Many beings have still to go through different events, such as hunger and misfortunes, as the result of their earlier deeds. They should experience them because they created the conditions for these to arise. On the other hand, all the others have the chance to develop these wonderful qualities of caring for others and helping them. This earth is not for the sake of ruling on it. It exists in order that you can learn how to share with others what best you posses. Ask loving Divinity to direct your initiatives of helping others, and to suggest whom and in what form you can help. It will cheerfully consent. Open yourselves to the answer.

Pay attention to yet another aspect of the situation under discussion. You all have the ability to cause events—not only by direct action. Your actions bring considerably deeper consequences in the future. You create thoughts, habits, character and destiny. You create future fates and their content. May they be as good as possible for you and for others.

How can we achieve this?

Direct yourselves to the paths of good. Ask Love for support on the journey. Speak good, do not speak bad about anybody, do not even think bad. Everybody and everything are immersed in Divinity and are Divinity itself. By speaking ill of someone you speak ill of me. Do meditate, pray and love the Creator. Ask the Friend to show you the best path.

Now, I will point out one more important issue. You possess a fraction of the Divine Power of creation. So far, you have been using it improperly. When you begin treading paths free from egoism, you will create things and states that are good for everybody and every living being. You will create paradise on Earth, the planet of Love. You can do it here yourselves. That is, if you want. In any case, eventually positive tendencies will prevail.

Today's world does not suit you. In your way of thinking it is logical then that you blame Divinity or you deny its existence altogether. This is based on falsehood. You do not take into account the fact that it is you who create the world. It assumes shape according to your desires. If they are destructive desires, far removed from goodness and love, in time you face the consequences. Then you look for the guilty ones outside—always outside. The truth is that you alone determine shape of the world. Begin to create good things. Make your ways towards love and, with the passage of time, the outer world will adjust itself to this lofty picture. You are somebody much greater than you think you are.

You are Divinity endowed with unheard-of power of creation. You created yourselves and the world, which outwardly, significantly diverges from what you associate with Lightness. You are able to create quite a different world, resonating with the Creator's love in the tones of inner harmony.

From time to time I inspect my clothes and always find something that I do not need anymore. Thus it can be presented to somebody. Life forced me to dress in second-hand shops so I know well what verging on poverty means.

That's it! You yourself know how it is. Therefore you willingly help others. And did you notice that the more you give to the needy, the more you get and the more have for sharing?

Yes! Sometimes I even feel that I should give away something, that I consider still good. I give it away and shortly get back something better. Seen from this perspective it appears that in exchange for old clothes that were given away, I can wear expensive and good clothes now. Somehow these two come together.

This is how it works. The more you give from your heartfelt generosity, the more you receive and the greater spiritual joy becomes your share. But remember that Love is not trade in a vein of 'today I will give away so tomorrow surely I will get more'. Keep giving without personal interest in any benefit. Give solely in the pure joy of sharing. View the poverty and suffering on Earth as a great challenge, a great opportunity for spiritual development and spiritual joy. Treat it as a great opportunity to learn how to conduct yourselves properly; as a grand work to accomplish and present the results to God.

Offer everything you have to Divine love and ask it to teach you sharing with others. While giving something to someone do not think what you will get in return. Think that you are giving it to Divinity in the form of another man. To be able to give and share is great grace. It is an expression of love. You all are Oneness. Oneness is God.

It seems to me that one of the causes of today's state of affairs is the business policies and practices of huge corporations, that is, exploitation driven by economic pressures.

Nobody is to be condemned. It is very easy to say that others are bad. This takes the burden of responsibility off your own shoulders, doesn't it?

Yet, the reasons for the 'current state of affairs' lie within each of you. The egoism present in your hearts and minds effectively blocks manifesting of all good and heavenly qualities that would bring you happiness and inexpressible goodness. That is why you should begin the true change of the world from yourselves, from changing your own hearts, opening them to the love and voice of Divinity latent within them.

When hearts are full of love and free from egoism the world will become Paradise, a land of love, which it is in reality. When you grow, when the human race matures to living in union with Divinity, the Gates of Heaven will open. As a matter of fact, you will notice that they have never been closed.

Both God and Love have been here at all times for everyone, in abundance. Let everyone begin from himself, let him seek his path to his Creator and pray for support and for love. I have been ready to serve you at all times. When you love, you want to serve. And since I love you very much, the conclusion can be drawn that I have always been serving you. Please, appreciate this and treat me better than you have been doing until now. I do not count for much and do not need a lot. A kind smile, cordial gesture or the goodness that you have for friends will do. Your happiness is my happiness. The highest happiness you will find is union with Me. Try me. Test me.

Ask me again the question we started this chapter with.

Master, if God exists, why is there so much hunger, illnesses, misfortunes and wars?

So that everyone may finally fully unite with Love.

22. Transformation

Master, I want to thank you today for your closeness and tender love that have constantly accompanied me. What are we going to talk about tonight?

Most of you seek satisfaction, love and happiness in life. Yet, you have no idea how many barriers divide you from clear and full feeling of satisfaction, joy and love. You imagine that every newborn child is an empty page on which, in an ideal situation, the loving parents will write valuable and edifying things.

Your civilisation knows very little about the workings of subtle energies. You are submerged in their field and are transforming them with the body and mind all the time. Society influences a man from the moment of his birth. Its energies and problems entwine parents. In an invisible way these energies penetrate young bodies and minds. In this way they shape the mentality and sensibilities of man. During the adolescent years, while growing up on your own, you are in contact with the energies of the 'world' and your hitherto acquired inner state becomes further consolidated.

You already understand that cigarette smoking or drinking of alcohol by the mother during pregnancy can be dangerous to the health of child. You still do not understand that contact with certain energies is equally destructive for

young minds and psyches that are still in their formative years. You should give more consideration to having contact with positive energies and ideas. Avoid aggression, violence and negative ideas of all kinds.

Being an adult you live burdened with loads laden by your parents and society as well as all those of your own that you have brought through death and birth. If you want to progress and change your life, then the only good path is through turning towards and devotion to Divine Love. Your conscious effort directed towards love and good is necessary. True changes in you will take place in silence. The Creator Himself will bring these about.

Could You point out, which elements of our behaviour are the most important for this transformation towards You?

These will certainly be the concentrated meditation with love for the Creator, striving to attain positive changes of character and inclinations, and avoiding of negativity in all its various forms.

Master, you are talking about meditation with love; what should it look like?

There are a lot of techniques. The simplest one consists in approaching Divinity in such a Form that you would most easily fall in love with, and showing this Form your love and devotion. Love is made up of tender words, of coming near, touching, hugging a friend. At the same time it is the respect flowing from knowledge about the great Value we are dealing with. In this meditation we connect to the Source of all values, so our attitude towards loving Divinity should be proper.

The second issue You mentioned were positive changes of character.

These are efforts directed towards goodness. Try to see good and only good in every situation and in every man. Avoid looking at and revolving around what you believe is bad. Keep turning to everybody as visible embodiments of goodness, irrespective of who they are. Make efforts to do good, to share with others, to support the needy and do all this for the loving Creator, understanding that you work in His Divine garden. Do everything with smiles and joy. Do good for the highest and most loved Good.

The path of love is such that it will unfold itself in front of you, showing the next steps for you to take. Trust Love, surrender to Love. Then all the rest will be set aright without any effort by you.

Master, the last point you mentioned is avoiding negativity.

See no evil. Shun violence in thoughts, words and deeds. Speak no evil about anyone. Speak no evil to anyone. Avoid anger. Limit the number of programs watched on TV and carefully choose their quality. Select the programs that your children view, watching that their minds do not get soaked up with violence, aggression, and arrogance. Eschew speaking evil about anybody, irrespective of who he is and how he behaves. Speak positive. Think positive. Replace sorrow with a smile. Avoid focusing on problems. Focus on the solution. Loving Divinity is the solution. Ask the Creator every day to help you in this process.

Some of us are very zealous in making changes.

Zealousness is good, but love is better. Keep avoiding impatience. Replace it with sweet waiting for goodness, which will come from the Creator. You are not able to do a lot on your own. Therefore, wait with devotion and trust in the work of Love. Keep turning towards Love every day, every moment.

While treading a path we often make mistakes and stumble.

This is natural and even necessary. Mistakes make you aware of your imperfection and of the necessity of turning towards the loving-you-Perfection. Every observed mistake is like the shadow that shows the direction of light. Turn away from the shadows and go towards Lightness. Go firmly and without stopping. Do not ponder your mistakes. They are not as important as the time dedicated to love and spiritual journey. Concentrate on the most essential things and leave the rest, with love and best intentions, to their own fate.

23. Physical Work

Dear Master, what are we going to talk about on this beautiful night?

Today we will talk about the necessity of physical labour. It is a counterbalance to mental effort and thanks to this a lot of transformations happen within you. First, life is grace and work is grace given by the Highest. Be grateful for the fact that you are able to work. Treat what you do as an opportunity for turning towards higher values, as occasions to unite in love with Love. Thank the Teacher for the possibility of working.

Secondly, give Him the fruits of what you do and mind that you do not get attached to them. Do not look for material gains or any other gains. Do not think about what you will get in return.

Master, what then are we to think about while we are working?

Think about Love and keep turning towards Love with your heart, mind and soul. Think that loving Divinity works with your hands. Imagine this realistically. Smile to God when you work. Assume that He is just beside you and is lovingly looking at you and at what you are doing. You will soon notice changes in your attitude toward your work.

At first glance it would seem to others that your suggestions are quite impractical.

Yes, and what would you say about my suggestions?

Well, I know from practice that they are just brilliant. I have not yet had sufficient occasions to put everything into practice but some of your guidance was bringing me brilliant results. The work quickly becomes very pleasant, really. It is not tiring anymore. There is more joy and love. Thank you, Master, for your words.

While I am working, I feel energy flows through my body and hands and it gets so nice and sweet in my heart. It is always like that when You are near.

Perhaps the most difficult thing is to not get attached to the fruits of your work. Thoughts about the fruits are forever coming back. What should we do with these thoughts?

Do not let them become a problem. Just do not develop them, do not follow them. Focus your attention on your activity and, concentrate on Divinity. Be as practical as possible. Keep up practicing and changing yourselves.

Offer results of your work to the Creator. And when you do it, be consistent. Then, they no longer belong to you. Be vigilant about this. Do not get attached to anything. Do not get attached to anybody. Get attached to loving Divinity only.

Master, at work, distracting thoughts are often a considerable problem, at least for me. A great exertion usually causes more intense thinking. Sometimes these states become quite unpleasant.

They come and go. Keep turning towards God. You will be able to cope with them as time goes. Constant effort directed towards focusing on the highest values will bring positive effects. You will be stronger spiritually. Physical work improves muscles but when you are focusing on God and on overcoming adversities, it also gives you spiritual power. This then strengthens character and positive habits.

To strengthen what is good in you keep repeating Name of the Lord. Mantras containing Divine Names have enormous power. And they will help a lot in situations you consider difficult. Examples of such mantras are Om Namah Shivaya (I bow to Shiva), Om Namah Rama (I bow to Rama) or the ancient Gayatri. Use these methods of spiritual work verified centuries ago.

Keep turning towards the Creator with love and prayer, requesting that He accompanies you while you are working and that He does it with you and for you. Keep learning what it means to work together with Him. Learn this new way of conduct and work. Learn cooperation with Love.

Put your heart into work. Put love into it.

You spend whole life in the garden of the Creator. His estate spreads everywhere, right to the horizon. Thus, you always work in His garden. So keep working for Him, and not for yourselves. Work for Love. Remember this.

Master, many people do not like the work they do. Work is not any grace for them. Although work is grace, they do not feel like this.

This state of affairs can be changed. Constant effort, in accordance with the rules just given, in the course of time will bring very good effects. If you are not able to change circumstances, pray for changing of your attitude towards what you do. Keep avoiding negative emotional states. Avoid negativity, turn towards good. With the passage of time, you will notice desirable outcomes from your efforts. But do not get attached to seeing the effects, too. Move forward. Seeing the effects and the experiences you gain are not nearly as valuable as the love and path towards the Creator.

Learn to see, look for and notice all possible positive aspects of any situation you find yourselves in. Ask Love to help you, Love will not refuse, will it?

Love never denies. If such an attitude is a problem for you, ask Love to change your disposition with regard to work and toward everything you do. Ask also that Love teaches you to work with love and devotion. Work with love. Even the most banal activities are opportunities for turning towards the Creator. Every tiny gesture, every breath can be a song of love and a wonderful gift on the altar of the day.

Work makes you think of tangible benefits, but this is not a good approach, because it involves worldly matters. Good work is the activity that is being fulfilled as an offering for the Highest, a gift of heart offered to Him, without attachment to its fruits. Do not work for money, it would be a mistake.

Work with love. Work for Love.

I got to cleaning of the floor today. It was wonderful. I was not in any hurry, but the work was going quickly. While doing the job I was turning to Love, imagining that the floor, and the old towel which I was using, the bucket with water, were all forms of Divinity, of pure, shining Divinity. I was touching Divinity with my hands, tenderly and with love. It was just a wonderful feeling. Later I added kisses, as if I had the living Creator in front of me and was kissing Him on the cheek. And it became still more pleasant. There was just joy and love. When you work ‘as usual’ then you work in common ruts and this is where tiredness comes from. When we turn towards Love with warm feelings, it is simply wonderful.

24. Barriers of ‘I’ Awareness

I wake up and direct my thoughts towards You. Soon I feel the barriers of ‘I’ awareness fading away into nothingness. This specific self-importance, sense of being somebody goes. I can clearly see the barriers damming the inflow of your pure and fresh love. It appears immediately after they crumble. What to say—I am so happy with your happiness. All hitherto difficult problems have been solved all by themselves. Or rather it is You who solves them. Thank you for this, my beloved Baba.

Years ago in India, You told me to practice opening to people. During meditation I was to be telling them that I love them, and opening myself up people I was to be receiving the same from them. During the meditation I felt barriers of ego disappearing. It was not only when I was telling someone that I loved him but also while imagining others standing in front of me and saying these three wonderful words.

I noticed how scared my mind was earlier, how it was creating lots of questions and doubts like, ‘What do they want from me?’, ‘What is hidden behind their behaviour?’. I was observing my fears flowing out and finally I started laughing at myself. When at last the play of mind disappeared, the feeling of defencelessness descended on me, I felt as if I stood naked amidst the masses.

Could You, Master, comment on this practice today, please?

Yes. It is a very good exercise. It helps to free from many barriers obstructing the natural flow of love. You acquired these barriers in your current and previous lives. When somebody hurts you or fails to fulfil your expectations and hopes, then you withdraw into yourselves and build walls around you. It is an act of self-defence. However, this brings about consequences in the form of suppressing yourselves, of withholding the goodness that you have inside. The conclusion is that from time to time it is worthwhile to cleanse these kinds of blockage of energies from yourselves. Ask the inner Master to lead you safely through this process. Make sure the inner balance is in it.

Balance?

Yes. This is a sort of state of mind – calmness, joy. Does it remind you of anything?

Yes Master, I love your jokes.

When you somewhat calm your mind, ask Divinity to accompany you during meditation, to be with you and direct you. Next, imagine your friends, kith and kin, and later also strangers, approach you one by one. Say 'I love you' to everyone and let each of them answer 'I love you'. Remain in calmness and love. Allow yourselves to accept that what you hear is the truth and without any implied meanings, without any concealed intentions.

The next step is to imagine that Divinity stands in front of you. You say 'I love You' and you hear Divinity say the same back. And believe that this is true, pure truth of all truths.

We end the exercise with a few minutes of calm meditation, without a thought about what had happened. Remain in peace and with love.

This meditation brings a lot of blessings. Practice it often.

Another kind of meditation consists in imagining that every person you meet, familiar or not, is an angel, truly goodness and love. Try it, and you will see how quickly your attitude towards others will change. Keep on smiling and speaking nice to everyone. Notice only positive qualities in them. But do not initiate them into our secrets. Enjoy the blessings that contact with love and goodness brings and integrate them into daily life. This is most important for you all. Love is everywhere. Love is Everything. Life is Lightness.

Practice frequently.

I sat in meditation for a moment and started visualizing the people who surrounded me as angels. I could not let go this chance to learn something valuable. It was a wonderful exercise. Soon willingness to help people, to cooperate, to smile, and many other nice, very nice feelings arose within me. In short, sorrows disappear, joy comes.

After a while a clear picture came up—a can opener in the form of a key. In the past, there were cans with sardines which were sold along with such a metal key attached. Master, what does it mean?

It is simple... Smile. Smile, dear reader. Being interested in the subject matter is good, but your joy is even better. Stop reading for a while and smile to Me. I am. I am Love. I wave at you from behind the veil of Heaven every day. Do smile.

The fish is a symbol of egoistic qualities. You carry them inside yourselves tightly wrapped up in other energies. It is like a can. The meditation you described cleanses such states. It is like a key to the cans. Understand?

Thank you, Master, for such a perfect explanation. Thank you, Baba. How could I express my gratitude to You for Your goodness? I would really like to.

All right. Keep saying that you love Me and listen to what I say to you. I like it so much when people pronounce this wonderful word.

What flows from my heart towards You makes for many words. Despite barriers, please, my dear Master, accept my modest, as it is, love for You.

25. A Little Step Every Day

I want to ask You today how much of your guidance I am introducing into my life every day?

This is a superb question! The answer is: some 10 to 20%, depending on the day.

Master, it is not enough. Could You tell me what I should do to increase the percentage two to three times? Can You suggest anything practical? I think that many readers will be interested in this also.

Do you mean that my hints happen to be impractical?

Master, sometimes I do not understand your tips. If they refer to general things, I often do not know what to do with them. Therefore, this time, (if possible of course) I would like to get more concrete hints.

By all means, you can have them. Sometimes I arouse your curiosity in order that you dwell on a subject and not stop with the first answers.

So we have the subject 'How to be closer to God and listen to Him more often'.

Yes, thank You. This is the subject I meant.

We have already been talking about what the path looks like for quite a long time. Let us gather in one place the most important practical hints, which we have discussed so far.

The essence of the journey is based on one fundamental acquisition, namely turning with love towards loving Divinity. The more often a person is able to do this, the more intense is the transformation that takes place within him

and in the people around. **The turning** means focusing with love, prayer, devotion, imagination and the lively feeling of closeness and hearty love for the Master of Masters. It is placing Him above all other thoughts and matters. It is making decisions conducive to walking along this path.

If you can manage it, stay by Him constantly. If you forget, consistently keep coming back. Make efforts to feel a lively love for Him. Follow the instructions given. Try seeing good, speaking good and doing good. The more often you turn to Him with requests for love and the more often you remain in this feeling, the closer to heaven and the further away from earth your mind and heart will be.

Pray for grace for others, for joy, for love and for happiness. Let all beings in all the worlds be happy.

The Master of Masters.

*The Teacher of all Teachers.
The Teacher of Love.*

All of you are His love and no one who turns to Him asking for help will leave empty-handed. Love waits to grant you gifts.

May I ask how to turn towards You and what it really means? Could You explain the technical aspect?

Yes. Imagine Divinity in a human form, the one that is closest for you. Come within the reach of this form; embrace, or kneel down, or take His or Her hand. Remain in this close proximity of the embodiment of Love and stay until He or She blesses you with the Presence.

Incredible answer.

More incredible is yet to come when you approach Love in this manner, often. Then your life is going to change entirely. The Loving Creator is waiting to bestow upon you His blessings.

Excuse me, Master, but let me make one comment. Most often, as statistics and experience show, we do not get what we ask for.

The path leads towards Love, not towards abundance of impressions, pleasures or money. Love more than suffices in place of all impressions and outer experiences.

Oh yes! Its sweetness is incomparable with any earthly thing.

You know it already from experience. Now, the time for many has come, for many, many more.

And this is wherein the value of this book resides.

Love is the value, not the signpost. It is the Source, not the product. Learn to discriminate between that which is temporary and that which is everlasting. Love is eternal and what are these printed pages? Look beyond words,

beyond paper and ink. Look at Divinity, for only this is most important for you. Raise your sights higher, towards Love where you come from. And do it often, as often as possible. Think about God and keep turning towards Him. You may read about love or you may love—choose smart.

Baba, what would you like to talk about this afternoon?

About jealousy and turning towards yourselves.

Jealousy destroys you inside. It is like a burning disease that attacks your entrails and progressively devastates everything good in its way. Beware of jealousy, and when it appears, quickly turn to the Father praying that He takes away from you this unpleasant weight. Keep turning attention away from the object of jealousy. Do not follow thoughts that cause jealousy, but busy yourselves with something useful.

Jealousy is a real chip off the old block of egoism and sense of superiority. Comparing yourselves to others who have more than you begets jealousy. If you have to do this at all, compare yourself with those who have less. In this way you will give a chance for gratitude to be felt for the fact that you have and can do so much. Gratitude to life, fate or God is a very good feeling. It builds up susceptibility in you toward sharing with others, helping those who are not as happy as you are. Think about others and pay attention to what they need. Ask Me what you can give them from yourselves. Remember that in general it does not have to be any big thing. Often a small gesture of support, a kind word or a smile alone work wonders right away. Work these small miracles every day. By doing so you give me great rejoicing. Work a small miracle every day—this is my new commandment for you. Or rather it is my request, for the time of commandments has long passed.

26. I am not Condemning Anybody

You told me a pretty controversial thing...

What?

You have said You do not condemn corruption.

Corruption is only one of problems that worry your society. Administrators should pay more attention to public welfare, and not their own nor their friend's welfare.

Love does not condemn anybody. It always waits for the possibility of serving and giving to people. In this case it is giving the next chance to mend their ways. If you consistently keep refusing all the opportunities offered to change then you take a course of trying experiences. And we tread it together. This is not a worse way, only more arduous.

Still, as coming from You, for me this is a fairly controversial statement.

The way to Divinity stays open permanently for everyone, irrespective of his or her deeds. There is always the chance of coming back, even for people full

of ill will, brutal and cruel. Everyone may ever turn towards the Last Resort and will not be shoved away.

By the way, I have a few hints for all those who rule.

I will gladly write them down.

You, people in the limelight, often have problems with ego. Remember that power should go hand in hand with serving others and it is you who should be exemplars of modesty and selflessness. You should keep in mind common social welfare and the welfare of individuals. Your social position is the perfect occasion to work for, to serve others and to tread a spiritual path. Work for the welfare of others and then your lives will be following noble paths. Love that sees everything will help you.

Excuse me, Baba, for what I will say, but as far as I know this environment...

Pour out your heart.

Many politicians and so-called great persons display an utterly astonishing ruthlessness where their own businesses are concerned. No one else's welfare is important, only their own. Their minds work and focus on ways to extend their own wealth and that of their cronies, relatives and friends. Feeling somewhat at home in this environment, I know that there are many people of ill-will, devoted to evil causes, thinking only about how to seize as much as possible or to do harm to their enemies. The country does not count, nor its prosperity. Nothing matters, except maybe stocks and bonds against everyone around. Everybody keeps quiet about this evil of corruption; no one is going to break this conspiracy of silence. When a person does attempt to dismantle this wall of silence, they are discredited by 'leaks' to the media, immediately.

You see, I will still be asking everyone to come to Me, and I prefer that it does not happen the hard way. If mistakes have taken place, it is not possible for them to escape facing the higher justice. Corruption, fraud and lies must meet their consequences—and these can be unpleasant. However, they are not necessary if the person concerned gets onto right path.

Do not judge anybody; do not think ill about anybody. You do not know heart of that man and do not know what experiences he needs. Maybe his path leads precisely through the tasting of a fraud and the consequences that follow it. Try to look a little wider, beyond the materialistic world, and then you will understand more. Pray for others to experience happiness, satisfaction from good things and love. Let all beings in all the worlds be happy.

Do not pick on 'so-called' great men. Greatness not only means great deeds, but also great mistakes, mistakes that you have to pay for later. Do not reject anybody; living Divinity resides in everyone's heart. You are the angels of Light. Only simple minds blame movie actors for evil deeds committed on the screen.

I am the opportunity of improvement for everyone. I have never rejected anybody, because this is what my nature is. I am not conditioned by your conduct and constantly am Myself. Therefore turn away from 'evil' and come

to me. No matter what you have done, I love you very much and will always give you a chance. My attitude does not result from naivety—not in the least. I am simply Love. I am asking you all, do think this over. I do not punish, I love. Consequences are not any punishment. You chose such a world yourselves, such a form of life, wherein a lot of egoism and suffering exist connected to it. It was your choice and I respect it highly. Yet know that Love and Divinity are far away beyond the world of changes that you perceive. They are both far away and at the same time here and now.

Today, in my dream I was encouraging a young actor to turn to You, but raised in materialistic spirit as he was, he did not accede. Then You came and surrounded him with sweet love.

I am the indweller of all, of famous people too.

What would You tell a person of this profession?

I tell the same as to each of you. Learn to love Divinity. Learn to turn towards Divinity in the silence of your heart. Ask for help in your work with people and among people. Providence always helps, always gives something good, will reward hundredfold for every moment spent beside Divinity. Become instruments of Love and let Love's message flow through you to all that need it.

Restrict your desires and restrain ambitions. Their power is destroying. Be happy. Change your lives; thereby you will give much more to others. This world is very much in need of Divine Love.

Dear Master, I have a question for You.

Go ahead.

I would like to ask You about the following issue. Many people who deal with big groups, for instance actors, public persons, athletes, and TV presenters, they all have problems with, I do not know how to name it, maybe 'energy of crowd'. This is not the best way of saying this, I know. What I mean is that during a show or meeting, or right after it these men feel very bad, 'exhausted' energetically, irritated and hyper excited, as if they 'took on themselves' low or even negative energies, giving in exchange whatever valuable they had. This is a very unpleasant state and it seems (although I may be wrong about this) that it may be the cause of mental imbalance, of seeking oblivion in alcohol and drugs or of abnormal behaviour. I would like to ask You, firstly, what is at work here and, secondly, what to do with such a state when it appears.

Good questions. Listen to the answers. The reasons for the situations you have described are manifold. During such meetings, a strong exchange of energy takes place between participants. Energy flows in both directions. This is a natural phenomenon and always occurs. You can compare it to the equalization of water levels in communicating vessels. At first, there is more of water in one of them, less in the other. Later water flows and the levels become even.

I know that there are a few techniques of so-called 'mental defence'. Also, there are books on the subject, although I have not read them.

No, this is not a good method. If you focus on defence, then there are you and the 'opponent'; in other words you and the threat, from which it is necessary to separate. Do not think this way. Think that loving Divinity is everywhere and always takes care of you. The 'problem' is not in how much of your personal energy you give to others but how much you are going to get.

If you refer back to the example of the communicating vessels, you will note that what is lacking here is a permanent supply of fresh energy. Meditation will help you to secure this. Meditation not only quietens and equalizes energies but also offers a possibility to tune to higher registers of energy. In other words, it allows you to get in contact with Love and 'tune' in to Love.

Master, let me interrupt at this point. Tell me, please, how meditation should proceed. Should the concentration be on the breath, or for example, on the point between brows, or maybe on the heart?

No. None of them. Focusing on the breath or on yourselves does not lead to opening onto higher energies, does not open you onto love for Divinity. And after all this is precisely the point of the matter. Keep focusing on God as someone whom you love. Imagine that you are approaching Him and embracing Him tenderly. This is the best way. You may strengthen the exchange of love between yourselves and Creator by repeating mantras with love and offering them to the Highest.

Which mantras, Master?

We will talk about that at another opportunity.

The public meeting program is the second issue. Ask the Higher Powers to help you plan it. Thirdly, just before the meeting find a calm place and turn with love for Creator praying that He leads you and that everything proceeds His way. The fourth hint: think that there is nobody except the Loving Creator in the hall. There is only God, someone very loving and dear, not lots of gathered people, but only this One, this-constantly-loving-you-God. Do everything for Him, and do this out of love. Nobody has to know what you are doing interiorly; however the effects will be noticeable immediately. You only have to begin, and Love will show you the way. Ask Love for inspiration.

27. Essence of Deities

I welcome You, my dear *Gurudeva*, I have a few questions for You again today. You said that the first Christians used to repeat 'Lord Jesus Christ, have mercy on me' and by focusing their attention on the heart they were reaching the state of unity with God. I have read a lot about this. This prayer of the Hesychasts has survived until today in the Orthodox Church. Is this still suitable for use today?

No, not entirely. It brings certain effects, but it is better and safer today to turn directly to Divinity, staying away from any doctrine. Ask Divinity for individual guidance and care. Remember that religions and doctrines are helpful only at the beginning, but the further you go the greater a hindrance they become. Ask Divinity to show you the path that is right for you.

Nowadays, it is not feasible to take out a fragment of some teachings and practice it, neglecting all the rest. Spirituality is a gradual movement away from religiosity towards Divinity.

Years ago I was in Jerusalem, in the Basilica of the Holy Sepulchre. There, just next to the rotunda of the Anastasis, I had a vision of a form of Jesus that I have never seen before. In this vision Jesus was standing dressed in a shiny, sky blue, gold-welted garment. A stream of bright, subtle light was flowing down on Him somewhere from above in the dome. His eyes were half-closed and His whole face was expressing untold happiness, diversion from the world, and immersion in the depth of Divinity. It was wonderful. For a moment I was granted the experience of what He was feeling.

You were standing the other side of the aisle in the form of Baba. Smiling, You were looking straight into my eyes. What did it mean?

Divinity is happiness, the ecstasy of love and devotion. The image of Jesus you saw was a man filled to the brim with the Divine Consciousness. It is evidenced by his diversion from the world and absorption in the unfading, everlasting happiness flowing from Divinity.

I would like you all to picture Jesus just like that—less human and more Divine.

Sri Sathya Sai Baba is the incarnation of Divinity fully conscious of Himself. In the East He is called Avatar or the Descent of Lightness. An Avatar does not turn inward, because He is just the manifestation of the innermost and most loving presence within a man. An Avatar is the Creator who has come in a human body. He is the bliss immaculate, both inwardly and outwardly. Sri Sathya Sai Baba is the living form of Love. The Highest Power of the Creator and the Sweetest Love of the Creator manifest through His body.

Master, may I ask You a question of a lesser calibre, of the kind of so-called silly questions? We are born, but where did You come from?

You would not understand the answer.

But could You try anyway?

Yes. I had already existed before the Universe came into being. I had existed before all former Universes arose. I have always existed. The word 'always' applies to your understanding of time, suggesting that something existed 'before' and will exist 'afterwards'. The difficulty in comprehending of the Divine Permanence is made up by your being used to thinking in categories of the ordered succession of instants. There are no instants in Me. There is always This, only Love. Everything, the whole of eternity, is now. That is, in My now. Your now, when you begin to wake up towards Me, becomes a part of My Permanence.

Love, that I am and that I talk about, is the highest state of existence, beyond time, space and any limitations. Think about Me this way and you will never be wrong. I am the time, the word, the silence between words and all that exists beyond silence. I am Love. Focus on this Essence of Divinity and let Divinity lead you beyond this world and demonstrate to you your oneness with it. The present is Eternity and Divinity.

Master, does it mean that You have free access to the past and are also able to freely mould it, for example, influencing present events?

No, it would be contrary to more general principles ordering events in the world and in the Universe. There is a Plan and for you it has something to do with time. There is no need to modify it. Unless such a need arises.

You are laughing.

I love joy. I am Joy.

You know the future, don't You? Not that I would like to know it, but tell me how You create it.

This is pretty simple. Events are something like toy blocks. I throw them all up and watch how they arrange while falling. This is the whole secret.

Your happiness is My goal, but the happiness is in Divinity and love, not mere satisfaction derived from the fortunate course of earthly matters.

I am under the impression that the two subjects touched upon previously, religion and this humorous description of yourself, are divided by a huge gap. The conversation about religion is loaded with a heavy sort of energy, which is not there at all when You talk about yourself. Just the opposite, it is spiritually hot, there is the heat of your energy, joy and elation.

Sensitivity is a good guide. It has its limitations, because you do not know yourselves, but it allows you to notice important distinctions between human creations and Divinity. The domain of religion is filled with a complex of thoughts loaded with the energy of human minds. This is not Divinity, since Divinity is beyond and above the domain of religion. Divinity is Love, elation, simply ecstasy—the pure, unalloyed-by-anything ecstasy of joy. Touch Me, dear readers—here, now.

Many people 'fall' into the domain of religion and are not able to leave it. Often, they are passing through the succession of many lives, in a circle of mundane existence. God is beyond what you can invent and touch. Do not regard the 'truths' given by religion as final, nor even, as the only truths. There are different religions and a wide variety of paths. Their goal is to take man beyond the mind, beyond doctrines, until the direct contact with Divinity happens, which also means beyond their own domain (religion). No mental concept is able to contain love. Love is the realm of the heart.

The Creator can not be fit into any of your concepts, not even the most elaborate. They all are unreal, although they have a certain power, like an image of the ocean on the screen in movie theatre. The image is colourful, with impressive waves, but it is not possible to bathe in it. It is unreal. I am telling you now about going one small step further. About going towards that which is Real and about touching It. Ask and you shall receive.

I would like to go back to the past for a moment, to those spiritual teachers I had before. Some of them made a deep impression on me. Now You are the only one, and I am very glad about this. But how should I regard the past?

The past is Lightness. People are Angels of Light. Events are the gifts of Divine grace pointing to the truth that manifests in the heart as loving Divinity. Everything has been leading you to Me. Everything that has ever happened in the past has been leading each one of you towards the love of the Creator and towards uniting with Him. This is the way you are to see the past.

The future is Lightness. Everything leads you towards the love of the Creator. This is the way you are to look at future events.

The past and the future are Lightness and only Lightness. Everything is Lightness.

28. Manifestation of Mind's Nature

Dear Master, years ago, when I was interested in Tibetan Buddhism I had a dream. In the dream I saw a rotating Mandala with idols of yogis and deities, and endless, bright space behind it. And I heard the words 'manifestation of mind's nature'. What does it mean?

This is an introduction to learning certain aspects of the mind. The blessings of the Tibetan spiritual Masters and their love are immense. They are present on this and on the other side of life and work with devotion for the welfare of others.

Master, what is the true nature of the mind?

Light a candle in a dark room. Look in its flame for a few seconds and then close your eyes. You will see an image of the flame. It is just visual sensation, an impression. The world that you see outside is in reality such a fleeting impression on the arena of consciousness. It is woven from material resembling the fog on a windy day. It never stands still. This is your reality. The mind is the awareness of existence and the deep need for expressing love. The fog, wind, candle and its image are all manifestations of Love. Do you understand?

No.

Understanding will come with time, with experiencing love. The world is only a shadow. God is Light.

Reflections that your coming has opened quite a new era in the history of this planet haunted me today. Even Krishna, the previous Avatar, was known only to a few close devotees. You are already known to tens of millions. Perhaps we should start counting years of the new era—from the day of your birth.

The most important date in man's life is the day when love is born in his heart. My body I have taken on now is not the subject matter of the message. Love is the substance. Do not celebrate My birthday in the body. It is a waste of time. Keep turning towards Divinity with love and merge into oneness with Divinity. This is most important. I do not need ceremonies or holidays. My holiday comes when you do something good, when you turn

with love towards Love. This way you make Me happy. This is the way you worship what is the best in yourselves.

Let us get back to Buddhism for a moment. In my youth, as result of the Zen meditation, I had wonderful experiences of great love, joy and the absence of the 'I' awareness. Recently, I got in touch with the Tibetan Buddhism of the Karmapa lineage and met a certain Lama from Denmark.

What is the question?

There was a meeting with the Lama. It was just wonderful at the very beginning. There was such cordial and hot energy coming. Unfortunately the charm was gone when the lecture started. I could tell a lot about the mistakes that had been made there, but it would be of no use. Then I went to the Lama so that he may bless me with a box containing remains of XIV Karmapa, the man I valued and respected highly. Alas, the feeling of his touch was very unpleasant. I would like You, Master, to comment on that event and explain where the feeling came from.

No, this is not necessary. You experienced it and let it be over at this point. Events you describe are related to the past and its closure.

The Lama you mentioned is not the teacher for you. Love is most important. Keep directing your attention towards Love and not towards the world, not towards mundane teachers.

Yesterday I asked You about Tibetan Buddhism. There are many monks that can do incredible things, e.g. they are able to cover huge distances, become invisible, move objects without touching them etc. Last night I dreamed that I was publicly levitating. I felt stupid, because I sensed some degree of abuse in it.

There were three children observing me. I asked them an odd question 'Do you know what it is?' (I meant floating in the air.) After a while one of them said 'Stupidity', and I realized this was in fact the right answer.

People possess diverse powers, but the power of love for Divinity is above them all. Other powers are not as valuable and they happen to be deleterious, because you become fascinated by them and flounder in states of consciousness and in a pride taken in allegedly great spiritual achievements. Love, and not even the most spectacular phenomena, is the essence of spirituality. Learn to discriminate.

Most important is the power of winning human hearts with love, because love, and only love, is able to change the reality you live in. Thanks to Love you are able to evoke many transformations in men. You can set them free from inner shackles and sufferings and direct them onto the path of Love. Compared to this, all other phenomena are mere interesting facts. The power of Love allows the imperceptible work for the good of others to be carried on.

I would like to ask You, Master, that You with Your love are always present in my mind and heart, please.

It depends much on your effort. Do work then.

29. Co-feeling

Master, I want to thank You for the sweet feelings of love that keep coming while I am listening to music. It seems as if from the music, thanks to it and through it, waves of elation and love for You and for everything are arising.

Happiness is in nature of man. Not the happiness coming from a favourable turn of events, which you call satisfaction, but the happiness without the 'I' centre, without reason, ubiquitous and all-embracing. Rejecting happiness in favour of sorrows and sufferings means turning away from Divinity.

Different spiritual doctrines teach about the necessity of having compassion for others during their suffering. Some even maintain that compassion is the highest path because it motivates to selfless activities.

Such opinions do exist. Yet love is more important than compassion. More so since compassion, as you understand it, leads to focusing on the outside world instead of the inside. Your compassion sometimes happens to be a pure feeling, but only sometimes. Therefore turn to Love asking that it will teach you to render help to others the right way, selflessly. Only love is able to change your world and really help other people.

Genuine compassion flows from love. It is the understanding of causes of sufferings associated with the work to remove them. To reach this, one should keep turning towards Divinity with love. Divinity will be able to give you the understanding and means necessary for helping others. After all, compassion should be drawing you nearer to Divinity.

Your duty is to help and work for welfare of other beings. You need insight and lots of understanding not to cause damage and not to get seriously entangled in the karma of others.

The compassion that I am now recommending to you consists in listening intently and with feeling to the sweet voice of love in your heart, where Divinity dwells. Let such compassion become your guide in life.

Does this mean that one should not empathise with our fellowmen over their sufferings and misfortunes?

A feeling of empathy is not enough. If you are able to then you should help, and not confine yourself to just having feeling. Co-feel with God and work in the world.

Ask for removal of the causes, not merely the suffering alone. Ask for love for the suffering and seekers. Ask for love and light for those living in darkness.

Direct your feelings upward, not towards human energies.

People suffer for many different reasons. Some are sick, others have lost estates, close ones, or are not able to settle their lives the way they would like to. Some meet with disappointments related to exaggerated desires and insatiable ambitions. Some stick to erroneous beliefs and shut themselves off from spiritual light. There also are those that suffer because of others being

better off. You may help them by turning to Divinity and asking Divinity to take care of their problems. God does not deny the requests of people. His heart is very tender but sometimes there is simply no better means for a tough heart than suffering.

Sufferings burn up a lot of the negative tendencies of the ego. Sufferings serve for liberation and spiritual cleansing. In the deeper sense, their source is located in karma, in former acts. The sweetness of spiritual understanding and a step towards the opening of your hearts onto the tender and loving Divinity are their fruits.

Thoughts and inclinations bear fruits in the form of actions, and these meet their consequences. This principle is the expression of Divine compassion for the world. Otherwise you would destroy both the world and yourselves. Keep turning in your hearts to Divinity with the question 'What can you do?' in a given situation. You may always ask and pray for joy and happiness of all beings. Suffering is the Divine gift to the world. Without it you would have no inhibition and you would not be able to come back onto the right path of development.

Co-feel with the Divinity present in your hearts and it will shine out from there and will burn up negative tendencies, and in this way annul a lot of bad karma of the people you are dealing with. Love and co-feeling with God will show you the path.

30. Abortion

Excuse me, Master, for changing the subject, but what view do You hold on abortions?

Man has not created life and should not be taking it back. I know, however, that there are reasons which make performing an abortion morally justified and even beneficial for all. There are situations when an abortion is a good solution. Important health, social or psychological issues may justify this.

Who should be making the final decision in this matter?

Me.

You, Master?

Yes, because you do not see on the whole. Action inspired by Me does not bring negative consequences. There are situations, where it is better for everybody that child is born, despite sound reasons to the contrary. You yourselves do not see whole the matter; therefore trusting My word is more proper for you. So, do ask for the grace of learning the opinion of the Higher Power. Ask for advice flowing straight from the heart of the loving Creator—in this and in every other matter. You know the procedure, thus it remains only to practice it.

On the practical side, who should make the final decision, a woman or a man?

The woman. She takes most of the burden of later raising offspring and the matter relates directly to her physicality. The man should be an advisor and supporter in the process. Third parties and what they say should be of a similar nature. All should be interested primarily in learning the Divine will in this particular case. This will is most important, not your opinion based on your own experiences and considerations. Here is where freedom from suffering comes into play. This is the path of the righteous. Rely on the voice of conscience, not on your interests.

What I have said concerns euthanasia as well. Disputes are not needed, but turning with Love towards loving Divinity is, so that Divinity has its conclusive say in both of these cases. Remember that suffering has the power of cleansing and that consequences of deeds will inevitably come, if not in the present life, then in the following life. Understand this at last. Freedom from suffering comes from the removal of causes, not removal of the effects only. Causes will be removed by love. For some this will be achieved thanks to burning them out by the spiritual fire of love; for others through experiencing the consequences. Pray for those who are suffering, pray that the causes of their suffering are done away with. In addition, suffering today signifies a chance for enormous spiritual joy in the future.

Suffering today signifies a chance for enormous spiritual joy in the future.

Master, You talk about these things but all the time I have a feeling, something like a dim glimmer, that it is You who decides about everything, about the moment of birth, and death too.

Yes. You are strongly tied to the world and you are not able to elevate your seeing into the Essence of the Matter. The Essence of the Matter is free from narrow-mindedness and egotistic relationships. It takes good care of the timeless welfare of all beings. This Essence of the Matter is Love.

Good and wise decisions come from devotion to Divinity. If you are already conscious of God then the natural step is giving Him the freedom of deciding about the course of your life. You should adjust yourselves thus. This is the best solution possible.

Master, let me make a remark at this point. It follows from what You have said that You are also the cause of peoples' sufferings and misfortunes, aren't you? You give love and freedom to some and others get cuffs and gloom.

Listen carefully to My answer and you will understand a lot. Yes, I am the author of this perfect scenario full of uncommon occurrences, turns of events and gradually mounting tension. The gist of the play, you have a pleasure to take active part in as the actors, is the expression of Divinity, the expression of Love in the world, in earthly conditions.

There is no Author, Director and Performer in this Play other than Divinity. The problem with your question is that existence of individuals separate from Divinity is unreal. Only One of us exists. 'You' have forgotten that you have been the actors and the fact that there is no life or consciousness other than the One. The One is Love. That is Love. Outwardly you take the world as full of unfavourable events and so-called evil. This is a constituent element of the scenario. The reality is completely different, but you are still able to do an immense amount within the world frame. You can love, you can base your

life on love, you can shape this world to the extent so that it is better for all, and not only for a group of chosen ones.

I still cannot understand why You do it, even though it can be otherwise.

The question is a part of the answer. You would have to cognize yourself first, cognize who you are. There is no suffering and there is no 'evil'. There exists only love, joy and purity.

Certain laws apply in the 'world'. Your overview is narrowed to the materialistic aspect of changes only. You look at effects, but do not perceive earlier causes that are fructifying today. Also, you do not see the depth of the reasons for which the laws of cause and effect have been established. The objective of their operation is directing of all processes towards the ultimate fulfilment in Love.

The deeds motivated by lust, envy, anger, hatred, fanaticism and cruelty bring fruits in the form of the very events seen today. And these consequences are being burnt to ashes by these events. This process will last until they are completely burnt up. The sweet fruits of love, purity, joy and Light are what will remain.

The alternative to the earthly journey, by the way of experiences, is the path of love, wherein Creator Himself does most of the work related to cleansing you, and His grace additionally abates consequences that you would have to face up to. The goal of the journey is recognizing that the world is Light. Light is Love. It is the Highest God.

I can see and feel the flame of your love in all You are saying, even in extreme human activities such as religious fanaticism or chauvinism.

These activities arise from the coupling of Divine Love with egoism. The personified beings create images of their world that are limited to what they are able to grasp. 'I' and 'my' begin to constitute the base on which you refer all your experiences and thinking. 'My belief' becomes most important then, 'my country' is above all and 'my truth' is above all, even above life and the welfare of others.

Relinquishing 'I' and 'my' sets you free and makes you love everybody and everything. The earth becomes an altar and sky becomes the roof of the temple, wherein you celebrate the holy mystery of life—of birth, living and death. Life becomes the experiencing of the inexpressible Mystery of Mysteries.

Master, I think that even when your words get published not much is going to change.

My dear, leave others and correcting them to Me. If they do not want to listen to what I am saying here, they can turn individually to Divinity so that it shows them their path, can't they? Furthermore, they may find the path themselves or do nothing and live as before. Laws will stay laws, and everything will find enough room in them, irrespective of what anyone believes in. The perfection of the world and the Universe also subsists in the same principle.

Know also that keeping too rigid a hold on written texts, to the letter, destroys awareness of and deafens you to Spirit. Because the Spirit is

important, and not the words written once in the form of scriptures or books considered holy by you. The words were intended to inspire you towards love and ascending spiritual heights. Unfortunately they got exposed to intellectual processing only. And this is burying the light. Spirituality is born in the heart, whereas the mind is more an obstacle than a real help. The mind is not able to 'invent' love. It conjectures its theories and gets bogged down with them for ages. Your religion is just one of such theories.

Master, where does freedom from suffering lie then?

In righteous conduct.

Yes, but You speak rather about your rights or principles, not human rights.

Yes, these principles are somewhat different for every individual, depending on his spiritual level, the prevailing conditions and needs.

How then is one to discriminate between right and wrong?

The knowledge of general principles is helpful, but the word heard inside is decisive. Keep turning towards Divinity. Think good, speak good, do good.

But most people do not hear their inner voice.

If they want, they will all hear it. If you turn in silence and with prayer to the Father, He will always help you. The state of mind and heart is the key and this is what is worth working on. And even if you do not know what the voice is, ask for help, and Love will not deny it. Follow the voice of conscience. Another name for conscience is the voice of the heart. For you this is a feeling or thought coming from a region of yourselves that you do not know yet. You usually do not know it either because nobody has taught you, or you think your own knowledge is better. That is why Love is waiting aside and intervenes only in critical situations.

Besides, it is not the freedom from suffering that is most important, it is love. Elimination or relief of suffering is a side effect of treading the road of Love for the Creator. This is His gift to people devoted to Him and loving Him. Right conduct results from devotion to God and entrusting all matters to Him while requesting that He directs them His way, and not the way that pleases us or we would want.

The essence of transformation lies in awareness of God and living in His love. You understand then that the world is a paradise, because it is here that God resides. The Kingdom of Heaven does not exist somewhere far away, but is here and now. After the transformation you are able to take a look at life from His point of view and you can see everywhere what He sees—love, joy and happiness.

So-called misfortunes are the inevitable consequences of previous actions, but they also bring an element of spiritual teaching and the hope of change for better. You are pleased by sufferings also, seeing in them the signs of the working of Divine Wisdom that interferes in man's fate and straightens his paths. This world is a paradise, a wonderful place to live, to love and to laugh until the last tears. You live in the world of Love. You will notice this fact with crystal clarity one day.

Thank you, Baba, for your perfect explanations.

Doing good liberates and doing evil destroys. 'Here' we are only humans, and while making different decisions, we do not have very many possibilities to choose from. So, Master, it would be helpful for us if you told where the difference between good and evil deeds really lies.

The difference is in intentions, which prompt to action. An action with the mind focused on the Creator and His love liberates and does not contribute any new negative consequences. Remaining based in love and inspiration that come from Divinity are the key to happiness and right conduct in this world. Love in action is goodness, good intentions, kind words and readiness to help others. Love in action is evincing outwardly of what you actually are.

Actions motivated by jealousy, envy, ambition, desire to harm someone, low instincts, greed and anger, with time bring negative consequences that you call difficulties and misery. The latter may serve as the next step towards love, righteousness and goodness, and effectively turn to your advantage.

Yet, seemingly, it happens so only rarely.

No, you are wrong. You do not understand the ways of love. A lot of negative energies get released and burned up when people have difficulties. All the time, the situation slowly but surely improves. This is why Love will triumph at last. The final effect is already known. The final effect IS THERE ALREADY. It is not necessary to wait for the result. It IS THERE ALREADY. The awakening is clearly noticing this fact.

Master, I have some further questions concerning the subject of abortion. A few days ago, during an unexpected vision You showed me that You had to impose suffering on a young man who had forced his wife to have an abortion. Can You, please give some further explanation?

Forcing your partner to have an abortion motivated by egoism, with an eye on your personal plans and interests instead of the life, health or future of your partner is a violation of the Divine laws. He was guided by his own comfort and not by the higher values of his partner and the unborn child. Love does not act this way.

The consequences that will ensue will allow him to correct his behaviour.

Master, this may last for a long time. This is what observation of life tells me. People are prone to make wrong decisions many times over during the same life.

That is why spiritual knowledge and turning towards Divinity and Love with the desire of getting to know them, experiencing them and following the path towards them, and having their voice as a guide is so important. This is one of the reasons the present book is being written. Ruminates on its contents and do practice. Love Divinity and trust Divinity. The 'mistakes' will become milestones of the development then.

Master, I would not like to be impolite, but I will take the liberty of observing that the man is not exactly aware of what he is doing.

If he were aware of what he is doing and would still do what he has actually done, he would experience the consequences much more intensely. Man should listen to God within and ask in his heart so that He reveals to him His intention and grants the strength to follow Him.

People are ignorant of their deeds and so they suffer.

Yes, suffering teaches, heals and cleanses. You carry the fruit of those ordeals inside yourself in the form of spiritual understanding, character and inclinations. The awareness of loving Divinity, its existence and the existence of laws laid by this Divinity which govern this world, is the key to good life.

Do all who force others to action against their will, have to suffer?

Yes, when they are motivated by egoistic intentions.

But for example the clergymen (at least some of them) believe that the full ban on abortion is good.

*There are many ways to find out what the Divine intentions are with respect to this and any other matter. An erroneous belief does not safeguard one from suffering. Instead, **it just brings suffering about**. From where do they draw inspirations and answers? What is their source? Is it Divinity?*

They firmly believe so.

You do not know reality; you do not know what the truth is. Belief is one thing and the truth is another. If you are not able to check the truthfulness of what you are given to believe in, then you risk a lot. That is why I encourage you to check with Me.

How are we to do this?

I have said quite a lot on this subject in the previous chapters. Take a look there. Ask inwardly that I give you proofs of My existence and My care of you. Ask for evidence pointing to My Nature, for experiencing of My love, tenderness, closeness and modesty. The truth has one useful asset, that it can be checked. So, you can find out it yourselves.

But I lay down one condition.

Yes? What condition, Master?

That you will learn smiling towards Me...

I like it when you smile; I love joy. I am asking you for one gentle smile. You may just crack a small smile, a little smile tagged at the corner of the mouth, as you say. This is where we will begin from. Let us start at once, right now. Smile, dear reader. Crack a smile to Me. I am already all smiles, I am smiling at this very instant to you with all of Myself.

This subject of abortion and related issues keeps coming back to me, so I want to ask You some more questions. Can we talk?

Yes, I am ready. I am constantly ready to talk, to work, for the exchange of thoughts and taking part in your life and in any other life. So speak freely; pour out your heart.

Master, why do I feel that this subject is so important?

It is best if you leave for some time what you 'feel' is right or important. This issue has simply touched you hence the interest and emergence of thoughts. Divinity is beyond what you 'feel' or consider important.

You do not agree with the approach of various pressure groups and try to force your 'own' opinion out. You struggle, because you rebel against what you consider an attempt on the freedom of an individual. This is not right. A rebellion does not lead to anything good. Keep turning towards Love and keep removing matters of this world from your horizons. Engaging in them is unnecessary waste of time. Thinking about who is right in this or any other matter leads to nowhere while constituting nourishment for revolts and discord within yourself. That which is, is as it is, and every action will bring adequate consequences. Instead of taking sides, it is a hundredfold better to leave this world to Love and Divinity. Divinity will not let it get away too far from the assigned course. Divinity knows what it is doing. Do not fight anybody, do not fight anything, do not arouse ill will within yourselves; keep turning towards the highest values. Choosing one of the sides in a dispute involves you in the karma of others. Then, a certain part of consequences caused by those people becomes your share. Neither they themselves nor certainly you need these consequences for any reason at all. Keep focusing on Love and leave the world to the Creator.

31. Gambling and Risk

Master, who will be the next president? Tell me and I shall stake a large sum of money on him and win.

The same man as is now, but if you stake too much, you will lose. Do not run the risk.

I once thought that risk adds flavour to life.

And now?

I would say 'It doesn't matter for me'. What are you going to say about gambling? I used to be strongly attracted to it.

Gambling is a fraud. Money may bring a solution to some problems, but it breeds many more. Possession of great wealth puts new cuffs on.

Yet, most people think that it is better to have than not to have.

The problem is that people do not show moderation.

If they have wealth then they want to have even more of it. New desires keep emerging. Whereas the path to happiness leads through placing a

ceiling on desires. Learn to make yourselves happy with what you have. Limit your needs and desires.

On the other hand, if you possess something, attachment to it comes immediately. When the sense of ownership appears, you are reluctant to share the goods possessed with anybody else. Love gives, gives and gives. Everything in this world has a fluid and changing nature. Having money is an occasion for helping others, for giving and for making happy. I would like to teach you the joy of giving and sharing.

Money is the gift of love for God. Learn to use it properly. Ask to get divinely inspired with ideas how to spend money and how to allocate it. Think more about needs of others. You all comprise the one Family. Moreover, we all make up the One. Keep giving out with love. In reality the receiving one gives you the chance to manifest your good qualities. This is a great grace. Keep giving from your heart. While giving something to someone think that you are giving to God Himself. Do the same when you put alms into a beggar's hat or share a slice of bread with a homeless person.

Master, You do not recommend asceticism.

*I endorse moderation, a ceiling on desires and directing life **towards God**, and not consumption without any control. Looking rationally at life you see that you do not really need too much for living: a roof over the head, simple meals and some music that you like. You can really do without all the rest.*

Add in the video-cassettes with You starring and bhajans that I often listen to!

Yes, the rest is not worth fighting for. You do not need it. You could of course strain yourself and earn enough for a good car and vacation on the Caribbean...

I could, but ... You are the beauty in scenery... The Earth is beautiful and has many wonderful nooks, but the greatest joy still flows from You, from watching You and feeling Your presence in the heart. When these are lacking, the most beautiful views are empty and do not bring joy.

I see beauty of a river, flashes of the sun sliding on water. But it is You who, with your closeness, gives the unearthly taste to each such moment. I do not want anything else. Happiness is inside, not outside.

Let us better say that happiness is in God. He is what is inner and what is outer.

32. Spiritual Development

Baba, I would like to ask You what spiritual development is about. There are so many views and perspectives so I would like to know your opinion. What is this development and what does it consist in? What should a person do to speed up his spiritual development? Is it possible at all?

Here is a practical hint. Begin now. Begin right away. Keep turning towards God. Think that in every man there is the Creator loving you. While turning to anybody forget about your own opinions and prejudices towards him. Assume you are talking to loving Divinity. When you speak to your fellow men, speak to God. See in people the highest Goodness vested in an earthly garment. Be friendly, very friendly to animals.

Keep smiling towards God. Try to arouse warm feelings in yourself towards Him. Try to evoke love for Him in yourself. Ask and pray for this every day. Embrace Him and say that you love Him very much. In fact this is a great truth in the deepest sense. Begin now, this moment, itself.

Avoid negativity in thoughts, words and deeds. Get rid of judging of and preconceptions about others. Just do not think about others. If thoughts oppress you, repeat 'Loka samasta sukhino bhavantu'. Let all beings in all the worlds be happy. If you want others to follow the spiritual path, entrust their fate to Bhagavan (the Divine One). You can pray for them. This you may always do. Ask for liberation, for love, for joy and spiritual happiness for all. Turn your back on what is negative within you. Ask Love to show you what in its opinion you should begin to change. Avoid deliberating on negativity in others. Replace it with seeking their good qualities and predispositions, and turn away from thinking about others and their problems. Learn love towards God in everyday meditation.

Avoid judgements; do not judge yourself nor others. You like to criticize others because you can then attribute a higher position to yourselves. Break yourselves from this habit. Follow the example of Divinity that is the paragon of modesty. Learn modesty every day. Be modest.

Ask loving Divinity for help in solving your problems. Pray for a possibility of making the next step towards Divinity. Wend your way into the embrace of Love. Treat what I say seriously.

Yesterday I followed your hints and tried to meditate on your closeness, and practised smiling at You from morning. It was wonderful at times and for the whole of the time I felt the influx of your energy. During the evening I was sitting and working and I paused to reflect on the effects of this meditation. I thought that since the effects are so strong I should possibly talk about it to You again or ask You for a comment in my dream. That is what I did. I felt that for some reason, maybe because of touching upon some very important issues during the day, I did need your approval. I was unsure if my dealings are quite proper.

During the night I had a dream like that. I was standing at the bus stop in an obscure village hidden deeply in a forest. Everybody was making moonshine vodka. Somehow I was not surprised; after all, that kind of activity is nothing unusual in my beloved country. I was standing at the bus stop and read a flyer that somebody had posted there. It said that a few people were illicitly distilling corn liquor and this is improper. Yes, I thought to myself, this is improper because they violate the state monopoly in force on the production of alcohol. Then the chair of village council came from nowhere and began to explain to me that the problem does not lie in violating the state monopoly, but that they make it individually for themselves instead of for the common good. This sounds pretty reasonable in the dream. After a while my dear friend comes on a motorcycle to the bus stop. He tells me he will take me from there and asks me to climb onto the bike. I willingly agree, but I sit quite

strangely—facing backwards and positioned by his side instead behind him. My friend starts abruptly and drives at breakneck speed. I tell him to slow down but he instead leans the machine into an incredibly tight bend and we enter through a gate. Then we speed up more to rush through yet another bend into next narrow passage. I am trembling with fear but he does not slow down and ignores all my remarks. He drives perfectly, in a masterful manner. Baba, what could this dream mean?

First of all, the community hidden deeply in a forest, where it is difficult to get to and away from, is a symbol of the world. Everybody is producing alcohol and is roaming about all the time drunk. There are a few dissidents who the community holds a grudge against. They stand aside although they might serve the community with something new—new ideas, progress and spiritual development. But they also make the moonshine, the dirty liquor that causes daze. The world is drunk with egoism; it is fully dazed by it.

Your Friend comes and you sit next to Him. He demonstrates mastery of driving in very difficult conditions. You ride together through areas where even simply walking through requires a lot of effort. The Friend is the Master, someone whom you love very much. You are still afraid and entertain doubts whether nothing really bad will happen. Do trust, however. He is able to drive like nobody else can. The dream is a comment on the meditation that you practiced yesterday. More trust. More meditation. More work. More love. Let there be Love in the life of every one of you.

Master, I would like to change the subject a little bit and ask You about practicing yoga, of various branches, or those Buddhist exercises. What is the goal of these kinds of practices and what may be achieved on these paths?

Since the existence of this civilisation, for thousands of years various paths and spiritual disciplines have formed with the goal of getting to absolute Truth. This Truth has always existed and there has always been people who want to turn towards it, and who were interiorly inspired by Truth.

Yet, note that all spiritual paths are the fruits of various mentalities, different times and the different prevailing spirit. In most of these cases, attempts to practice these are like looking backwards. The path is outlined clearly; it leads through everyday's approaching God and entrusting everything, including your life, to His love and care. It is coming closer to Universal Love with love. You may make use of one of religions in order to do so, but under certain important conditions, of course.

Different spiritual paths were formed because Divinity has adapted them to the diversified needs and conditions people live in. They are the Divine gift for humanity. But to tread them a certain knowledge is required. The ultimate goal of man's journey on the Earth is the union with Divinity and this is what he should keep in mind while seeking his path to follow. There is, of course, a solution that is the best one.

Which one, Master?

It is to turn in trust and with love for the Highest requesting that He supervises our ways and fate and arranges them the way He wants. Pray also that He chooses the path and spiritual practice that is appropriate to you.

The fates of some men are connected in a karmic way with yoga, and that of others with varieties of Buddhism, yet of others with Islam. Be aware, however, that fate is not limited to karma and while turning towards positive values you may freely, I repeat: freely, draw from other paths and cultures. Everything that inspires you and draws you nearer to Love is good. All this is good. Love Divinity more than anything else and the rest will be arranged the best possible way. And smile to Me. I like it very, very much. I like you.

Baba, I thought about a possibility of presenting a proof for your existence and of recognising the Essence as being the causal factor for all the life, so as to replace belief with the knowledge.

It is not necessary. In any case, for whom would you like to present it?

Would you like to close Me in a lab left at the mercy of human minds of the scientific world? The result is known beforehand; those who are honest, after years of experimenting, would say that 'there is something in it', but that the issue 'requires further research'. That is, we would remain with nothing. How can it be otherwise; can the inconceivable and immeasurable be closed in a box?

No, the way of proof and persuasion, the external way, scientific methods included, is wrong. What is the use to Me of the recognition of My existence by some scientific authority?

Any true transformation comes from inside and is done by love and only love, and not by millions of proofs and words written on paper by scientists. It is not for scientists but for common people that I may manifest in life, give evidence for My existence and show who I am. And I do it indeed!

What you see around is a necessary state, albeit transitory, a step on the path of humanity climbing up constantly towards God.

There are other ways, of course, leading to temporary standstill and stagnation. But this falls apart at some point anyway and life goes on its path, further and further, and your loving God, smiling, again shakes His big kaleidoscope, creating ever-different beautiful patterns.

If we are to say that life has some purpose, then it certainly is this: to see His play clearly and distinctly, and to participate in the joy and beauty of co-living with Him; to love, to share, to enjoy and to be happy. It is for this reason only that the world and the Universe exist. Isn't it simple?

*Today, the Highest Being calls these who want to listen to Him to prick up their ears to what His love wants to tell them inside. In the midst of other matters they will surely hear about the Divine Essence indwelling in themselves and about the simplest path to the union with it: the **love for Creator**.*

33. What can We do for Our Planet?

Master, our planet is very neglected.

True.

What can we do for Her? Can we do anything at all?

Yes, of course. You can do a lot of things, but for now I would like you to focus on what you can do for yourself and for Me. It is only in the state of clarity which the contact with Me brings, that are you able to act properly. Until then your behaviour is much too biased by your personality. He who gets closer to God, learns and fulfils His will, loves Him and has a powerful influence. Then, even by being silent and meditating, you can help others. Do not think about others and do not get involved with 'others' and their problems. Become attached to God, and to His Love. This will be most helpful to you all.

Many people do not know about You; many do not know how to turn to You.

Do you think I do not know about this? I know, and I know it quite well, but the realities of today's world are such that no new missionaries are needed. The world, but first of all, each and every one of you, needs spirituality, spiritual love. So, you would do better if, instead of teaching or, what is still worse, patronizing others, you focused on your own path to God and on getting to His love. The remaining issues can wait or someone else will take care of them. I am warning you against treating the necessity of 'fixing' the world as an excuse for not attending to what is most important. God is a thousand-fold more important than the world. Thanks to turning towards Him you will be happy. This world and every one of you needs Love, because it is Love that will transform you into loving people devoted to God and to all beings. Keep seeking the true value and do not begin teaching others until you find it yourselves and unite with it.

You stay closed in your own worlds and, as the medicine for lack of love, you try to share your darkness and doubts with others. This is not good. You should find God first and learn how to live in His Light. Then only can you share your knowledge and love with others; only when you have found it and you know beyond the slightest doubt that it comes from Me.

Not earlier?

Earlier you risk losing your spiritual achievements, and so you would not be helping others nor yourselves. If there is no fire in you, how are you to light it in others? If there is no love, how are you to share it? There are enough teachings in this world, but what counts is practice, and not theory, not knowledge but love. It is Love that counts, and only Love. You adhere to false systems of values today. Change this. Put Love in the first place and your lives will become full immediately. And you will become much happier with the passage of time.

I encourage you to learn turning with love for Me in any situation, and listening to what I have to say or pass on. Such a procedure is a hundredfold better than devising your own theories. And one more thing: talk less –

much less. Love and Power come in silence. Keep turning your minds and hearts towards love – ever constantly. Teaching others is not as important as doing this.

There are teachers who say that a teacher learns himself while teaching others.

Yes, by seizing the opportunity to benefit from what is being preached. The words that Love speaks inside give a new insight into reality.

What in that case should a teacher do when he hears a question?

Think of Me and open his heart onto Me. The rest is not up to him any longer. A spiritual leader is one who leads contents from Me, and not one who leads the way. Leaders most often turn out to be misleaders. While speaking to people think that you are speaking to Me. Is it not so, anyway?

But know also that I do not need your words, nor your teachings. Whom do you want to teach? Me? I can impart every idea to every one of you in a manner that is ten times more effective than those of yours. I may show through experience, in practice and make a person become these truths. You have only words at your disposal. I do not need them at all. My actions can have an impact hundreds of times deeper than yours. Why do you want to think of yourselves as teachers? In this manner you put barriers between you and Me. You turn away from Love. You place yourselves in the central position where only the loving Creator should be standing. There is only one Teacher – remember this forever and ever. And keep turning towards Love instead of thinking of teaching others.

34. Freedom is Slavery

You are children of incessant activity and you are almost sick when 'life slows down' and begins taking a quieter, spiritual course. You cannot do without excitements; you are addicted to them. But in spite of this you consider yourselves to be free.

You interpret freedom as liberty to do anything you want. What others say or their higher good is seldom taken into consideration. And you are addicted to this understanding of freedom. It is like heavy manacles that bind you to well-travelled routes of thinking, to the need for ever-new impressions, making new acquaintances, visiting new places and watching new movies. In this manner, while thinking about yourselves and being proud of 'freedom', in fact you succumb to delusion; instead of being happy with the freedom of spirit, clarity of thought and righteous character (which are proper qualities of true freedom) you live in deep enslavement. Furthermore, you call your own handcuffs the high point of achievement of your civilization and culture. Your world stands upside down.

Do not think I am reproaching you. I am miles and miles away from reproach. I state certain facts in order to give a wider meaning to these notions. If you cannot subordinate yourself to the inner discipline, if you know that some activities do not yield very much good—but you still do them, if, despite knowing you need meditation, you put it aside because there is a more interesting movie on TV, then know that you shouldn't be

calling yourself a free man. Freedom (at least partial freedom) from the world and its influence is the vestibule of spirituality, the foyer of Love.

You are calling for changes, then.

Yes and no. If you want to continue living the same life, that it is your choice. Only be aware of it – that's all. You decide and you will have what you will work out. To a great extent, you can shape your life. But most often you are not aware of this power, so you follow the voice of reason, comfort or convenience. You may claim that you do not have choice and that you cannot influence your life. But I am telling you that it is just the opposite. You have millions of seconds that you simply waste. You may turn to Me, you may busy yourself with some useful reading, you may learn another language, you may do something useful for others and for yourself. And yet you do not do anything – just killing time.

True, Master. Of course, you speak the truth. I do waste my time.

My words refer to all of you. You are slaves; you live in slavery but call it freedom. You do not know freedom at all. True freedom is freedom from the ego.

I must admit You are opening my eyes to entirely new things. We literally live in an Orwellian world.

It is true and seeing it clearly you can take sensible actions to change this state of affairs. Learn the truth about yourselves and it will liberate you, with a little help from Me. But you should start doing something, introducing changes into your life, not just reading and listening. Although the time spent on reading or listening is not wasted, it is worthwhile to put time aside for turning towards Love, for contact with Love, for finding it within yourselves, for cultivating good thoughts and feelings towards Love. This will pay you interest for many years, and will positively influence whole your life as well as the lives of your kith and kin.

Just a minute. It dawns on me that actually, changing habits and weaknesses and succumbing to these, changing the consent to their influence on our life, is up to us. We need not be weak; we can be strong and in this respect change ourselves for the better.

Yes. If the present state does not suit you, you can change yourselves. You may shape your life to a very large extent. It is a question of your choice.

And will You help us with this?

Let us not exaggerate this need for help. Generally, you are strong enough to be able to put things in order for yourselves, but you are too lazy to do it. As a matter of fact, My help is unnecessary. Realizing the facts will be enough. The rest you are able to help yourselves with, without any problems at all. And if something appears in the way, then as they say, "Where there's a will there's a way". The biggest problem is that you are not willing, so that everything that you recognize as valuable you usually postpone. And later on you lack strength, time, conditions, opportunities and thousands of other similar excuses.

Master, what would You advise in such a situation?

If you want to do something, begin immediately. Now. And keep repeating until you achieve a satisfactory result.

You talk here about meditation, do you?

Not only that. I am talking about all that your life involves. You have a chance of seeing God face to face; you may approach Him as well as achieve conscious unity with Him. He can be for you and for all of you a never-ending stream of joy, happiness and help, a faithful companion in every moment of this and every other lifetime.

This Earth is the Earth of joy and happiness, the planet of Love, which only waits to show you the path and reveal its Power. I am happiness and joy, and My love will show you the way, now and whenever you turn towards Me with the request. Remember that I constantly stay next to you, ready to show you the next step. Because I love you.

35. Human and Divine Energies

Master, first I want to thank You for your sweet presence. Your tender love nearly chases me wherever I am and its sweetness surpasses everything the world knows. For this to occur it is enough that my mind gets away from daily matters and turns towards You.

Today I was standing in a long line in a bank and your Love was flowing through me in a wide stream. I was happy. You were standing next to me and I got surrounded by that wonderful heat of your closeness. Thank you, Baba for these unearthly moments. One may be bodily present amid all these earthly affairs, but in heart and mind soaring far away, just beside You, my dear Master.

Also, I have noticed that I can no longer focus my attention on people. Even when I walk I try not to look at them. All of them, young and old are so beset with problems. Clouds of various energies revolve around their bodies. When I see this I always turn to You and enter the state of your wonderful, paradise-like radiance.

By now I know that your kingdom is here on the earth herself. The Kingdom of Heaven is here now. It has come already (or rather it has always been and will always be here) only people are not able to notice it.

People lost this ability to see energy centuries ago. What you can sometimes see as dense and thinner zones of energy around a body are the biological and mental energies. They are grey and dark because people dwell in and feed their minds with greyness and darkness.

They say that God does not exist because they are unable to perceive Him. A pure mind perceives the truth, and it takes place in a natural way. It also sees the effulgence emerging from Divinity.

Master, please tell us how You perceive us. What do You see looking at us?

Good question!

Looking at you I see Atma, Brahman, which you are although you do not notice it clearly. I see your personality with all its attributes, overt and covert. I see Divine joy as it hides under the face of events. I see the past and what will be.

*I see the constantly glowing light of Love in everything that pervades the multiplicity of all the worlds for the sole purpose to give happiness, goodness and joy. I also see the people that receive My words written here. Some read them with wonder, others with fervour, and still others with the hope that they too will be able to attain something similar to that described here and based on examples drawn from an ordinary life. I want to assure them that I have always been, I am and will be with them and that one fine day I will **come to light** and show who I am.*

And I also see, thanks to reading these words, many minds and hearts turn directly to Me asking Me to guard them and lead them through all the ups and downs of this life and in all the worlds.

That is what I see already today, now – in My now.

Baba, excuse me for changing the subject again. I must seem very impolite in your eyes because of this jumping from subject to subject, but these ideas just come to my mind by themselves. I would like to ask if it means that your now is different than ours?

Yes. I will explain this the following way. You relate your sense of time to the body and its functions. This is the bodily now, a bundle of aural, visual and tactile sensations. One thought 'now' – one moment on the clock. This is your now. But sometimes your curtain goes up and you see light that pervades everything. All sensations subside and your line of thought called 'now' disappears. You merge then with My now for a while. Well, it is better to say you stand in a vestibule since you would not be able to endure remaining inside for very long. It is not the time yet.

Yes, lifted out of the world by incredible, wonderful and unheard-of love I enter something indescribable. I might say I am touching love and eternity beyond space and time.

And this is just something like My now. I stay beyond time, as I have already mentioned.

But some day You will let me in, won't you?

Yes, I have been working on it all the time. Today, you would just perish not being able to pass My love through your mind, psyche and body. Passing an excess of electric current through a thin wire will burn it.

Speaking in terms of what you saw earlier today while amongst people, I am cleaning the aura to its deepest stratum. I make it very slender and lively, responsive to My love, what you feel as the state of elation.

It will get even hotter with each passing day because I would not withhold purifying you, would I? And so it will be becoming ever finer and finer for us,

or rather for you because for Me it already is superbly fine, but you know this well by now.

Master, may the same apply to other people, for instance, the readers?

Yes, as far as they are ready for it.

But how can one check it?

You do not need to check it. Instead learn to live in Love, ask God for Love and try to get closer to Him.

*What you want to know is a secret of each man; therefore I will take the liberty of shielding Myself with the cover of silence. These principles are important and they say that the Divine care and love are continuously present, irrespective of who requests them and in what circumstances. Love, joy, goodness and happiness are the principles of Divine existence. They emanate from Divine Heart and anyone who turns towards them **will no more be the same.***

I dreamt that I was under water diving into a dark labyrinth. You explained to me that when I am going in there I should possess a neutral state and therefore I should ground myself. What does it mean? I know that it has something to do with my going outdoors through the midst of people, and with the situation I found myself in.

Listen, we have two states of a thing: 'grounded' and 'charged'. If a thing is grounded the electric charge does not accumulate but flows away freely rendering the thing neutral. The dream you described refers to the mind. The state of being 'grounded' here means a constant connection to the biggest 'tank' available – the one with the Source of Life and Love. To get into the 'charged' state means to get out of the 'grounded' state and this takes place through involvement in thoughts related strongly to the world or oneself. These thoughts may be about work, money, women or personal importance. The 'charging' can assume the form of making plans for future, following the voice of ambition, lust, desires, fear and similar emotions.

'Grounding' signifies constant turning towards the vivid, almost touchable perception of Divinity and feeling love towards it. Focusing attention on anybody or anything results in attachment. The deeper the reaction is, the stronger the attachment. One should not allow the body to rule over the mind. Whenever you allow yourselves to get 'pulled in' always try recalling what is most important and turn the mind and heart back towards loving God.

*'Tell me your company, I shall tell you what you are', so **stay by My side all the time.***

That reminds me of Jiddu Krishnamurti's words, his question about when we are looking at a beautiful woman we always have to turn lust on. Can't we do without it?

Of course, you do not have to. If you are inwardly pure then this statement is obvious and understandable. The situation is more difficult when you carry a heavy load of low energies. Then the reactions of lust and possession are very strong and it is difficult to control them.

Should a person then use his power of will or not?

*Yes, **absolutely yes**. He should distract the mind away from the impulse that has moved it and turn towards God. Meditate while walking, meditate constantly focusing on Love. You may recite or chant mantras, or hum bhajans. It will make the mind busy with something else and elate it over matters of the world and its energies. You should practice this continuously. You will soon see its effects.*

Now I am still connected to energies of the world. I can see dark energies settling down everywhere, all about. Is this due to my partial seeing?

Yes. Everywhere there is only Light and Love—Divinity manifesting in this world. It is the joy of existence, of creation, of maturing and of decay of forms making room for new forms.

You still are one leg here and the other there. Your overall state results from a host of factors. With the passage of time, when a human mind becomes purer and more sensitive to the vibration of Divinity, it begins seeing Divinity more and more often. At the same time it weakens the attachment to the material world, or to the one you call the world of energies and about which you know but very little.

There is only goodness, love and bliss. These constitute the base for all existence. Any other vision situated in the domain of matter (perception by the senses) or energies (perceived with the energetic 'senses') is only partial, not full. The entire world is solely spiritual: mistakes are apparent and love is true. You should constantly keep moving further and further towards Divinity, without stopping at any stage until the goal is reached.

36. Suicide

Master, it seems to me that some people may treat your descriptions of this marvellous 'other-world' as words of encouragement to escape from this world, some even resorting to suicide. Life is so hard for many people that they have had enough of it. Could you tell them something helpful?

*Man did not create life and should not decide himself on its termination. Also, the death of the body is not the end of existence. **Liberation** is the 'end' of existence in worlds associated with matter, and moving on to the next stage. Liberation does not ensue after an attempt on life.*

If someone has a hard time then it may be helpful for him to have the awareness that everything in this world is changing and fleeting in nature, and that what seems to be terrible or tragic today, tomorrow or the day after will turn out to be bearable and in some cases good or even extremely beneficial.

One needs to take into account the factor of time, which heals all wounds, and the fact that man is never left to himself alone, even if close ones, friends and acquaintances all turn away from him. There always is God as the final refuge – someone good and loving, and at the same time always

*present, although invisible. You may and you should ask Him for help, for support in difficult moments for settling issues and conditions, or, when the latter is for any reason impossible, for a **change of our attitude towards the situation in question.***

No situation is hopeless. To tell the truth, there is no situation without a solution. Keep turning towards God and His love and you will get better right away.

Another important factor is the law of cause and effect. The present state comes about, among other things, due to the past actions of a being. It is sensible to try to get through it to the end and thereby close the issue. Otherwise, one has to face up to the same consequences again, having the added burden of this not thought-out action to discharge. Now or at any time later it is impossible to circumvent this law.

Whatever a man might do, God is always on his side. Difficult moments will pass by and the sun will shine again; joy and love will come back. But you will always find joy and love in God. Smile to God and keep telling Him that you love Him very much. You will really feel lighter right away.

Master, can a man take sufferings of others on himself?

Yes, he can. There are people who follow such paths. Their choice is also dictated by love for Divinity.

PART THREE – A TURN TOWARDS LOVE

37. Meditation and Love

We are beginning to write a new part of the book. Are you glad?

Oh yes! I am very happy. You will bestow upon me your hot and very sweet energy of love again. I love You, my dear Master.

And I love you. The first subject that we will examine concerns love and meditation.

Meditation is the basis of spirituality. It is not possible for man to evolve in today's world if he does not know how to meditate and to draw inspiration from the insights and experiences of meditation. Meditation is not limited to mere silencing the mind and calming it down. It is dynamic contact with your own interior, with the God of love who dwells there. Meditation is a process that allows the inner Love to speak.

These are beautiful words, but I do not want the reader to think that they are unrealistic. Thus the question: do they have a practical facet?

Of course, they speak of most concrete and tangible aspects. I am talking here not about things that are inaccessible for you, but exclusively about these that you can apply in a practical manner in day-to-day life and benefit therefrom.

That is...

That is about certain new technique that will serve you as a bridge leading to joy and Divine love. Do you want to learn about this?

Oh yes! I believe I can say this also in the readers' name.

The meditation that I will describe aims at making you more susceptible to connecting with Love, to getting closer to it and, in effect, spiritual cleansing. The more joy and love you win as a result of these exercises the closer you will be to the Creator. Remember, He is Love and Joy, so smile to Him often. I am telling you, He is worth it!

I love You for your words full of love. They are so much heart-warming. I love You.

Wonderful words of love open you in so many respects. I like it when you speak to Me that way. I like it very much.

And now about the meditation. It is very simple and can be practiced without problems by believers of any religion.

Imagine a Form that is, according to you, the embodiment of loving Divinity; the pure and true representation of Supreme God. Imagine that it stands in front of you, fully alive. This Form is a personification of every goodness, happiness, love and joy that are in God. Imagine this very vividly and clearly.

It is very important that you not see Divinity in that Form as a sinister and powerful Being, but as Love, as your closest and most dedicated Friend – male or female. Firmly believe and know that the Form is a living embodiment of goodness, love and wisdom, and that besides these qualities, it does not have any other aspects.

People have false ideas deeply imprinted in their minds; therefore from the very beginning I am bringing the proper approach to your attention. Remember – only love, only joy, only happiness; joyfulness, ecstasy of happiness. That is the Creator. He is not fear, threat or haughtiness. He is delicacy, love, subtlety, the very beauty and truth. Keep coming back to these words often and think them over deeply. Simply brush all other notions aside.

When we know who we are in contact with, we approach Him (or Her), embrace, hug and snuggle up to as someone very, very close, who is loving and dedicated to us, someone we love and who loves us. Hug this Form with your whole self, embrace your loving Father, your loving Mother, your closest Friend. Continue to stay in this embrace.

Substantially, meditation consists in approaching and remaining close to loving Divinity. It is learning a lesson in love for the Creator, to Love.

Let love be your guide in these wonderful efforts.

Thank you, Master, for this wonderful meditation. This is like meeting someone we haven't seen for a long time, for whom we yearn for deep in our heart, who loves us, whom we originate from and to whom we will return one day.

It is indeed so. You originate from and return to Him or Her. Thanks to this meditation beloved children are coming back to their home to be taken under the wings of parental and family love.

Master, I would still like to ask You about the Form of the beloved Creator. Which is the best?

*Choose the one that is closest to you, that you are able to love, and that does not breed fear. The Creator is **the most loving and loved Being** in the Universe.*

Can Jesus, Rama, Krishna, Buddha, Divine Mother or Sathya Sai Baba be taken as the Form of loving Divinity?

Yes, yes, yes. They all come from the One, from Love.

How long should such meditation last?

At the beginning let it last for about 10 minutes. When you establish yourselves firmly in it then you may try to continuously stay with God and keep turning to Him for love, inspiration and any help – continuously, ever.

You may start right after waking up. Turn to Him with love, then sit for a few minutes in meditation. Learn to turn during the day with smiles and love for Someone who, although not seen, is always present.

*If you forget, do not worry. Just keep coming back to Love, with joy, with smiles, in good luck and bad luck, in health, but also in sadness and illness, in difficult situations or very difficult situations; when everything goes exquisitely well and when everything around collapses. Whether you walk or drive a car, or go window shopping; whether you are busy working or sitting in front of a TV set, whether you eat breakfast or talk on the phone, you can always take a deeper breath and come back, even for a moment, into the embrace of the loving Friend. Always, forever remember that there is Someone who is waiting for you with love and you can turn to Him. He is always ready, always waits—**always**. Because He is the true Friend.*

Thank you, dear Baba. This is simply wonderful meditation. You are so close and loving in this meditation.

I have always been close and loving. Because I Myself love. I am Love. Thus you should think of Me. I am LOVE.

Wonderful feelings are engendered during this meditation.

It is so because you are approaching Me. Come closer, embrace Me and stay that way. There cannot be any simpler meditation. Love and meditate, meditate and love. It will be the source of many wonderful events and experiences for you. Your life will change unrecognizably. I love you. I am always with you, in you and around you. Love is all that exists. Love is God. Continue staying in the sweet embrace of love.

This morning I sat in meditation. I had barely asked the Master for help in approaching Him and guidance when a clear picture appeared instantly. I was in the mountains in a cable car going to the top. I was looking through the window at the wonderful snowy peaks and the breathtaking scenery. Outside the calmness of a sunny winter day in the high mountains prevailed, accompanied by a feeling of great and deep joy. In childhood I have always been cheerful when coming back to the mountains. I glanced at the floor, where there were about a dozen pairs of shoes. They were the kind used for mountain hiking, all brand-new and of very good quality—male, female and some were quite small, child-sized. I have a hunch what these images mean, but I will not deny myself this splendid possibility of asking You a question, beloved Master and Friend. Please, if that is also your wish, explain to me what message the images convey.

Meditation leads onto summits, beyond this world, where few trek. This meditation freely and easily leads you over and above all the difficulties and efforts that accompany mountain ascents. Here you are being carried, without any exertion on your part, above Apollonian but dangerous mountain paths.

The many pairs of shoes in all sizes indicate that the meditation is suitable for anybody at any age. The quality shoes adapted for walking in the mountains signify good preparedness for the part of the excursion that you should cover on foot. And, as it can be seen, someone has already done the needful, carrying you towards Himself and providing everything needed on the way. This is the way friends do.

Thank you, beloved Master, for this wonderful explanation.

You need not thank. Continue writing down My words so that they may reach those I love—reach you, who reads these words at this moment.

38. Preliminaries for Turning Towards Indwelling Divinity

To begin with, realize that God is in your heart, that He has always been there and that He is Love. Love is Supreme God and calls you to unite with Him—in love and devotion. This knowledge will abundantly suffice for you in the first stage.

The next step is turning to your heart with request for hints, inspirations, and help in solving all the different problems that torment you. God is in your heart and can hear everything, only He has been silent for some time. There will come a day however, when He makes His presence known. Keep asking your heart what to do, what to say and learn to conduct yourselves according to what you receive as the answer. Push aside your own ideas and ask in meditation or with prayer in your heart and then patiently wait for an answer.

The answer can come in various forms. It may be a vision in meditation, an image in a dream, the subtle feeling of intuition, or the quiet voice of Love heard in the heart. Open yourselves up to Divinity so that it decides in what form and time it wants to answer you. Be patient. It may so happen that you will not make it with the first attempt, with the second, with the tenth, but you will get the answer at the twentieth.

This learning will last for the whole of your life, and even longer. You may undertake it at any moment and nobody needs to know about it.

Ask Me in your heart for directions. Do this especially at those moments when you face important life decisions. Sit in meditation. Calm your mind and try to turn with love for God in your heart. Be ready to receive any answer that may come. If you ask sincerely, and without emotional pushing for things to take a turn your own way, you will surely get a hint. Follow it. Keep asking the Highest Love questions and do it with love.

If you want to share what you have heard in meditation with somebody, mention intuition or your own inner feelings. It is best to avoid telling others that you heard it from Me. In this clever way your ego may try to take advantage of Me for its own purposes. Also, do not tell others what they should do, referring to My voice in your hearts. The answers are exclusively for you only and even if you learn something about others in this manner, I prohibit you from making use of My words.

These cautionary words are hard and they clearly formulate principles. Yet, do not doubt that these are the words of love. Every day Love sees how many people cheat others and themselves, stating that they are My messengers. To really be My Messenger it is necessary to go through a lot, lots. You should concentrate on love for God and your path to Him, and after that, on doing good. Other matters are too dangerous for you.

Baba, may I ask You about something?

Yes, go boldly ahead.

From what You are saying I can infer that many people reading this book are already prepared to discover your Presence in their hearts and learning to make use of your hints.

Yes, many will be ready, at the time when I put this book in their hands. Many will find Me in their hearts and will begin learning how to live and cooperate with God who loves them. Many will fully merge in Me.

These are wonderful words. Thank you for choosing me to write them down.

Love looks for ways in this world to appeal to the outer awareness of people and direct them to the Source that is inside. All the Love and all the answers are there. The world is the problem; God is the solution. When you begin to see these facts clearly, move forward until you become one in love with the Creator. Love, love and love – let Love and Good win.

Baba, can I now give an account of the meditation You have taught me?

Yes, let it be so.

I do not know why this has come to my mind just now.

Simply, this is the right moment.

Some time ago during meditation a ball of light appeared in the vicinity of my heart. I saw your face inside it. Light emanated from the heart and was falling on everything around. It was pouring out somewhere further away, towards familiar persons and strangers. Is this meditation worth recommending to one and all?

Yes, God dwells in the heart of every being. You can imagine Him as Light that first laps your hearts, and then spreads out in the whole body to finally cross the boundaries of physicality and flow freely to all the needy. Do not direct it independently. It knows perfectly where to go and where it is needed. Hold on to Light and Love.

While I was writing down your words I felt the flow of enormous energy through the heart. It might have been evoked by what You have said.

Yes. Love lives in the form of Light in your hearts. The time is now approaching to find it there and to begin following its voice. Love, Light, Divinity—all these words point to the one Reality. Turn towards Divinity and find it.

What preparation should be made for this meditation you have described? How long should it last?

Ten to twenty minutes will do in the beginning. Later the duration may be extended until the full awareness of light in the heart continues in the course of all daily activities. This light is the source of all inspirations and changes in your life.

As far as preparations are concerned, sit straight and breathe evenly. That is all. You may, or rather you should place the Form inside the Light, in which you love Divinity.

For me it is You in the Form of Sri Sathya Sai Baba.

It may stay this way. Our Lady, Jesus, Rama or Buddha may be the chosen Form for others. Be guided by love; put the energy of love into everything you do. Work for others – it elates; work for Divinity – it liberates.

Can we ask You questions during this meditation?

Of course, but know that neither the questions nor even the answers are most important. Love is much more significant. You can learn to love thanks to this meditation. Some answer or other will come and go. Only love is the lasting value. The Love that you are going to find in your hearts is Divinity. It is the Light that revives the Universe. It is the Creator in the form He assumes to manifest Himself in the world of phenomena. It is the pure Spirit of Love.

Love is flowing from your words. I can feel it very clearly as a strong current directly entering the heart. This is so strong it becomes painful at times.

This is a good sign. Different phenomena may occur during meditation, but one should not worry about them. Love always knows what is happening and everything is in Love's care. Therefore, if something in your opinion does not go the way it should, turn to Love for help. This is the best hint for those who meditate.

Baba, would You like to add anything to the description of meditation?

Yes. Something about the second part. When the light has already spread out through you into everything around, imagine it returning and flowing back from everywhere. Let it form a small ball in the heart area and then let it enter the heart to disappear there.

Are there any appropriate mantras that could accompany this meditation?

Yes, 'Om namah Shivaya' or 'Loka samasta sukhino bhavantu' can help it. 'Let all beings in all the worlds be happy'.

Thank You Baba for these beautiful words. Is it all that concerns the meditation with the light in the heart?

Let us confine ourselves to this for now. We shall get back to the subject some other time. You do not need more knowledge for the time being. Practice, not accumulation of knowledge, is the key to love.

39. When You are Alone and there is Nobody to Turn to...

When you are completely alone and there is nobody around with whom you can share your problems or doubts, remember that I have always been beside you. Speak to Me. Express openly and clearly your hesitations to Me. Share the matter that is cause for serious worry for you. I am not only going to hear you out but, if you ask for it, I will help you. Speak to Me as you would to your close, reliable, trusted and faithful friend. Speak to Me as if I am someone close and dear. Speak. Do express yourself. Although you cannot hear My answers, I am there, I listen and I love you. I love and act. Learn to trust your problems to Me; learn to discuss them with Me; learn to ask Me for support in solving them. Remember – 'The World is the problem; God is the solution'.

I know that you will forget what I am reiterating here hundreds of times. It is all right. What is most important is that I will remember. The assistance that comes from Me is most real and concrete, although you are not always able to notice it and identify it correctly. But this is not important. You do not have to know much about Me in order that I love you and bestow blessings on you. And contrary to most people, I do not have to parade Myself nor push Myself to the forefront. A place in the last row suits Me. If somebody else credits to himself the whole splendour, then it is the better for Me. I love you without a shadow of personal interest or desire to get anything in return. I am your friend, the only one you have in this and the other world. Get closer. Let us talk.

Master, while writing your magnificent words, a thought crossed my mind. You will not fulfil all requests, will You?

A father that loves and understands, and whose life experience is huge compared to yours, will not be satisfying all your desires, because he knows that most of them would harm you. He will be giving what is going to bring you the highest good: progress, love, happiness, lasting things, and values which burn with the fire of love in your heart and lighten your path through centuries in this and the other world. Know that merely turning towards Divinity by itself will give you a lot and will decrease the intensity of your problems and the experiences related to them.

40. Vision of God – How Would God Like to be Perceived?

Divinity is the sweetest love and good. Divinity is happiness and joy, soaring towards the highest value of surrendering oneself to the Highest Love. Divinity is the undercurrent that invisibly pervades the Universe endowing it with existence and happiness. Divinity is like a powerful river wherefrom every being can draw anytime, whenever it wants. Divinity always is near, nearer than anybody suspects. Divinity is love that surrounds with care. Divinity creates and protects forms until their assigned tasks are accomplished and so they may be left off. The two worlds that you still perceive as separate are in reality one and the same—there is only One. This thinking, related to bodily sensations divides the Indivisible, believing that it is separate from 'I', and as a Being it is distinct from the Universe. Yet, even

the perceived distinction of objects is not true. There is no multiplicity; there is no trace of separation. The manifold variety is just shadows cast upon a paper screen – a screen that simply disappears, consumed by the fire of love.

There is no shadow, nor screen; there is no multiplicity, nor distinction. No distance, no separation—nothing that the mind could follow exists. There are no beings, nor phenomena. This state of being is the highest Love. In Truth that's what Man is – the true and the only. One Being. Divinity as It Is. Lightness. The Source of the Self—unblemished, primordial. Supreme God in His original Essence. This is Primeval Word, which was there at the beginning and still sounds creating the Universe and lending it the Meaning. It is the top of tops and the valley of valleys, and everything in between and also something beyond. You are That. You are the Earth, the Sun and every one of the distant stars. You are the unimaginable spaces of the Cosmos filled with nectarine love and devotion. You are oneness, the Fullness that was there in the beginning, is Now and will be at the end. You are Eternity, Light and Wisdom. You are the silence of centuries, vision that does not need eyesight, Power that marvels at Itself creating new beings, phenomena and Universes. There exists hundreds, thousands of Universes being created in the eternal Now, beyond this time and this space. There exists unimaginable beauty and it is just you who are It. Continue journeying from Love for Love, keep changing yourself to discover the Unchanging. You, man, are All That. You are not different from the Supreme Divinity. You and I are One. This is the Truth from which other truths derive, the mother of all truths praised by sages of all times.

41. Is Illness a Problem or Blessing?

Your civilization perceives ailing and sickness as the true visitation. You spend billions on health services and drugs every year. A lot of this money is being spent needlessly, but this is a subject for another book.

However, among people spiritually oriented, illnesses have a completely different meaning. Here, I will skip karmic issues, which have to do with the inevitable consequences of former actions that you have to undergo. Bodily diseases are very often supportive of your inner transformation. Illness may be a strong factor triggering changes in your perception of the world, your perception of yourselves and of God. I speak not only about the serious life threatening cases that in a natural way induce reflection on ultimate matters. Even the common flu can be a blessing for you and make an important step towards liberation from the fetters of the past. Some psychic and mental functions become suspended during a fever, and that creates an opportunity to make changes. Therefore, if you decide to get on a path to Me, you should reconcile yourselves with the fact that different ailments will be afflicting you periodically, without any apparent reason. Take them as My grace. Most of them are not worth of paying any attention to. They will come and go, but by then you will be different, lighter.

Seeking the doctor's help can be a somewhat delicate matter.

No, this is not a problem at all. Ask for such help whenever you feel you need it. Your medicine has advanced, let us say, rather poorly, but it is good enough in many respects.

Could You expand a bit more on this topic?

With pleasure. I do not mean just the knowledge gathered, but also the competence of people that apply it. I know something about this, and from a reliable source, too. Just know that it is good for you to find a doctor who is able to look somewhat beyond the pages of the books he has read. But he would not help either. Remember that there is always the higher physician to whom you may turn for help at anytime. Therein, you may seek help in finding a good specialist, or ask that one be sent to you, or simply ask that the issue is taken care of My way.

To place full trust in You would be too risky for many people.

This is true. So many are afraid for themselves. But I do not demand this from you, not at all. Act according to what you think is right. Of course, you might sometimes ask Me what I deem right.

You have so many false idols. One of them is your body, its condition and health. On these altars you sacrifice tens of thousands of animals every day. This will have to be paid for sometime, and the consequences will not be in any which way pleasant.

What does it mean in practice for those who want to adopt a different approach to their health and the body?

There are many aspects involved. First, take yourselves and your bodies off the altars wherein you have installed them and glorified them. This one step alone will make your living much easier. You are not the body. Stop destroying other beings in the name of your completely mistaken understanding of good. Turn to the loving Creator asking that He straightens your life, arranges all events and all those that you are still to go through; that He takes you under His loving care and gives what He thinks is needed and good, and not what you, the world or society think is good.

Only one more question, may I?

Go ahead.

I want to bring up the subject of vegetarianism.

We discussed this sufficiently in the first part of this book. There is no reason to go over this again. One day only people who do not eat meat, or otherwise benefit from the suffering and death of any other beings will inhabit the planet Earth. Smile. Life is a Divine gift; so also is everything that happens to you.

42. First Encounters with Love

I remember when my first teacher showed me a technique of becoming quiet and conversing with an inner Master. At that time I did not know that these exercises would change my life completely. It took me about ten years to understand to whom it was I was talking, but let us not get ahead of what happened.

We began with deep relaxation of muscles and some energy exercises that further deepened the silence of the mind to the point of almost fully stopping the process of thinking. After a while I lapsed into a deep silence with a suspended mind present without the smallest thought.

‘Imagine that you are on a meadow, somewhere far away in a forest. You are looking at grasses, herbs and flowers. Look around and check to see if there is anybody else there besides you.’ The teacher was speaking with a calm and quiet voice.

I saw a meadow and something like a circle illuminated by a searchlight from somewhere on high. I was slowly descending towards that spot. Standing there was a middle aged man with short cropped hair. He was standing in the centre of the circle and smiling. From above, gentle light was falling onto his grey hair and his white sports jacket.

I was bewitched. The scene was filled with beauty and calm. I felt that this man was someone very important to me, despite the fact that at that time, I thought I was seeing him for the first time. My heart knew the answer, although outwardly I was still unaware of the question.

My teacher calmly continued, ‘and now, if you see someone, ask him the question “Who are you?”’

I did not need to form any thought for the answer came before I could even hear the question. The vigorous reply did not leave any shadow of doubt: ‘I am a Master.’ I was not astonished at all, but was rather gladdened.

My teacher spoke further, ‘ask the question, “How can you help me?”’

‘In every way’.

And again the answer came before the question had been uttered; as if the Master knew it before it was framed. This phenomenon used to repeat itself with almost every question. It was then for the first time that I noticed Love in a form taken from the land of Spirit. It seemed to me that there were a great number of Masters. They never became irritated or angry and were always full of calmness and inner joy. After this first occasion, I talked with them hundreds of times, perhaps thousands of times. These conversations were about practically everything. The topics ranged from the structure of the Universe to how to cook a soup. The latter might appear funny, but sometimes this can be a problem for a man. Occasionally, the answers were simply astonishing.

Later on I gained more experience and become more completely acquainted with the world of the Masters. I remember once I reflected for a long time trying to understand how the Masters help humanity. Finally, I came to understand the manifold ways in which help is given.

The most frequent forms of helping humanity are: the answer as a thought coming as if it was from 'outside the mind'; a flash of insight into the solution; a feeling verging on certainty that we know what we should do; and a flash of intuition.

We are usually not aware that someone who takes care of us and who has lots of love for us could have served a brilliant idea into our mind. Sometimes there is simply silence after a question has been asked. The answers would come in different ways. For example on the next day a book would come into my hands, where 'accidentally' I would 'discover' a piece of text fitting perfectly to the situation in question. This often happened with books, sometimes it happened with movies, and at other times the answer would come during a conversation with somebody. These situations provided me with the evidence that the Masters really exist. They watch us, always ready to help, and do not leave any important issue without a response. From time to time they appear in dreams.

If one were to place the Masters within our cultural context, we could best liken them to angels or incorporeal spirits, beings who have gone to the spiritual side of life a long time ago or possibly have never lived here on Earth.

Love was obviously present in everything they did, although I understood this only after many years had passed. Love was slowly working its way into my life. Its paths were more than mysterious.

You say 'mysterious paths of Love'. They are inconceivable for you, yet there is a deep logic behind them. To be aware of this you would have had to be able to look at events that belong to the distant past, even a few thousand years back. What seems to be an accident to you in reality is the effect of a perfect plan having its roots deep in your karma and dharma. Karma comprises causes that must appear in one form or another in your lives as the effects. However, karma is not stronger than My grace. In reality it is severely limited by grace. Dharma is the task you are called for. The deeper meaning of dharma is turning towards Divinity and the art of guiding yourselves according to its prompts in this life, the next and in between.

Dear Master, what title would you like to give to this chapter?

First encounters with Love.

I am jotting it down right away.

43. Meditation as a Path to Freedom

I remember how for the first time many years ago, my teacher was introducing me to the deep silence and conscious contact with You. During the first or second session he told me to ask You some question and ask that the answer come in the form of an image. After the meditation was over we discussed the whole thing in detail, but this aspect was completely omitted.

The question and the answer were immediately clear to you.

Yes, this was so.

Therefore, I had no reason to explain that point.

Was it You who talked to me then? That man had perfect insight into my life, my spiritual needs and even distant events associated with me, which he could not have known about in any natural way.

It was I who was speaking through him. Write now about what you asked, because there is a reason why I have reminded you about that event.

Yes, thank you. I do not know why that image has been chasing me since yesterday. Now, I am beginning to understand.

During the meditation I asked about the meaning of the exercises I was learning at that time. In response, a clear fragment of Eugene Delacroix's painting *Liberty leading the People* appeared instantly. And an immediate understanding came: these exercises are the path to freedom.

Freedom from...?

From myself and from the world.

Yes. Freedom towards love.

A few years later during meditation I asked You, Master, a question about the value of (or rather, the meaning of) the meditation with bows in front of You as a means leading towards union with Love. I had not even finished phrasing the question when an image of the Statue of Liberty in New York came. Only after a while did I realize that this was the answer. Since then I have often practiced this exercise.

And obtained a good outcome.

44. Four Great Secrets

Imagine that one day you noticed that you are enclosed within a dark and sultry basement. There is one small window at the top of the wall. Sometimes light gets in through the dirty glass. The sounds of steps and the voices of people walking by can sometimes be heard from the outside. You do not know how you got there. You do not know who you are or where you came from. You have forgotten all of your past. You do not remember anything.

Sometimes, someone from the outside visits you. You are used to the darkness, which rarely clears to semi-darkness and you do not understand what he is talking about when he talks about the world outside the basement and about the all-embracing Light that prevails there.

Raise your vision. I know how difficult it is for you to imagine another world, and how difficult it is to find your own path. That is why I want to tell you a few secrets that you will use easily at the appropriate time.

The first of these will concern your spiritual path. Know that from today, that if only you ask Me, I will take full control over your development and will arrange your matters so that you tread this path at an accelerated pace. It is enough that you utter the magic words 'Do this, Master, please' and I will immediately take appropriate measures. This is going to be our first secret.

The second secret will concern your spiritual work. Undertake one of the meditations that are described in this book. Ask your Divine Friend that He show you the one that would suit you best. Keep turning towards Divinity that is everywhere and in time you will feel its response from your own heart. For that is the place wherefrom I speak to people. You are all in Me and you are all Me—along with the plants, the animals and the entire Cosmos, which is full of love and goodness.

Thirdly, speak to Me with words of love; speak like you would speak to a friend, speak like you are talking to someone you love very much. Ask Me to settle all the matters waiting for your attention My way. Ask that I take part in them with you and even instead of you sometimes, for I can do such things, and indeed I do them. This will be our third secret: sometimes I will just do something instead of you. Think then that your deepest and most loving Self, which continuously remains in unity with Divinity and which is Divinity, has appeared in your life and took over a part of your tasks, struggles and burdens. The third secret means that if you keep focusing your attention more and more often on Me, and turning with love for Me, you will enable My cooperation with you; you will enable My action in you and through you.

The fourth secret is the crowning achievement of the previous secrets. Keep turning in focus and prayer to your loving Father-Mother with the request that He equips you with His powers of love towards God, powers of happiness, joy and goodness. These powers of love towards God will remove and replace from your body and mind all the pollution that constitutes the walls of the basement described earlier. With the passage of time they will initially let you notice the weak glare of the Sun. You will understand then what the people who visited you were talking about—that

you and the loving Creator are indivisible oneness, the oneness in love, happiness and deep devotion to the highest Love.

45. The Aura of Sathya Sai Baba

The squat Airbus traced a circle over the airport. While touching down it hit the runway with its wheels so hard that it seemed to almost shatter the Airbus. The hot air of an Indian night poured in through the torn sleeve of the walkway. My first thought was that I would rather be back home, since this place was not for me. A thermometer in the main arrival hall indicated 31 degrees by Celsius. I looked at my watch – it was 2 AM. “God, how hot *will it be* during the day? I want to go back!” I thought.

Many hours later I was travelling by taxi from Bangalore to the ashram of Sathya Sai Baba in Whitefield. The afternoon darshan (seeing of the Divine) had just started and I took a place somewhere at the back. I only remember that within a few minutes from the appearance of Sai Baba on the dais I began to feel a strong current of energy which brought me comfort and relieved all my fatigue. Two days and two nights had passed since I left home. They included a sleepless night because of the time difference, the temperature being 40 degrees and the trip by taxi in unforgettable traffic. Within a quarter of an hour all my tiredness disappeared without a trace. Extraordinary joy and happiness came instead—it was spiritually elevating and wonderful. God had never been so close to me.

I allowed myself to let these feelings carry me away. Only when the nearby Indians began to stare at me, did I wipe the non-stop tears streaming down my cheeks and decided to recollect myself. Even on this first day, in this first darshan, I had an overwhelming feeling of coming back home, staying at my own place, in my Father’s home.

I gathered many observations during my two-months stay at the ashram and I would like to share some of these observations with you.

The morning darshan used to begin at about eight o’clock. I sat under the green roofing of the Whitefield darshan hall and began to meditate. It was easy to meditate in that place, despite the unbearable August heat. An unusually strong energy flowing from Sathya Sai Baba elevated me above all these minor physical inconveniences. At the same time I became aware that once again I could see the human aura. I have been acquainted with this phenomenon before. The ability to see the aura has occurred to me earlier in my life, on a number of occasions. Moreover, I come from a spiritual family in which various extrasensory phenomena used to manifest from time to time.

Calmly, I began to look around. The energy fields of the people sitting around me were somewhat similar. I could clearly see the dark layers of energy surrounding their bodies. These layers reached out from about 60 centimetres to one and a half metres on all sides of the body. I did not see any colours. Generally these structures were similar to dark clouds or cocoons concentrating the subtle energies.

After looking around for about a quarter of an hour, a happy thought struck me. Since I was able to see the energy fields of all the people nearby me, maybe I could take a closer look at Sathya Sai Baba? So I turned my gaze onto Sathya Sai Baba, who was sitting on a dais some 50 meters away. I began to focus my gaze upon Him. Within a moment I saw a startling sight. Sri Sathya Sai Baba was sitting in the centre of a huge sphere of dazzling bright light. It was not any limited human aura, but a light volcano of glowing energies which was erupting golden, sparkling rays resembling lightning strikes. Stretched out above the ashram roofing, I saw a ball of light with a radius of 50 to 60 meters, though without distinct boundaries. Golden sparks were flying out quickly and striking those sitting in front of me. Some of the sparks flew with incredible speed and were disappearing somewhere in space. I was astonished. There, sitting perhaps 50 meters in front of me was outwardly what appeared to be a human-like Being, whereas His energetic manifestation, as much as I was able to discern, did not resemble anything I have ever seen or read about.

The astonishment rendered me speechless. I remember that only after some time of watching this extraordinary spectacle, I turned within and I asked Master the question: "Am I looking at God now?" A hearty laugh came in return.

Yes!

46. Dreams

Last night I dreamt that this book would be translated into Japanese. I woke up with amazement and joy.

Do I hear any question in it?

Oh yes, Baba, You are so sweet, as usual. Thank you that You are and that You love. I thank You the most for your love.

I accept the thanks. I would like to bestow Myself more often upon you all, but you do not let Me. Write a few sentences about how people should be turning to Me, because it will help them in making next step towards Me.

Oh yes, I shall do it with joy. I am all ears, my beloved Master.

More and more often your words flow towards Me from your heart. I appreciate such facts. Take My blessing and assurance about My continuous presence in all your matters. May Love be your guide and advisor. May Love finally triumph in your life. May your life get fulfilled to the end. This is My will. Be blessed.

Baba, thank you for your words. They mean a lot to me. I do not know which of my deeds could have deserved this; probably none. Thus, this must be your grace.

Yes. It is not possible to deserve My grace, because it would be bargaining with Love, but there is no bargaining. There is Love that gives if you can

only accept it. There is joy and happiness. May these become the rightful share of every one of you.

I wonder about what You have said, Master, but You know how it is with me. If You did not prompt me, I would not invent anything myself. Could you tell us what turning towards You means? How would You like us to do this?

Agreed. Listen then. Firstly know that I am always just next to you and nothing divides us—there is no physical separation, nor any other separation. I am your life breath and this part of Myself makes its way towards you at the time of your focusing on God and expressing love towards Him. Turning towards Divinity may be practiced in many forms. It is surrendering yourself and all your abilities to God. It is the offering of every work done to Him. It is meditation practiced with the intention of learning love and getting closer to Divinity. It is imagining Divine closeness and staying within its embrace and love. It is all that people who are in love do to show love and goodness to each other. It is offering of your immediate, distant and any other left-over matters at the disposal of Divine Love. It is passing over to Me of all your burdens, worries and troubles. They do not make any burden to Me—I carry the full weight of all your burdens and all the Love that is the Universe.

The event I have in mind was not intended for this chapter about dreams, but I do not know where to place it, so maybe it would fit in here. For my work purposes I was glancing through a professional magazine on management. On one of the last pages I found an article promoting a new model of car. This car had been fully designed in virtual reality. I really liked it. I glanced at the price – it read 70 to 100 thousand zloty (about US\$ 30,000). I began to wonder if such a price for a car was high or low. Then I heard a voice in my heart:

It would be better to allocate the money for the poor. And it would be the right way of spending the money, not buying a car. People suffer and are in need of help. Why, in such situations do you think about yourself only? You are all Oneness.

Commercials are meant to catch us in the trap of desires. Over many years the marketing experts have managed to make us believe that our self-esteem depends on our material status. They make fortunes out of this because touching this area in man causes very strong reactions within him. Many people today think that they are only worth as much as their bank account, their car, their house or their level of consumption. Disappointment and suffering inevitably follows this kind of thinking.

'Desire, covet, possess' slogans shout from every commercial. And you succumb to them. This is not what your loving God wants.

We are being attacked by thousands of commercials via radio, television, newspapers and on the streets every day.

But nobody tells you to watch them! It is enough to turn aside your glance, lower your eyes and turn inwardly towards Divinity. Replace desires with love. You do not have to watch so many television programs; nobody forces you to listen to the radio. The media arouses the animal instincts within you. Valuable and edifying programs are very rare. But even for these you should not succumb to the demon called media. It is better to turn towards

Divinity, towards its love and ask, pray hard, for the inner vision in place of television. This will enrich you a thousand-fold.

So our choice is: a car for one man or a hundred thousand reasons for Love. Many people could eat their fill for a long time. It would be good use of the money.

Whatever you give, give with love not expecting anything in return. You are one family and even much, much more. Whatever you give, give to God. Think that you are offering something to God. In fact, everything comes from Him and is His gift, so what can you give Him? The most precious gift is the love that flows from the heart of man towards God. Love Divinity. Think about Divinity more than anything else, whatever the state of your mind and body may be. Love, love and love. This is the most wonderful gift you can give to God and to the world.

During my morning meditation I was sitting and all the time trying to turn with my whole self towards love and God. Wonderful feelings usually accompany this and this day was not any exception. After some time a vision that aroused my interest occurred. In this vision, somebody came and began to take something out of my mind and body. I was curious about this so I looked and to my astonishment I saw sausages. Whole links of sausage tied together, then wieners, smaller and bigger pieces. The pork-butcher's meat made a quite sizable heap. I admit I felt pretty foolish. I even forgot to thank the Master for His love and grace. Therefore, I am thanking You now, Master.

All of you become what you eat.

Last night I dreamt that I was learning the Telugu language and I was peering from behind my book at the two boys who stood in front of me. One of them was Krishna and the other was his brother. They were listening to the teachings of their preceptor. Love came at a certain moment and embraced me fully. Love for Krishna flowed out of me towards him; I melted and completely merged into this Love. It was a wonderful dream.

Learning Telugu is a symbol of the tongue that the Avatar of our times speaks in, the language of love. You learn how to love. The ability to feel coruscating love towards Divinity, symbolized by young Krishna in the dream, will be the result of this learning. You were once His staunch devotee. I showed you a trace of your past—a good past.

Thank you for the dream and the explanation.

I started a new meditation. It consists of focusing attention on a picture of the Avatar. This evokes quite unusual impressions. Simply wonderful love, calmness and happiness flow from your picture.

Yes, yes.

Half an hour of this meditation after waking from sleep 'sets' the whole day really well. A few nights after I had begun meditating I had the following dream. I am at high school, sliding in the hallways and this gives me great joy. It is morning; an ordinary day has just begun. Suddenly I am standing in front of the school principal. I look at him, smile, and say "How nice it is to begin every new day with meeting

the Principal...’ And I bite it back, because I realize that the statement can be regarded as toadying. I woke up and laughed at the dream and at myself. Thank you for the dream.

Yes, yes.

How nice it is to begin every new day in school with meeting the Principal...

Yes, yes.

Thank you for the answers.

Yes, yes.

Dear Baba, can I count on some other answer from You today besides “yes, yes”?

Yes, yes!

Thank you for your love. You have wonderful sense of humour. I care deeply only about You and your opinion.

Yes. Do not be so serious. Smile. You finally are reaching the most important conclusions. That is something to be happy about.

Everything else ceases to be of import.

When the world moves away, it leaves space for love.

I write this book solely for You. I feel my touching the keys with love and then this sweet feeling getting transferred onto the text being typed, and flowing further towards You, my beloved Master.

Love is the light of life. Live in love, begin the day with Love, fill the day with Love, and end the day with Love. This is the simplest way to God. There is no matter in life that would be more important than Love towards the Creator.

I love You. You are so amazing and wonderful. One more dream comes to my mind. Do you want me to relate it?

No. This one is a secret between us. Let it stay that way for the time being. That was a special gift from Love.

This morning, during a ride I saw solar light reflecting on the waters of a river and falling in broad strands on the supports of the railway bridge. It was a bright morning in the industrial quarter with fresh air, already cooler at this time of year, and birds were making circles over the sparkling water. The sun was sending its glare from behind fluffy blue-green orange clouds. The glare reflected from the waters and onto the walls, and it was touching my heart. I understood that people do not know the mystery of the Sun, though they see it every day. The Sun has always fascinated me. Of course, I know the principles of thermonuclear reaction and I am more or less familiar with the mechanism behind this physical process. But today these explanations seemed to me quite inadequate in the face of this mystery I

touched upon. I was riding a bicycle along the river when suddenly I realized that love flows from everywhere, that the Sun's glare is love, pure love. The Sun is something so close and beloved, giving itself away because of pure love. Love was flowing from everywhere and it was going straight to my heart. It was boundless.

The Gayatri Mantra is an invocation to the Sun God. The Sun is Love.

Om bhur bhuva svaha
Tat Savitur varenyam
Bhargo Devasya dhimahi
Dhiyo yo nah prachodayat

Aum (the primeval sound). We meditate on (*dhimahi*) that most adorable (*varenyam*), most enchanting effulgence (*bhargo*) of That (*Tat*, the Ultimate Reality), Supreme Lord (*Devasya*), the Sun God (*Savitur*), as the source of the three worlds: physical (earthly, *bhur*), middle (astral, *bhuva*) and heavenly (*swaha*). May this light (*yo*) inspire and illumine (*prachodayat*) our (*nah*) intellect (*dhiyo*).

The Sun is Love. The Sun is Me. When you are looking up towards it, think about Me. Think about Me. Think constantly about Me. Think with love and devotion, zealously willing to serve Love and surrender to Love. This is the path to union with God.

47. Success and Loss

Master, You are everything and You are everywhere.

Yes.

All I am and all that I do is You.

Yes.

Why then, when everything is your doing, do I succeed in some things and not in others?

'Success' in My world does not necessarily have to mean good luck in yours. Your plans often end up in a defeat. My plans never end in defeat. You still do not understand My plans and My ways, hence you sometimes go through adversities.

When I try not to force my plans, but calmly listen what You have to say, almost immediately I feel subtle and sweet sense of elation accompanied by calmness of thought.

This is the right state. Hints and where to turn to at a given moment all emerge from this state. Practice finding out My intentions and you will unite even closer with Me.

According to what You say, we are oneness with you. Yet, when I turn to You and surrender to your sweet and subtle guidance, I feel as though I am even more in harmony with You and your love.

Feelings lead your thinking in the right direction. You draw the right conclusion and apply reasoning in life. As a result of such behaviour even closer harmony arises in the outer world, and that manifests as calmness and goodness, and a favourable course of events. In the inner world harmony is always present, so that it cannot be higher or lower...

With regard to the technical aspect, should I always focus on You, willing to learn your decisions in relation to all events?

Yes, with respect to the technical aspect this is the only path to Me. This is the path of love and devotion, of service full of sweet elation and devotion to the Highest. I am talking about strictly practical things, about the state it is possible to achieve practically.

Not wishing to appear impolite, I would observe that somewhat earlier in this text You mentioned the inappropriateness of our calling You the Highest.

And now?

Now I know that everything You say and do is subdued to the highest intention of love and to our good, so I accept any word with which You may wish to name yourself.

And this is a proper attitude.

For some time now a thought that I should learn to serve You has been popping into my mind. This thought and feelings related to this keep coming back from time to time. When I follow these, suddenly the world seems to speed up, I feel an unusual drive to work and a kind of high spirits. Can You comment on this, please?

You follow good impulses. As per My nature, I sacrifice all My time to you and to performing service to you. Thus, everyone who approaches Me, in time becomes an exemplar of service motivated by higher values.

At this point a doubt appears: to whom should we render service – to God or to people?

Render the first, second and third place to God. If you do your work with your mind focused on and plunged in God and you ask Him for guidance as well as for acceptance of the fruits of your work, then any work is service to God.

Devotee: Swami, I want to unite with You. What should I do? I am ready.

Sri Sathya Sai Baba: By way of love, only through love. Love is everything. Love is God. Live in love. Start the day with love, spend the day with love, end the day with love. This is the way to God.

Devotee: Swami, how should we develop this selfless love?

Sri Sathya Sai Baba: Only by the grace of God. Prema, divine, selfless love comes only through God's grace. You are not able to do anything without this grace. Firstly, discharge your duties thinking about God, from dawn till dusk. Look at everything as at Divinity and be happy. Think 'Lord, You are everything to me. You are my goal. You are my breath.' Do not think that this is mine and that is not. Think instead 'Everything is you, Lord. Everything is yours.' Think 'I am beyond the body. The mind is a mad monkey. I am Self. God and I are one'. Think this way: 'I had existed before this body came into existence. When it passes I will still be here. I am omnipresent. I am everything'. To reach this truth you will need some spiritual practice (sadhana).

[Sri Sathya Sai Baba, Kodaikanal]

48. What is Liberation?

Welcome Baba. I would like to ask You about something that has been bothering me for some time. What is liberation from influence of personality?

Man attains freedom from himself when the Divine Nature freely manifests through the soul, mind and body. Let us take a look at the process of ordinary thinking. The decisions that you make are to a great extent based on yourself and your perceptions. Speaking about liberation, why not to try to liberate from yourself by transferring the responsibility for decision making (or co-deciding) onto Me? If man is able to receive My hints then he can try to liberate himself from what is known, based on what comes from Love.

This is a brilliant idea. Some time ago, I used to put such a policy into practice quite strictly and I was surprised with its positive results. Many uncommon things happened.

Oh, you see! Therefore, try it once more. When you forget to do this, persist trying again and again. And a remark: let us give up using the word strictly or absolutely and replace it with the word consistently or persistently. There is no reason to be ruthless to yourself or your qualities. Remember that most important is...

Love, that is You.

That's right.

You can be touching Love, but still live 'your own way'. That, however, will be an obstacle in taking new steps on the spiritual path leading to God the Love. Therefore, practice turning with love towards Me, with love and the request that I lead you through all the activities of the day, through meetings, conversations, going out, even shopping – all activities. Ask Me that I am all this, not you.

Thank you, beloved Baba, for these precious hints. I will start putting them in practice right away. I shall make notes in the calendar and hang the sheet in a visible place so not to forget anything.

This is a good idea. Every day a few steps towards God, towards Love.

I have a related question. May people who possess developed intuition use it as a guide during the day?

Readers of this book understand the word 'intuition' variously. Remember that if you live feeling My Love and you are sufficiently modest, then your intuition becomes a quite good channel for My hints. But, if your ego is inflated, then it is easy to make an error and take the prompts of your own qualities and personal feelings for My Voice. The border is very narrow, so I recommend caution. That is, provided you value Me and My Love more than your own ideas and you want to go towards Me.

Turning towards My Love, and turning towards Me with the request for guidance and showing the way, will always direct you onto the right path. Pray in the silence of your hearts, pray with love; then the friend who hears all your words will surely do something for you. I do hear everything and I respond to every prayer.

Whatever you do, be it big or small, I am always with you. Let Me take part in all your actions. Open yourselves up to Me. Let Me permeate you and do the work together with you.

Ask Me for My presence and help before beginning each and every work. Call Me with an open heart and mind, and let Me subtly direct you and carry out your work the way I want. Stay open to My energy and suggestions with your mind and heart turned towards Love. A prayer uttered quietly to Me will help you do this. Pray and ask.

Work with the thought of how to please Love, and not how to please yourselves and others. Work for God offering Him the fruits of your actions. Everything you do, do it thinking about Him, having Him in front of your inner eye, and focusing your attention on Him and on His Love. Soon you will notice differences in your work, and in your life in general.

We should love God and keep asking Him what will please Him. We should seek to not please ourselves, our family or whoever, but loving God.

Yes, yes, yes. This is the way to liberation from the influence of the world and immersing your life in Love, and then merging into Love, to become one with Love. Come close to Me and stay in My Love. It may happen that you do not feel anything in the beginning, but you will begin to experience Me more and more fully as time passes. I love you. I am Love. Come to Me.

49. Love is More Important than Feeling Guilt

Changing the subject, the following problem comes to mind. When we do something improper, for example, against what we consider your word or hint, we feel guilty.

Yes, that is true. This is a very broad subject. I will formulate it in the following way.

Firstly, there exists an entire industry living on the instilled feeling of guilt in you. For centuries now, they have fed and nursed this feeling in all of you. It is done by religion developing its power and wealth on the ideas of sin and feeling guilt. But in fact, God is the God of Love and forgiveness.

Secondly, the feeling of guilt is only marginally useful in developing a personality, compared to Love and turning to the Highest, who loves.

I would like you to forget about the past and about your misdeeds, and instead, constantly proceed closer and closer to God and His Love.

Do not worry about anything nor burden yourselves with anything. God is the God of forgiveness and love. Remember this all the time.

I am constantly ready to accept you, whatever you have done in the past. If it has been something improper, you can be sure that you will face consequences, but they too will be much, much lighter thanks to turning towards Love.

Love and God (who is Love), matter much more than all your deeds, your history and your past. Remember this also. And do not focus so often on yourselves and your mistakes. They are of no significance in the face of Love. Love is what matters and from today, let the rest remain covered by silence and sink into oblivion. Be happy.

Baba, I have a few more questions. I would not like to appear impolite, but I am under the impression that much of what You are saying now has already been said in the previous part of this book.

No, this is an erroneous impression. The thing is that it is not the literal content alone that has merit, but also the deeper layer of the message. It looks as if it is the same, but each time you are able to apprehend the text differently and find something new in it, something different. This text is alive, because it touches on the most important issues associated with relations between man and God. And, of course, because it comes from Me, it is firsthand. This is why your impression is not correct, it is superficial. You need not know a lot to learn love. One step in the right direction is worth a hundred, nay, a thousand volumes of literature, which serves only to kill time or shoves you deeper into darkness. It is My words that are important, because they are saturated with My energy that is able to begin the process of positive changes in you. And this is what counts. You will see what the response to this book will be. You will become convinced experientially. For the time being, do not worry about the content. I am taking care of it and I know perfectly what the book should contain. So listen and write.

All of you, every day, meet the same people, do the same activities, and eat the same meals. Aren't you bored? Practice makes perfect. So also, you may run across the same or similar contents again. If you just read them, it means that My time put into conveying them was wasted. Practice, and not theory, is what counts. One gram of practice is more valuable than a ton of theory. This book is a guide for those who want to work with Me and to approach Me. It is not a collection of town gossips as most of your literature is. And this is where its real value lies. If you fulfil a few things described herein, you will get results immediately. And this is what matters. Other things are a waste of time – a waste of time.

50. Loving Oneself

We touch on another big subject that is understood very poorly, and because it is important, it is worthwhile that I say a few words. It concerns love for oneself. Many schools claim that it is not possible to love others if you do not love yourself. Some even maintain that this is a prerequisite to love. This is true, but only in a small measure. For, wherefrom are you to obtain love for yourselves if you do not have access to it? Wherefrom are you to obtain love for others, if you do not have it yourselves? It seems that we have got into a magic circle. You keep trying to tear it apart using various techniques that bring insight into oneself, but they are of limited application only. This is so, partially because your knowledge of the subject of the causes of human behaviours and states is very poor, and partially because your outlook is limited exclusively to one life in a body.

Few people know what love is and even fewer experience it. Hence, human teachings are not based on reality, but on hazy imaginations. Additionally, they are strongly distorted by desires and egoism.

Many of you suffer not being able to handle yourselves. In general it is very good that you look for help, but it is also true that you will not find the real help that you need until you turn to the Creator in your hearts. Before then, anything you undertake will essentially be flawed and not quite effective. Nobody knows you as I do and no one can ever love you as much as I can. Whatever you have done in your life, My Love ever remains the same. You are My beloved beings that I called to life bestowing upon you a small part of My Love in your heart, a part of My very Self. This is why every one of you on the inside is Goodness, Truth and Love. That's why I have never rejected anybody and I shall not. I am not your judge—I am Love.

Each one of you can turn towards Me at any moment. The path is known and My door has always been open to you. You worry unnecessarily about the past and about that what you think your mistakes are. Usually it is already too late to do anything except, of course, turning towards Divinity and Love. You get stuck in your own states and you suffer, and you shelve Me, and you close the door to the only Power that is ready to bring you relief and every possible help. My door is always open—remember this. You can always get in and remain in My embrace. Constantly keep turning towards Me and My Love. Keep staying right next to Me, in My proximity. This is the best way of introducing changes in oneself and in everything around you.

Be warm-hearted towards Me and towards everybody else. Let Me teach you to love everything, starting with Me. Let Me carry you above all that bothers you and keeps nagging you.

Allow Me to see that the changes in you are carried out the way I want. I know very well what you need in all the domains—from the physical to the highest levels of Spirit. I will take care of you, as I have cared for and worked with tens of thousands of other people in the past.

My Love will attend to you and all of your business. I will carry you towards Myself to the extent that you will let Me take part in your life. I will begin the process of cleansing and introducing the changes. I would require only two

things from you, namely turning towards Me more often with a prayer in your heart and with the request for positive changes—staying by My side and in love as long as possible. To this end you may avail yourselves of the meditations for closeness to the Creator described earlier.

Your love for Me will start many changes in you. You will not only feel better yourselves, but will also become better people, more loving, more compassionate and more understanding. In moments of need you will also know that you have Me in your hearts. It will be enough for you to turn to Me and I will help you to render help to others, to comfort them with a good word, or if only to interiorly pronounce words of prayer directed to Me with the request that I deal with the issue Myself.

Love for Me is the only power that can bring about lasting changes in you and constantly inspire you towards goodness. It can lead you through life amid all events, invariably on and on towards even greater love for God. No man is able to give you that much – no guru and much less a therapist, although of course, you may obtain certain necessary assistance from these. But if you think that you really need help, turn to Me so that I take control of the situation and make it bring you the greatest relief from your sufferings. Similarly, you may ask Me that from every contact with people considered by you as spiritual leaders, you derive spiritual benefits from them as much as possible, such as eagerness to work, the ability of turning towards Love, spiritual strength assisting this turning, enthusiasm in working for others and the zeal to meditate. I am blessing your efforts. Good will triumph in the end – there is no other option, although today you may still think otherwise.

Love is the light of life. Rely on Me and be like children enjoying life in their loving Father's home—a home full of beauty and miracles. Let Love be your guide, let it show you what it means to look at and see the world with the eyes of Love; what it means to see the world with the heart and to experience love for everything—for the planet and for the Creator. You will not have to love yourselves anymore, because there will be no 'you' – only goodness and love will remain. Be happy, very happy with My happiness. I am happiness and love.

Earlier You mentioned that our self-importance is the last barrier on the path of spiritual development. It will still remain.

Self-esteem based on belief, experience, scholarship or one's ponderings is the fortress of the ego. The ego wants to tell you what is good and what is wrong, and to have an overwhelming influence on your experience of the world.

Each moment is different, unlike any other. Everything in the world and in the Universe keeps changing from moment to moment. There is nothing stable, although certain lasting values do exist.

What you see around you is the world of perpetual changes, of states undergoing smooth transformations from one to another, of changing landscapes, situations and people. Your memory is enclosed with dead photos of the past and has limited perception, and this is neither an exact nor a proper image of reality. Life keeps running constantly forward and bringing newer and newer challenges. It is time to adjust your perception of the world to this simple observation and to stop clinging to inaccurate memories and your own sensory impressions. You would hardly ever find

a good solution in your memory or knowledge. You will very rarely get such a solution from your authorities. What are you to do then?

Turn towards Divinity, the Divinity that each of you ARE yourselves, and that which each of you carries in his or her heart. And ask Divinity to help you to find the path among the events of this world. This is My hint directed to people interested in quickly introducing good changes into their own lives. Be, watch and listen intently to what I will be speaking in your hearts. And then follow My voice until the end.

Many of you do not have enough confidence to turn towards Me right now, and to move forward listening to My voice. I have an offer to these people. Let them take a look at the problems they face and ask themselves the question if they know the solutions, and additionally, if they are sure that their ideas are going to bring precisely the effects they expect.

If you are not sure of the effects (and it so happens in 95% of such cases), know that you may grant yourselves a pause for reflection and allow solutions other than the one originally formulated.

Stop for a while and postpone the problem for some time. Either you will receive My prompt or I will busy Myself in solving it and will lend to the situation a suitable direction. Try Me. Don't you feel like learning what will happen? Doesn't an adventure attract you?

Or perhaps, you would like to discover the mightiest Power in this Universe, a creative and loving Power that brings about good for you and your kith and kin? I have been always ready for this. And what about you?

Turn with love towards Love and it will change you.

I would like to learn how our self-importance evinces in us, with attendant feelings and thoughts and, of course, what we can do in such situations to get back to normal.

Self-importance manifests in you as the feeling of certainty ('I know'), of your possessing skills or knowledge allowing you to be head and shoulders above others, or having a deciding influence on the course of events. A man having such feelings succumbs to his ego, which with time becomes inflated like a balloon, denying you access to any fresh solutions or impressions. It also prevents access to the inner love, as well.

Love does not need self-importance. It is a prize for itself. It does not need to put on airs; it prefers taking the role of your servant. God chooses to be modest and deprived of authority (which is useless for Him). Take Him as an example. He does not have to be of any importance in this world. And yet, Love that He Is, is the mightiest Power in the Universe. Divinity means modesty.

In replying to your question about getting rid of such feelings I will split My answer into two parts.

You can do something yourselves in this regard. Generally speaking, authority poisons your society and culture. You spend a lot of time and put lots of effort into promoting and defending your own importance. In this manner you needlessly waste valuable time in your life. Authority and status mean nothing in the eyes of Divinity. Only love, service, sacrifice and

devotion are values Divinity pays attention to. Eschew pretence and artificiality; favour purity of heart, purity of thoughts, seeing good and doing good.

You want to be superior to others and know more, but you do not understand that the skills and knowledge which you have constitute the basis for service that you are to provide to people and society. These are the tools for fulfilling your life mission that you came here to do. In no case are they meant for building your sense of self-importance and self-greatness.

You do not see and do not understand that with your abilities you are not 'the best' nor 'the only ones' that have ever existed—there will be people more gifted than you are, more diligent and more brilliant—masters in their fields. The desire to be important and great cuts you off from Love.

Thirdly, you do not understand that whatever you consider to be 'your own', even if you have put a lot of work into it, is not 'yours' but Mine, because it is a gift from Me handed over to you for a specific purpose. 'Your' time and effort put into educating yourselves is My gift to you as well. You should be grateful for such gifts, because not everybody enjoys the conditions and possibilities such as those that fell to your lot. Most people in this world live in poverty and often starve, and limitation of resources is the rule here and not the exception. Reflect on this.

Fourthly, there is nothing certain in this world. What you consider 'yours' today, be it health, wealth, skills or abilities, upon a twist of fate, may be lost. If you believe it cannot happen to you, well, just take a look at other people's fates, and be sure to look far and wide. Do you think that those events are not able to reach you and will always be happening to some 'others'? You do not know your own karma. That is what may become your share the next time. You do not know your past and future, you do not know what fate lies in store for you.

Fifthly, think about what will be left after you in two hundred years. Will anyone at all remember you, 'your' skills, achievements or attainments? Think. What lasting and valuable testament will you leave behind? You may leave much love and much good. Only these count, only these add meaning to your life. The rest is behind-the-scenes, stage props and curtain-fall.

Deep reflection over what I have just said should somewhat impair the strength of conviction you may have about your 'own' power and abilities. Everything is Mine and belongs exclusively to Me as the Creator. You came from Love, you belong to Love and you come back to Love.

The second part of the promised answer is as follows:

Remember that I exist and if you only turn with a request to Me I will never deny you My help. There will come events, considerations and perhaps intuitional insights, which will allow you to see yourselves in a different light.

Sixthly, know that I love each of you the way you are. The fact that I introduce changes in you does not mean any lack of acceptance. I love you and accept you. Changes are necessary for you to be happier and more devoted to the higher values, so that you could more easily turn towards God.

The next subject which I want to give some more attention to is the attitude towards death and dying. In your culture this is rather a disturbing topic, whereas there is much beauty and loftiness in these matters. Let us begin.

51. Death and Dying

Death – for many it makes their flesh creep just hearing the word. Attached to life, to phenomena, to friends and possessions, you are very afraid of the moment when it is necessary to leave all this once and forever. This is how your attachments, created and cultivated for years, work. Not knowing what the lasting value really is, you get addicted to the least durable matters and things. Seeking happiness, you see its source somewhere outside of you, in ownership of objects, possessing wealth, the closeness of others and your relationships in the world. However, the source of true happiness is not anywhere outside; it is to be found in your hearts where Divinity dwells. This truth is realized immediately when you leave your bodies. Suddenly, a great calmness and the feeling of coming back home descend upon you, and earthly matters fade, having little importance, for they are so far away. Love, love, love comes – love beyond any comprehension, indescribable love. Then for yet another time, you see Divinity as it is, and you understand that you are part of it as you have always been.

Death is unavoidable – death of the body, obviously because you never die but only abandon one dress and put on another. Often you come to the world in the same families and your children and grandchildren become your parents and grandparents. You learn love, sensibility, dedication to others, and crossing the barriers of your own egoism to turn some day towards Divinity, and begin to live for it, in it and with it. Then the time also comes when you break the ties that bind you to people and matters on the earth and leave forever merging into Love. You leave bodily, but remain as spirits in order to continue working and helping others on their paths to God. None of the Masters that have ever lived on earth has left for good. Every one of them is available at all times, even more readily than when they lived on the earth. That is so because on the other side, after death, they have gained even greater potentialities of influencing others. They are there, they work, and help. They always support you.

Death is not the end – just the opposite, it is the beginning of life. Someone said: “All are dead except those who are not alive”. There is a lot of truth in this facetious statement. Or another statement that puts it well: “Life is a dream, death is awakening”. Death and its accompanying phenomena are very important events. It is good if you are leaving with minds turned towards the Creator, staying in His love and happiness. The process progresses gently and with love in such situations. Therefore, ask for a gentle and peaceful passing for your relatives. Ask also that the Highest surrounds them with His love and goodness and leads them straight to Himself.

Ask that they ascend to Love without obstacles. Ask for love for people that got lost there, on the other side. You are able to do a lot for them. Turn with love to Divinity praying that it directs and enlightens you in respect of what can be done and how. It will not refuse, for sure.

Do not bind those who are passing to the Earth. Try turning them towards Divinity, towards Light. Ask Divinity to guide them in the journey towards Itself. The prayer for the deceased, for auspiciousness for them, and that they find the paths of love, has enormous power. People with pure hearts know this perfectly so they pray often. Love answers the requests of their hearts and directs many towards higher regions or levels of existence. Ask for love for incorporeal beings with demoniac character. Ask for their liberation from great suffering, and for burning up of their negative karma. Ask in their favour for My intervention, for My enabling them turning towards light. Sometimes one good thought suffices to break up much of negative karma into nothingness. Be it while alive or after your death, always follow the direction towards Divinity.

Baba, I would like to ask You about a few things.

I am always ready. As I taught you listening to My voice, I should not evade now, should I?

I do not know what to say. So maybe it would be best to formulate a question. What happens to a man after death? Is he able to see You at once or are there some fundamental limitations? Or could You possibly give us a few hints about what to do immediately after the passing?

All right. Although this is not an auspicious day to talk about it, if you but open your heart up to My answer, you will understand twice as much as what will be conveyed in words. Words are poor carriers of substance. Hearts and the love that connects them are able to understand each other without the intervention of words and thoughts. Love knows the way, so open your heart and listen.

Let us begin from Love, from the fact that you are embodiments of Love, and that Divinity is your natural state. Divinity manifests as love, sensibility, compassion, devotion and all that is good in you. After the death of the body the process of separating the higher bodies and the soul from the physical body occurs, followed by a journey through a tunnel running towards the unknown. This 'unknown' usually becomes 'known' instantly, when you recall how many times you have already been 'there'. During the lifetime on earth, you do not remember the past as there is no such need, but everything comes back 'there' and the deep sense of your ordeals becomes fully clear. The Presence is equally clear then, or rather, I should say the overwhelming Presence, Love. You admire being bathed in its glare. It is a wonderful feeling, moving to the core of your being. You do not want to come back. You want to stay forever in its company. There you can very easily reach It. And here, in this book, I am teaching you the same. Come, embrace Me and and stay forever. It is not necessary to die to experience the taste of happiness and Divinity. There is no need to wait until death to unite with Divinity in love. Begin today, right now. I am waiting. And, for God's sake, smile!

52. Humbling Ego

*Everything we have talked about so far and what we will yet say, serves teaching you constant turning towards **Love**. One of the barriers on this path is your ego – the 'I' awareness developed as a separate consciousness related to the body. There are different theories explaining its role and methods that allow you to reduce the influence of ego upon you. Today I will give one more technique, and the most effective technique, too. Reading this book, you have surely got used to My continual reference to Myself and constantly drawing your attention to Me and My Love. I do so because this is the best way in the current times. Focusing attention on God, learning about turning towards Him with love is the surest guide on the spiritual path – now and in the future. It has always been that way. Note that your teachers and gurus may make mistakes, even if only because of the fact that they do not know your past, your hidden inclinations and the effects that various meditation practices may trigger. At best, they draw this knowledge from Divinity. Thus, is it not better to turn directly to Divinity, so that it guides all your actions and arranges your life for your good and the common good? Love for God will be your best guide on this side and on the other side of life.*

Love for the loving-you-Creator is an exquisite means for dealing with problems of the ego. Ask loving Divinity that it takes all your problems into itself and deals with them according to its wisdom and loving will. Ask that it frees you from the limitations of personality, that it moulds your modesty and humility towards the higher worlds and above all towards Love. Love will never refuse you this. Very soon you will see what Love does for you.

You created a civilisation and culture that makes you believe that the development of ego and fulfilling its whims are the supreme achievements and the outright duty of every human being. Nothing could be more wrong! The truth is the exact opposite of today's public declarations and mottos.

The ego is to serve you, others, and first and foremost, God and His Love. Today it is your master, and you do not have sufficient spiritual strength to be able to rise above its subtle but iron-strong power. That is why meditation as the means of calming and restraining of the overgrown personality is so important. Turn to Me, embrace Me, and stay this way as long as possible, staying right next to the loving-you-Divinity. Should it so happen that you leave Me, simply try to come back and continue staying beside Me. My closeness alone will make all the layers of ego, behind which the inner Light is hidden, fall down, one by one. Contact with Me and My energy will help you cope with all the negativity which is still buried within you. The meditation I described is very powerful and leads to quick spiritual cleansing. Know that this process may be painful for your personalities. While turning towards Me remember that I always respond to your requests. If life gets too difficult for you because events take a bad turn, then just tell Me about it, perhaps something can be done with it. Do so, because I want to develop in you the wonderful habit of turning with requests to your loving Creator.

And now questions, please.

The first question is how do we develop humility in oneself?

This is a good and appropriate question. Humility is one of bases of spirituality. The presence of humility signals the end of problems with the

ego. The lives of people gifted with humility are much easier. They create and have considerably fewer problems than others. The only recipe for humility is turning towards Me and the request that I take care of this issue. Nothing else, no technique, not even the most sophisticated method, is able to do what I can do for you. Ask Me for humility before life, and before God, and that I shape you the way I wish. Remember also about the meditations that are described here: the meditation in My arms, and the meditation of Light in your heart. My energies will help you burn up everything that is negative—your pride and arrogance, irrespective of how big, covert and insidious they are.

I once asked you for humility. Perhaps it was the next day; during a conversation someone kind of chided me, so that I could not pull myself together through the rest of that day. I was under the impression that it was You who had broken something inside me.

If you remember the events of that day well enough, you would not have any doubt at all that it was Me who inspired the dialogue and said the words that had hit you so badly. Moreover, they broke, as you say, the strong resistance of ego. It was not pleasant, I know this very well, but since you have asked, know that I did it solely for your good. I did it out of love.

Yes dear Baba, I have no doubt about it, whatsoever. You are so beloved and You give exactly what is needed. Sometimes we simply need bitter or very bitter medicines. In no way does this impinge on You and your Love, on your tenderness for us. This I already know. Then, despite the pain I felt for the whole day, at the same time I was somehow glad that this very important operation was over and that I could be closer to You.

Yes, My dears, I am exclusively Love.

One remark is in order. If you had followed My hints earlier and constantly proceeded towards Me, or at least tried to turn with Love to Me instead of opening onto the pain you were feeling, it would have been much easier for you, and all the unpleasant consequences would have disappeared quickly. However some part of you deemed the pain exceptionally acute so that it should be borne through to the end, until it wore off. I am not denying justice to such an approach but I am bringing your attention to the fact that there are higher values than suffering due to mistakes of the past.

Even if you think that suffering turns you towards Me or for some reason is deserved or beneficial, know that compared to turning towards Love it does not mean so much. In such situations get up quickly and continue moving forward; do not keep Love waiting for you for so long. Do not pay so much attention to yourselves and your own experiences. Love is waiting. Come in.

Baba, besides that, I was happy You answered my request in such a swift manner. This impressed me a lot, also. I know I can always count on You. An answer to the request for a good thing always comes. Is it also the same when I ask in favour of others?

Yes, yes, yes.

I love You, Baba.

I love you and love each of you. I love you, the reader, and trust that someday you will find enough strength in yourself to even more fully turn towards Love. Love has no borders, Love is borderless Light, Love is the essence of the universe. The Love is the Creator.

One more question. Years ago I started learning humility by doing bows before You. This was meditation accompanied by the bows. Maybe such a combination would be helpful to the readers, or is it better to meditate according to what You have said in the beginning – in your closeness?

You can bow – only do it with devotion. You may approach Me doing the meditations described here. Reading books and following 'truths' revealed in them are not crucial for finding the right path. Turning to God whom you have in your hearts is. Ask Him to show you your path and then persist asking time and time again what is necessary to make the next step towards Him. Do ask—God who is in your heart will hear.

Pray and meditate offering the fruits of this work to the Highest One who loves you. Listen intently to His voice. Meditate, listen and love. Get closer to the Creator. Embrace Him as if He is your closest and most dedicated friend. And remain that way. While reading these words make efforts within to turn the mind towards the Creator and stay close to Him. Learn to maintain awareness of His closeness during your regular daily activities. Keep saying your prayers and submitting requests to Him asking for help. He will not deny. The Creator is the most tender Being in the world.

Dear Baba, I would like to ask You about a few things.

Ask, ask.

The first question is about how readers should treat the subject-matter given here by You. Is it to be taken as your voice, the conclusive answer with reference to essential issues, or rather, as a hint to think over?

Good question. My voice is in everyone's heart. If you know how to reach the depth of your heart and, moreover, you show that you respect Me by putting what I tell you on the inner level into effect, then treat My words given here as helpful hints for your path. They are given for the sake of a wide group of people, thus not everything here may be needed for you in particular.

If you cannot yet hear My voice, then by studying My answers you are on the right track to recognize the voice sometime and apply in practice what it tells. Then, the book will cease being the guide for you because you will already have Me. Until then, it would be good if you, at least from time to time, reach for this book, asking Me to pass to you through this medium what I have to say. You may of course also avail yourself of other literature in the same way.

The phrase 'My conclusive voice' is too general. Everyone has this voice inside, usually, either you do not know about it, or you turn away from it following the voice of your own ideas or those of others instead. The inner voice definitely solves all problems and dispels all doubts at a given time. It does not mean that at some other time the solution has to be the same, or that it must be the same for all.

Keep turning towards Love. Ask Divinity to teach you how to love It. This is most important; all the rest results from this one step—the step made with love to the heart where God resides.

Thank you, Master, for this wonderful answer. The second question concerns relating to You. Can You, please, explain how You would like to be treated by us? Every religion says something, and different books pass on different opinions and there is a lot of confusion.

Chaos in your minds and hearts has been your natural state for a long time. This is the outcome of combining egoism with spirituality, which is due to ignorance of where the border between what is individual and what is Divine lies. People writing books and studying theology have based their work on other people who have written books and studied theology. Nobody, in the long succession of 'students', researchers and finally teachers who teach others, has ever asked Me how I would like to be perceived by you.

Egoism, consisting of favouring one's own or group interest and neglecting the truth that you are all immersed in the loving God, has contributed to this state of affairs. Representatives of your religions were more interested in holding on to their own privileges and power than in turning towards Light and Love. And here we have the effect—darkness being authoritatively served as light. Your religions have tried to engage Me in political games and fights for power. Today, changing this situation involves enormous suffering for thousands of people. You are more attached to your ideas and imaginations than to the Truth, to religion instead of God, to doctrines instead of the live Source, which you have always been carrying within your hearts. Breaking of attachments is painful. The question is: what is it that you want? Do you want the apparent peace and safety that religion provides, or contact with Divinity? Find the answer yourselves.

After this introduction let us move to the reply to your question. The first part of the answer is love. Love yields respect and devotion. Humility is their companion. Be modest. This is enough for now on this subject. Let us move forward and talk about attachments.

Master, can I ...? I have one more question. Religion is something very important in life of many people.

It is wrong if religion is more important than God. You may abandon everything and everybody for Him. And if you want to taste Him and experience His love, then the time comes when you must abandon all religions and approach Him with love and confidence, leaving aside all that people have thought out.

If your problem is "Which way to go?" ask yourselves a simple question: "What is more important, God or religion?" And remember; do not let your answer be affected by any fear, even to the smallest degree. God does not scare anybody. God loves and provides with care. Love does not manipulate and does not have to win influence on you in any insidious way. Love shares itself and gives happiness.

53. World as the Living Manifestation of the Creator

Should I be seeing the living manifestation of the Creator in everything that surrounds me?

Yes. This is a good idea. It will uplift you greatly and will remove many thought barriers. I will help you.

In front of me there is a flower withering away for an unknown reason. Am I to see love in this as well?

Yes. Love wants to save it. Ask then that it guides you and takes proper care of the flower. It is supposed to live in this house.

Oh love, I am asking you, please, take care of this plant and guide me so that what happens is what You intended. What am I to do?

Send it a drop of love from your heart. Do not be afraid to do so as there is plenty of love in it. You are like a bee heavily laden with honey. Begin giving it away wherever you are.

To whom?

Concentrate on Divinity and everything will proceed automatically. You will know what to do. Learn to let love into your heart. Give everybody as much as I want them to receive. Do so and you will get to the point where Love will be flowing completely freely, without obstructions or disturbances due to the mind, its outlook, judgments or superstitions. I am the sender of love and the addressee. Thus the circle becomes completed – from Creator to Creator.

Give, give and do not stop giving. Then, I emanate from My heart onto the world where My presence is so much needed.

Let everything you see and hear, and whatever happens become an occasion for you to set in motion this stream of love from the heart. Let it flow everywhere you are. Then, you will never be short of love.

Do not be afraid to give. Do not be afraid to say "I love". Do not hesitate and do not withdraw into yourself. Keep staying in love. Love knows no borders, nor sorrow, nor limit, nor exhaustion. The more you give, the more you will receive for giving away. Do not keep anything for yourself. Give, give and give—just like Love is doing.

I have the feeling that it is not me who is to be giving. I mean the love sent comes rather from You, and not from me.

Yes, you only act as an intermediary between the donor and the recipient. As such, you should recede into the background so as to not disturb the free flow of Love. So, ask that it will be Me who sends through your heart the sweetness of My Divine Love everywhere where it is needed. You remain concentrated on Me. Let love and joy embrace you. Stretch your legs in the rays of My happiness.

God, what an interesting statement this is!

Smile. Seriousness does not square with a man of your age.

Should I have fallen into my second childhood?

At last you are getting your sense of humour back.

I am glad You have taken the load of 'I' awareness off my shoulders. It still wants to play first fiddle pushing its way to the front and taking your place. I thank You from the bottom of my heart. Please lead me further towards becoming Love and approaching your great and so endearing modesty.

Modesty is the basis of spirituality. Learn being modest.

Dear Master, could You tell something more on this subject?

With pleasure. This is one of My favourite threads. Firstly, realize that you do not know how to listen. Frequently you are so busy with yourselves and your thoughts that you do not see what is happening around you and are not able to understand what others say to you. And of course, for more or less the same reason you are not able to listen intently to Me. Secondly, know that your relationships with other people are mostly based on transactions 'you will give me this and I will give you that'. This is barter, and not friendship or love as you like to call it. Modesty has much in common with selflessness and devotion, with the ability to sacrifice oneself in the name of love, friendship and the good of others. Modesty is the renunciation of oneself and of the 'I' awareness, as well as readiness to receive anything in exchange in relationships with friends and those whom you love.

Modesty is the opposite of the sense of superiority and self-interest. It is relinquishing your self-importance and realizing that even though we have been learning for a long time, neither knowledge nor skills gained are ours; they are not at our exclusive disposal, but are given to us for a short time.

Modesty is taking the last place and is feeling satisfied with it.

Modesty is thinking about oneself at the very end. It is the ability to sacrifice oneself, one's 'own rights' and aspirations to be somebody.

Modesty is writing oneself off and getting rid of the sense of one's own importance.

Modesty is abandoning the habit of judging others and comparing yourself to them.

Be modest.

After reading again what You said yesterday, I was embarrassed. I know that in my case this is true. I do think that way about 'my' virtues and skills. Although I knew what You said was true, my way of thinking stubbornly remained. Wishing to change it or get rid of it only irritated me. I was helpless. What should I do?

We have been learning for such a long time now. You should already know that there is only one way—the path of love. Man cannot do much of his own accord! Therefore, this problem, as well as every other, is to be entrusted

with confidence to the Highest. All that remains for you then, is striving to approach Him with love.

Love for the Creator, the love you are asking for and which comes, is the path for you as well as for everyone else. It will straighten your ways, it will take all of the burdens, troubles and tribulations onto itself, in order that you are able to give Him even more tender and fervent love.

*All the 'so-called' progress on a spiritual path consists **solely** in the ability of turning with love to the Creator. If you turn to Him, He will know well what and when to do.*

Learn to constantly stay in love for the Creator; then soon you will find yourselves beyond this world in His wonderful embrace.

54. Causes and Effects

Master, I would like to continue the subject of causes and effects. If today's mistakes are going to bring suffering in the future then the present suffering is the effect of transgressing the laws of the Universe in the past.

Yes, this is the truth of the matter.

But don't You think that such a teaching will be mentally devastating for those who are already having a hard time? The awareness that it is not any blind fate, but they themselves are the cause of their misfortunes, will add to the burden of feeling guilt.

*You are wrong. **Liberation from suffering** is hidden in this knowledge, because suffering never comes without a reason and purpose. Understanding this fact can direct man's thinking on the path of Divine Love. On this path you will find liberation from suffering, and perhaps even something much, much greater. Besides, the feeling of guilt is not a good nor an edifying feeling but just the opposite, it only increases mental suffering. Therefore, one should brush it away from oneself.*

OK, but how should we do it?

Do not think about the past and do not blame yourself. Move forward, asking God that He straightens your paths and, if possible, eliminates the consequences of your actions.

Many misfortunes and a lot of suffering simply result from ignorance. Thus, one should keep asking the Highest to lead him and light up his path.

55. Attachments

Master, is love without any attachment possible?

Are you asking seriously?

You have a wonderful sense of humour. You are generally very sweet, beyond belief.

It is a pity that it's beyond belief. But you can acquire knowledge about Me and experience My sweetness.

It is strange that such a great distance separates us from You.

It is not a great distance at all. This is the distance between mind and heart, because I reside in the heart of every man. From there I can beam My love onto the world.

True love is purity, without a trace of egoistic desire. People, even when they say that they only want the welfare of another man, and mean this sincerely as they do think so, are still not aware of the egoism that governs them. That is why it is so difficult to find true and pure love among men. You mistake it for lust, egoism and attachment.

Since You said it is difficult to find true love, I am but tempted to ask You if perhaps it means that it actually does happen to us.

Yes, it is true. You sometimes happen to do something selflessly for others. This is what manifestation of love is.

I meant the feeling rather than its manifestations.

I know, but you ask about things that are not going to bring you anything valuable. Therefore, I am answering so that you may in some way derive some benefit from My reply.

You consistently have our good in view.

Yes. I also understand your good much better than you. Selflessness carries meaning but knowledge about what you call 'true love' does not. You had relationships in mind. I am talking about liberation, about the love that is beyond all this. I am talking about the Love that unties, frees, blesses with itself and elevates towards Divinity, and not about the 'love' that ties you with each other and with the earth. I am talking about Love that is our nature. Our nature. Our true nature. Love is everything that exists.

Welcome, beloved Master. Thank you for your love. It is wonderful to begin a day with this. I have a question.

Go ahead.

It seems to me that a very strong relationship is building up between myself and my friend. I catch myself feeling attached to him. Perhaps this is not good. What would You advise me?

Oh, we've got a lot of things here. Firstly, you have known each other for so long and have been together through so much in former lives that you are not able to get off this relationship. However, as you already know, any relationship of this type is destructive in the long run, because seeking support in the past, and in relationships with people is a sure recipe for misery. Secondly, you think about him too much. You are in no way bound up with him, nor, what is even more important, are you responsible for his progress. It is not you who helps him, but Me. This is a fundamental difference. Your help binds; Mine liberates and burns up the ties between the parties. Give this relationship over to Me and refrain from doing anything of your own initiative as you will only spoil My plans.

What can I do to break this relationship?

In fact, it has already broken and will not be the same any more. I have already taken care of it and am giving you both love instead of the energies that lingered in you for so long. Remember that you do not meet anybody without a reason. You should be especially careful with people you have strong reactions to. A strong reaction and nearly immediate mutual understanding, the feeling as if you have known someone for many years – these are certain signs of the karmic relationship. You must be careful with them – very careful. In this particular situation of yours I recommend you to break contacts for some time. Let us begin with one month. Later we will see what to do next.

Thank you for Your answer and help. I will joyfully comply with your advice.

Relationships happen to be dangerous. Remember, what matters is love, and not the relationship. Learn how to discriminate between attachments and love. The only relationship that is worthy of working on, or rather one should work constantly on, is your relationship with God. The rest are attachments.

Interpersonal relations are very important in our culture.

If it were as you say you would respect every other person. Your 'relationships' mostly serve for managing your personal matters and business. Many of you try to fill the emptiness they feel inside and improve their sense of self-esteem. To tell the truth, there is no love in you for a fellowman, no opening up to or intent listening to him, no attempts to understand his feelings and no reaching out to his heart with love. Remember, in order to love someone truly you have to be free and give freedom to the partner. Love is not attachment. A relationship is a path to Divinity and not a field for going into for your own pleasures. Love wholeheartedly and be free. Love Divinity and it will liberate you and will show what love for Divinity and for another man is. Be happy.

Unexpectedly for me, we have begun the subject of relationships.

A relationship is the setting for love – it is only a background. It is not relationships that are important, because they pass; it is God and His love that are important. Detachment is the path to love and selflessness. Then there is no trade. There is giving, giving and giving. Love lives by giving and forgiving; ego lives by getting and forgetting. Make your ways towards paths of love, gradually forgetting about yourselves, about what for so long has been the pivot of your 'I'.

Learn to give from the heart, listen with love, understand and support your life partners. And mind what you want in return. In the first place realize that your intentions in very truth are not pure. And then turn to Love. Let Love liberate you and give itself in place of attachments. Develop light and love instead of attachments. Keep developing relations with Divinity based on love, on the joy of contact with it, on the happiness that flows towards you with every thought directed towards it. It will do good for all of you.

Let us now busy ourselves with the next subject. This will be about developing the ability for concentration.

Will we ever get back to the subject of relationships, Master?

Not once, not only on one occasion. Love for God, and not relationships, should occupy the first place and the second place. But if a man lives in a relationship, he can do much for himself and his/her partner. Everywhere there are possibilities of work, changes and introducing the deeper order of love. Therefore, we will be talking about relationships many times in the future. I will teach you how to change them from being difficult and beset with problems into meadows on which wonderful flowers of love bloom every day.

Thank you for the promise.

Love, only Love matters.

Baba, I am intrigued with what You have said. Why did You say it just now? I know that there is always some reason behind your words.

By now you should be able to answer this yourself.

Beloved Master, wonderful love is flowing while I am writing your words.

Love is Lightness of the Universe. Do not focus your mind on people; do not focus it on the world. Concentrate it on Me. Always and everywhere, during life and after death, while healthy or sick, over and above all events and problems, above what you consider good for you and other people, concentrate your mind on...

Love, as only Love matters.

Love is liberation. I will burn the handcuffs of your attachments to a crisp. Love will triumph and each day will celebrate its quiet victory. Love is the greatest prize you can receive. Seek Love, live your life open to Love, pray and ask that it bestows itself on you and your dear ones, that it opens your hearts and minds and leads you through life along its paths. First and foremost, learn to focus attention on Divinity who loves you, and then everything around you.

And now is the right moment to speak about concentrating attention on Divinity.

56. Concentrating on God

Devotion is a rare phenomenon today and a distracted mind is the cause of this state of affairs. The mind is running in one direction and then instantly in another. There is no steadiness or one-pointedness of concentration in you. This is an enormous obstacle in treading on a spiritual path. An unstable mind easily succumbs to impulses from outside and willingly follows them. A stable mind is established in God and His Love and cannot be easily knocked out of the state of harmony.

The ability to concentrate the mind is the basis of focusing on God. Therefore, I will give you a few techniques that will help you cut through the distracting masses of outer energies. The exercises given below are to be performed patiently and with great calmness, and at the same time without expecting quick results. Despite their simplicity they exert a strong influence on the mind; thus do not overdo them.

The first exercise requires the ability to focus thoughts on the point in the middle between the brows. In the beginning turn to loving God in order that He blesses your efforts and waits, watching over the course of the exercise. This is very important since it testifies to your intention. Next, gently concentrate attention on the point between the brows for 10 to 15 minutes, as if you were looking at it from inside. When you achieve proficiency doing this, you can imagine there a tiny form of Divinity of your choice. Do not follow any thoughts coming, any memories or mental states but offer them to the form of Divinity. Keep refocusing the attention back to the Form. Stay in calmness and silence trying not to disrupt the concentration with unnecessary thinking. 'Concentration, concentration, concentration' – keep repeating this very quietly in your mind when you have difficulties with concentration. Let there be gentleness in you, and not pressing; softness, and not forcing.

If various phenomena appear, like insights, flashes of colour or knowledge of remote matters, give them all to the loving Creator. Do not develop them. You do not need them at all. These phenomena lead people astray. They are like the curtain of illusion (maya) cast over Divinity. Continue further until the point when you feel a cold stream flowing around your head. This will be the sign that you should stop concentrating on the point between the brows. I would not recommend continuing further – that much is good enough.

The second exercise is somewhat easier, but do begin with the first. Only when there is no way you can manage it, do you go to the second technique. This consists in fixing your gaze on one point. The flame of a distant candle is a good centre to fix attention on. A picture or, as a last resort, a drawing of the Divine Form is still better for this purpose.

Fix your gaze on the point between brows of the Form trying to maintain clear and clean awareness of what you are looking at. Ten minutes in the beginning should be quite enough. Do not outdo yourselves using this technique. The power generated thanks to this may turn against you if you begin focusing the gaze on objects in the outer world too intensely. For that reason the first method is safer and more effective.

These exercises described here help stabilize mental currents. But know also that a lot depends on you. I recommend limiting your interest in too many outer matters – press, radio and television. Today's mass media has reached

a point where the less attention you pay to them, the better for you. You will be capable of leading a much more balanced and happier life when you discard the media. There is no need to absorb volumes of dark energies accompanying various events, comments and opinions. God is everywhere and takes care of everything and, having listened to or watched the news, you are not able to do anything anyway. Ask Divinity for happiness for all beings. Leave this world to Me and keep turning as often as possible towards Divinity. Thanks to Divinity also, the world will change very much for the better. But you should give Me a try first.

Dear Baba, at this point may I, or *should* I, describe that new meditation You have taught me?

Yes, but let Me have a brief comment. If you know some method of meditation, then try to stick to it. Changing of techniques often is not good. Stay with one method. Ask loving Divinity to show you the right one for you—for your level and in your situation. Pray with love and Love will answer you and show the way. And now describe your new method.

Mine? Baba, you have wonderful sense of humour. I love You very much for this also. You are the most splendid Being in the world, nay, in the Universe! I love You!

Love shows the heart the path to Divinity.

Baba, please, You are again uttering a remark without apparent reference to any earlier text, but which seems to be opening new horizons. Could you comment on your statement?

No. It does not require commenting. It calls for love. Direct your love towards loving God. Explanations are not needed in place of the sweet feeling which arises in the heart. It will be your guide in life. Find it and follow it. Move aside the voices of the world, those of your feelings, ideas and impressions. Brush away attachments and lust. Brush away external interests and daily commerce. Replace them all with love for Divinity and it will burn up everything negative leaving only purity, love, goodness and Lightness.

I do not know what I can say now. I promised to tell about the meditation.

Begin then. People are waiting.

How wonderful is your laughter!

Begin, begin something beautiful...

Beauty is really hidden in the meditation I am about to describe. At least I feel so. The meditation is very simple and at the same time, I don't quite know why, very powerful. I feel its influence strongly every day, both in the morning and occasionally during the day in my leisure time. Such incredible energy comes at once! It is shining energy that brings great calmness, so deep and unruffled. Afterwards, I feel love and great joy for many hours. I meet people, talk to them and notice that I see everything they say or do in a positive light and that these events are bringing me joy.

Well, rather not.

Oh yes, thank you for the remark. It is rather the joy that is inside me which makes me glad and all smiles, and then in general, everything is great. And when I have time during the day, I only sit and again ... my batteries are getting charged.

And now it will be about the technique itself. The meditation that in my case brings such incredible effects consists in looking intently at a portrait of Sathya Sai Baba and uttering mantras or simply saying, 'I love You'. This meditation lasts some 20 to 30 minutes and in this time I try not to think about anything; only concentrating on Love. And Love comes.

Baba could You add your comment here? An image of Sathya Sai Baba may be inappropriate for many people.

No, not so. You have used an improper word. Do not look at the form, but beyond it, at Divinity. It is Divinity that matters. What matters is Me, and not this or that form. The form is of secondary importance in comparison with the Divinity that manifests in it. It is Love that is My message, and not My body.

Let me take the liberty to remark that You, embodied as Sri Sathya Sai Baba, radiate most strongly of all forms of Divinity known to me. At least that is how I perceive it. Perhaps this is so because You live in the body these days.

The Universe is My body. Sri Sathya Sai Baba has come and will leave. What will remain? Find out for yourselves the answer to this question. I am not in India. I am here, now, in you and beside you. I am right next to the one reading these words at the moment. I love you. I am Love.

God, what a power gushes from your words!

Choose the form that suits you most. Concentrate on it but look beyond the form. The Divinity represented by the form is everywhere. It is here, now. This Divinity, which is present in you and beside you, is Love. Divinity and Love are one and the same.

Keep turning with love to Love. Ask and pray for Love. The blessings of the Divine will become your share every day. But do not swell with pride and do not allow yourselves feel like 'the chosen'. Instead of wasting time this way turn towards God and His love. Ask for modesty, ask for love, and ask for liberation. Ask and pray that the Creator wills to mould you his way. This is the way to uniting with God yet while alive on the earth.

Welcome Baba. I am very happy that I have found You and that You allow me to experience your love. I love You and I would like (or rather I am asking You), please, that there be more and more of this love in my life. Today I would like to ask You how to develop love towards You. How to do this? I have in mind the technical point of view.

All right. Welcome. Today we will talk about how everyone can learn loving God. Each of you loves someone or something. I mean this special feeling that you can have for others. It is the feeling of sweet staring at someone, of devotion to someone, the feeling that causes the heart to warm up. This feeling will be the starting point for us. Take a closer look at those you like the most – not admire or respect, but just like the most. It may be someone

from your family – a sister or brother; it may be a husband, a wife or a beloved friend. Many of you surely love your children. I am all of this. In fact, when you look around you do not see anything except Me.

Now, having chosen such a person, recall the feelings you have for him or her. Let them be as lively as possible, kind, and full of devotion and love. Then transfer all this onto Me, onto this form of Divinity you have chosen as the object of your meditation. Remain in these feelings and strive to maintain them as lively as possible, as pure as possible. Embrace Me. Let us stay in this sweet embrace. I love you.

Dear Baba, not many people will be able to manage this.

Why are you saying that? Many, many people will manage. Keep trying, trying and trying. Time devoted to approaching Love is never lost.

Such a warmth flows from You when I embrace You.

I never cool down. I always love, love and love.

The next subject I want to touch upon today are doubts and hesitations.

57. The Valley of Doubts and Hesitations

Doubts and hesitations often accompany you in preliminary stages of the spiritual path. Plenty of questions come up, questions such as 'Is the path I follow not some sort of fraud contrived to draw me into some unpleasant affair?'

These all are good reactions showing your natural prudence that you should always have when you meet, hear or experience something new. They are a protection against being led astray into the spiritual wilderness. However, they should not keep you from a real turning towards Divinity in your hearts. Nobody and nothing have access to your heart, because the Creator Himself guards it. You may disbelieve this, but nothing stands in the way of you trying to ask God a question, wherever He is, about the value of what you experience or about the value of what is being passed on to you in this book. But first and foremost, nothing stands in the way of turning to Him, so that He guides your life and appears in it the way He wishes.

Doubts and hesitations belong to the domain of the mind. The heart knows the path. The mind usually dominates in your vision of the world. When you are beginning on your path you find it difficult to discriminate. Place your trust in God in such situations. He knows which way to lead you. Trust His wisdom and love, trust His goodness and compassion. Whatever happens to you is the Divine gift intended for your liberation, and serving your life with Him in happiness and joy through all the years, centuries and the whole of eternity.

Doubts and hesitations, if they stay too long, constitute a major barrier in your spiritual life. Keep diverting your attention away from them. Busy yourselves with working, with serving others. Pray to Divinity for help and for removing all the obstacles. Apart from this, if you ever admit you are on the wrong path, you may always come back and seek another. Pray for

inspiration and Divine guidance and you will go quickly through the valley of doubts. So much goodness awaits you on the other side that it is a pity to stand still and suffer in darkness. Turn to God asking that He guides you and shows you the path towards Himself every day, every moment. At times of hesitation, doubt and suffering, I am always with you. I love you and I am sorry to see you suffer.

On the other side you will find gifts of love flowing from communing with the most powerful and most loving Being in the Universe. Just get in there and allow yourself to be gifted with them. There is no greater power than the Divine; there is no sweeter love than His love. Get close to His love... and stay this way.

I love, I love, I love. One day you will see who I am and you will experience My love. But why not today—here, now? Turn to Divinity with fervent prayer asking that It embraces you with Itself.

Doubts and hesitations are like thick ropes that keep your ship in a harbour. And you will never learn what it is like to sail the open sea if you are not able to cast off the moorings. Leave the mooring ropes behind and place implicit trust in God, directing yourselves towards Him, towards His love and His compassion. You can always count on these, although sometimes you curse Divinity for sending down on you states and things which seem to be destroying you. This seems so only on the surface, because it is not the loving-you-Divinity who is guilty of these events happening to you in your life. These are the effects of your earlier conduct. But remember, sincere turning to Love and praying that Love enables you to make next step towards it, is able to reduce your loads or even remove them entirely.

You do not have to experience in order to learn. Love does not require that. Love teaches via experiencing love, and not by gathering knowledge or earthly, or even heavenly, experiences. Experience is not so important; Love is most important. The touch of Love will do for many experiences.

Each of you has his own path imprinted on the heart. The duty of religion has been to direct you to your own hearts where Divinity resides, in order that you are able to get in touch with It – everyone, individually. However, you got directed into nothingness, towards artificially created and needless doctrines. As a result, today you take darkness for light and you are afraid to abandon the known to make a step towards Love. But the time of hesitation slowly passes; the time of love is coming.

There is an Avatar on the earth, now. Once again, people start asking the simplest of questions: What sense is there in religion? Why is it not possible to check all these doctrines or perhaps it is? What is their purport? Who am I? Who is God?

Love, latent in so many hearts, is beginning to get out and demand its rights. This planet will soon become like the other planets, a planet of love where people live in spiritual unity with the Creator and He is their guide every day. Love will be sweetening each day and each step. Then, also, the gates of the other world will open and you will meet your 'deceased ones'. They are not going to rise from any graves at all. You will simply see that they are still alive in a world that is right next to yours, and that many of your ancestors, loved ones and acquaintances who passed away came back as your children, grandchildren, friends and neighbours.

These will be days of great discoveries and joy for all of us. There will be no judgement except understanding of the Divine laws and of the necessity of surrendering to them for the common good and happiness of all. Since there will be no judgement, so also there will be no punishment either, and all the more, no hell. There will be love – more and more of it. Love will be present everywhere. Love will pervade every cell of your bodies and everything around you. Humanity will know then that Love has always been here and that the Creator is only this Love. Start right away, begin today, aiming to approach Him as soon as possible and experience life with all the happiness and love that He has got for every one of you.

Everyone should make this step himself. Try, because contrary to what your religions maintain (that the reward would allegedly come only after death), the first effects of your meditations and turning towards love will be seen very quickly. Just learn to see. And do not be afraid. After all, you turn to God, you turn to Love, so why be afraid?

Doubts and hesitations interfere with the flow of Love energy from your hearts into the world, where it is very much needed by others. Giving is your duty, including giving of love. You should allow it to freely flow without disruption wherever it decides. If you are too busy with yourselves and your own problems then you cut off your access to the living stream of Love energy, that otherwise would be flowing freely carrying you off towards God and blessing everything around you. Love in hearts is the Divine fire burning up all the mistakes committed, destroying the causes of suffering located in the psyche and the soul. This energy is very much needed in today's world, because it is the only power that is able to cope with the mental states that are closed inside you for centuries, with traces of life disasters, suffering and meanness that you have committed. The world and you yourselves need plenty of love and Divine joy. Therefore, strive to open your hearts to Divinity, so that it lifts you towards Itself, cleanses you, bestows on you what it wants and subsequently blesses others while flowing in sweet silence straight from your hearts.

58. The Path to Love and Freedom

I was sick for some time and had problems with pain on the right side of my body. It must have been some sort of neuralgia. Occasionally it used to spoil my mood. The bad mood was coming and leaving in waves, but one night the pain woke me up. It was roughly six o'clock in the morning – quite early, but just the perfect hour for meditation. I sat with my eyes fixed on a big portrait of Sri Sathya Sai Baba hanging on the wall. For some time, I used to begin the day with just such a meditation. This lasted for about 15 to 30 minutes. The pain was not going away, but somehow I did not care about it. I continued to focus my gaze on the form of Sathya Sai Baba and tried to prevent other thoughts from entering in. After about twenty minutes I felt a clear wave of love and calmness flowing in—something so positive and really good. Energy flowed down into my head and permeated right through my whole body. At the same time the pain in my side stopped suddenly, as if it had been cut off. As usual, everything became wonderful again. Love was everything that existed.

I was all the more glad as two days later an important trip awaited me, which required that I be in very good condition. And I was. Thank you, beloved Master, for your blessing and for your love. Now I am sure that your love can do anything.

Yes. It can do anything. It protects, heals, elates and makes everything resemble itself.

Thank you for this blessing. The wave of concentrated energy came in an identical way the next day and another illness, which had been nagging me for at least ten years, was gone within a second, along with all its symptoms. Goodness and Love came – just pure goodness and Love. Baba, thank you for being so loving.

Yes, yes. Write more often and you will receive even more. The writing revives your soul and gives it an eagerness to loving. This way it becomes even more shining and loving, and this process cannot be stopped. You may only quicken it.

Baba, I am perceiving You yet differently now—as if I saw You with my heart as Light.

I am Light and Love. Learn seeing with your hearts. Therein God resides. God is everywhere. Love is the best way to Him. It is the royal road.

Dear Baba, what can I still do for You today?

Smile. A smile helps to live. When a man of pure heart smiles, God is delighted.

Meditation consisting of concentrating with love on your picture is very powerful.

That's right. This is the way the Avatar works – love, inspiration and change. Do love, love and love.

I have an overwhelming impression that enormous work was achieved during that trip.

Yes.

May I, or should I describe a few experiences from that time? They were quite instructive.

Yes.

I have no idea how it has happened...

It was due to My inspiration.

Oh yes, so I thought. Thank you. I had no idea how it happened, but at some point we busied ourselves with energies emanating from different books. It was a kind of first-rate entertainment. We were taking different books in our hands and focusing on the impressions they created. A book about Mahatma Gandhi vibrated beautifully. It was spreading the message of devotion and modesty being a mighty power. It spoke about

love as well. Surely, the book carried the potential to change the readers. It had a very deep and powerful influence. The next book was *The Tibetan book of life and dying*, if I remember the title correctly.

It is a little different, but let us omit this detail.

Long ago I had some very unpleasant experiences with books by llamas about death. So I concentrated cautiously, being prepared to halt immediately, as I did not want to spoil such a nice evening. But instead of unpleasant feelings, there suddenly came a warm energy about which I was not able to say practically anything. After a while I felt a strong strike of energy on my heart. I knew one must be very careful with such things. All at once a space opened and I saw that thousands of loving beings living on the other side had contributed to this book. It was an unusual experience. The energy of that book carries the reader into the world of the disembodied and relates the different dependencies 'there'. Such were my feelings. How would Master comment on them?

You will hear my comment later. For the time being continue writing.

I felt this powerful impact on my heart again two more times. The general impression was that of strong, high and heated energies, relating to the other world. Although I was not sure, I felt that they were not of Divinity – not these, for there was no flow of love.

And these feelings are correct. Divinity is beyond this world and beyond the other world. Concentrating on any of these worlds is limiting oneself to a certain area. People should go still further – towards the source of Love. It is worthwhile to learn about the other world, but not to stop there. The Universe is full of beauty and wonderful mysteries. But the greatest mystery is the mystery of the Loving Creator. Seek pure Love.

Then we took the book *God's Little Clown* by Conny Larsson. This one had a very interesting emanation. Flowing from this was a bright energy which was burning various negative states away in the readers. Baba, it was your energy. No one who reads Conny's book is going to be the same anymore. They will be lighter, closer to You, to your love.

Yes, it is true. This is how the energy of Avatars works. No thought directed towards Him remains without a response. Thanks to this people are much, much lighter and happier. My mission is to bring you love and happiness.

Now Conny is one of your accusers.

So what? As before, he still has My blessing and help in those good and edifying activities that he undertakes. Love is what counts. People are not able to stop Me from giving. Even if all turned away from Me, I would still remain Love and would be giving and supporting. The subject of accusations levelled against Me is not an essential nor an important area worthy of your attention or thought. These energies are destructive for all of you and it is better to stay away from them.

If those people were able to see these energies, they would know right away with Whom they are dealing. Instead, they live in darkness and pull others into it. In my opinion, your emanation, which I have been observing over many years, has but grown.

I remain ever the same. You are changing.

An extraordinary statement.

Who remains changeless in spite of the passage of time?

God only.

Yes.

You only.

Yes.

Love.

Love is God.

I am talking to Love.

You are talking to the Creator.

Oh God, how wonderfully You have spoken!

Turn your mind up, towards Light. Turn away from the world of shadows.

Thank you for reminding me of this. I keep forgetting during my daily routines and I get trapped into thinking about work, the future, tasks and so on. I lose sight of You in my mind's eye. Now I want to thank You with all my heart for this reminder.

I am your Teacher, am I not? Ask Me more often for My hints and soon you will be even closer to Me. I am waiting. I have plenty of time so we may work even closer than we have so far. And we may, since by now you are ready for it and I am always ready.

I can give each of you the next step towards Me according to the place you currently are in.

Thank you very much, beloved Master, for your words. I will take advantage of your offer with a great joy. It has been my dream for a long time.

And now let us get back to the subject of energies flowing from books.

I mentioned *God's Little Clown* by Conny Larsson. Does every book about You work this way?

Yes, every one. They burn negative traits of ego to ashes.

The Fifth Discipline by Peter Senge was the next book. In my judgement the book was written with deep insights into the processes of business. It is a breakthrough work of genius pointing to new directions in thinking.

And these words are consistent with the truth. Senge knows what he talks about. He could go even further, but he decided that he has learned already enough. He did enormous work.

At the end a strange situation arose. I asked for a book whose author and title would remain unknown to me. Not knowing what I was holding, I concentrated on the aura. It was shining. I said that in my opinion it was a book about spiritual matters having quite a strong effect; it would not leave anybody indifferent. After some time I learned that I had in my hands a book by Norman Peale. The subject had something to do with enthusiasm. I was mildly surprised, because I knew that my hosts held a low opinion of this book after reading it. But when I took the book into my hands again it was radiating nicely and the emanations were clearly positive.

I did not know what to think about all that. As far as I understood, in the opinion of the hosts, the book was about the art of selling and enthusiasm connected to sales, and was rather negative. It appeared as if my perception of the aura completely misled me, although it was strong and clear. However, the issue continued to bother me so the next day I asked for the book and began flipping through it. On the first page opened at random, I found accounts about the value of joy and appropriate quotations from the Bible. Then, wherever I opened it, I found interesting thoughts about God, joy, enthusiasm and directions towards positive values. So finally it turned out to have been a work of clear spiritual profile, despite containing information about the art of selling. I am under the impression that European culture does not comprehend at all the American approach to religion, where integration of spirituality, God and training of salesmen is nothing unusual. Believers as well as those guided by these very same principles in life are to be found everywhere.

This is a very good book. It has helped many people to pull themselves together and find the right direction in their lives. Books like that are needed very much. Also, you perceived its aura correctly. You do not see everything, but the level that is accessible to you is just enough.

Yes Swami, and I do not need anything except your love. The rest are simply nice toys.

No. What you call toys are My gifts to be respected and used for the good of others. Do not call them toys, because this is not what they are. These are the gifts of grace.

Yes, excuse my mistake. Please, direct the development of these abilities in me the way You consider suitable, so that I can serve You and your love in full measure.

This is the right approach. I like it. Receive My blessing.

Thank you, Master, for your love. Thank you for the happiness You confer on me, on us.

I am happiness. I AM HAPPINESS.

Baba, please, do burn my ego to ashes, burn our group ego to ashes. I pray, let all people be happy in You, in your Love.

Good, good. Ego is ash. Love is everything—love, love, love. Turn towards love. Ego will disappear.

Baba, tremendous heat beams from your words!

Love burns ego – here, now. Open your hearts up to the breath of Love. To feel Love in the heart is to walk arm in arm with the Creator. Your whole life may be like that – only happiness, love and joy. Say, is it not so?

Yes, dear, dearest Baba. You are very much present in my life. It is worthwhile being madly in love with You. It is worthwhile putting You in the first place. It is worthwhile going mad with love for You. Only You matter. These words always put me back on my feet. I love You. Only You matter.

I am Love. Discover Me. Find Me. I am very close. Open yourselves up to Me. I will come for sure. I am coming!

Your words will be read by thousands.

There will be hundreds of thousands throughout the whole world. And I will touch everyone. Here. Now.

Your Love is a mighty power.

It has created the Universe. This Love is what you call God.

There is a sequel to this tale.

Continue.

At the end, on the day I was departing, I suggested a brief meeting to sum up everything that had happened, to draw together practical conclusions and emphasize hints for the future.

And this was a correct idea. One should point out practical conclusions and usefulness in practice, because they allow the next step towards Divinity to be made.

Baba, I have a certain question which deviates from the subject somewhat.

Ask it. We will get back to the main thread later.

All the time I was under the impression of hurry, as if I had to finish in time, as if I had no time for anything else. So everything was to be completed as much as possible as quickly as possible...

Yes, this is a good feeling. Occupy yourself with Me and leave the rest to Me. That's all.

Thank you for this remark. Just now I have noticed that I have become engaged, somewhat unnecessarily, in affairs of others. Can You, please, help me to do away with this.

And this is the correct approach. Get absorbed in Divinity and forget all the rest. Then everything will take a much better course—without external intervention. Finish up the story now, as it is instructive. Then, offer Me all the events so that I may burn the memories and change them exclusively into pure love for Divinity.

Does it mean that I have completed my work there already? And that nothing else is needed?

Understand that people do not need your ideas at all, or even your solutions. They need My Love, because only this is able to evoke lasting changes in them, uplift and heal – only Love. So, you do not have to talk that much or get involved in the course of events. Leave the development of affairs and events to Love and within yourself keep turning your mind and heart towards Divinity – constantly, consistently and with love. This is the path to liberation and in this way you will best help others. You will not help with words, but with the constant turning towards Love.

Thank you, beloved Master, for your words full of wisdom. You repeat them so many times, but I still forget them.

It is OK. I am here at your disposal. I will be constantly reminding you about Myself. You will never ever free yourself from Me. I will constantly be haunting you with Myself.

May it be as often as possible. Life with You is simply wonderful.

Continue the story as we are approaching the most important practical conclusions from this part of these conversations.

The summary was based on seeking answers to a few simple questions. These were:

- How to activate inspiration and use it constantly?
- How to solve one's own problems and those of others? Is there an alternative approach to engaging and plunging oneself into problems of others?
- How to heighten one's mental state and eliminate the feeling of tiredness?

The answers were roughly as follows ... But maybe You could answer these questions? You could do it by far better than I ever would.

All right. Inspiration is contact with the inside. It is the 'ideas' that come when you have run out of your 'own' solutions. The example you gave then was known to that person, who has presented it before. You gave some more solutions – all equally good or even brilliant. They were coming when you suspended thinking about the problems and began turning towards Love.

Yes, these were flashes of really brilliant solutions. We were aware of this. Thank you for them. Many will be able to make use of them.

This is exactly why they come. But remember, you have nothing to do with the process or the effects. And you must not become involved in any stage of the process or in rejoicing at the effect. It is none of your business. You only provide certain hints and suggestions in the more difficult steps and that's all. By now you should be deriving joy exclusively from Me, and not from outer events. Thanks to such an attitude you will be able to constantly bask in joy, far beyond this world, and I will take care of the rest.

Thank you for these wonderful words of love. I know that thanks to putting them into effect I will be even happier in You.

And this is My goal for each of you.

Getting back to the issue of hurry, this is derived from the influence of the energy in the external world. Everyone you meet lives in severe lack of time and you have taken over this pattern. Slow down, slow your breathing down and everything will return to normality. Do not yield to their rhythm, but keep turning to Me everywhere. I will equip you with My rhythm—the rhythm of Love. Are you happy?

Oh yes! With all my heart!

That is good. Now let us get back to the answer. Inspiration in other words is intently listening to the inner voice, to the voice of the heart. The mind that turns towards the outer world gets tied up with those energies, and is no longer able to receive clearly what flows from inside. Therefore, if one wants to gain inspiration more often, that is, suggestions concerning all spheres of life, one should keep directing his mind towards Love, towards Divinity, learning how to love it and to devote oneself to it.

We were also talking about prayer that is full of love to You, about requests for help and the request to You to carry out matters the way You regard appropriate.

The request for help is one thing. But if you ask that I help you to arrange affairs the way you want, we may have a certain problem with that. The reason is that you do not see and you are unable to encompass the wholeness of events. Neither your minds nor hearts are prepared for this. The best you can do is to sacrifice your desires and ideas on the altar of love. From now on ask that the matters be settled in accordance with the will of the Highest Love, since it is both wisdom and love, and it chooses the best way. Remember this: not your desires, but the paths of Love, the paths of the loving Creator.

While answering the questions asked, I also gave further practical hints. I said that to 'strengthen' inspirations one should, at all times (or as often as one can) keep turning the mind towards loving Divinity in the form one has chosen. Feelings of closeness, hugging, holding your hand – these saturate our aura with the vibrations of Love.

And this is a good hint. To constantly be in contact with Divinity is the best form of spending time one can imagine.

The second question was how to solve problems of one's own and of others. Speak.

If we concentrate the mind on You, we have contact with your energies and your love. If we focus on a man having problems, we are in contact with his energies. These usually cause depression, a worsening of mood or similar states. And these in turn influence our spiritual state and obstruct the reception of inspirations. Additionally, we then shut off the inflow of fresh energy from within which is the very thing able to 'shatter' these lower energies and instantly render help for the person in need. Therefore, it is our duty to constantly keep turning towards God, and not towards problems; towards His love and happiness in order that He may pass down or inspire words which will help another person and that He hands down energies which will burn up what stands in the other person's way and what is negative in that person.

You begin talking sensibly.

The words from within plus My energies can solve your problems immediately and give joy, love, relief and happiness instead; and freedom from those low beings.

I feel I have just written down one of the most important thoughts in this book, the most important hint for those seeking light and love.

Yes. This hint is by all means practical. Have Divinity first and the rest will settle itself. The way to help others is by concentrating not on them and their problems but on Divinity, on the loving Creator. He is able to solve many of your problems while you wait.

Yes, Master, I have been lucky to see this happen many times.

Do practice turning towards Love. Keep filling yourselves with Light. Then serve God and others while concentrating on Him. This is the path to love and freedom. Now underline the words I have said and furnish the whole chapter with the title 'The path to love and freedom'.

See good things, be positive and try to perceive goodness everywhere. Be good and ask loving Divinity to teach you that. Whatever you do, try to do it for the Creator. Let everything you do be offered with love to the Highest Love.

When I focus on You and remember about this hint, work is utterly different. I feel your love flowing through me. Master, I would like to share this with others.

The time has not come yet. Write more. This is now your primary task. Perhaps later the time for something else will come. Do not think about the future; it is uncertain. Do not go back to the past; it does not exist anymore. Remain in the present with thoughts concentrated on the Creator. This is the highest form of meditation.

Enormous power flows from your words again.

I give you the power for you to bring what I have said into effect, so that you may change your lives and unite in love with the Creator of the Universe. Do ask for Love, for guidance, for removing obstacles from your path. Let Truth, Love and Goodness triumph. Let them manifest in the life of every one of you. This is My goal.

I would like to ask You... Oh no! I want to thank You first for your love... There it comes again—an irrepressible wave that floods the mind and heart, and with its sweet elation penetrates their deepest recesses. What a wonderful feeling! Thank you.

Love is Divinity, it is I Myself. I am just That.

Thank you again. A new idea has just come into my mind to include here portions of the summary I have written for my friend. I would like to ask You for your opinion.

Asking Me for My opinion always makes sense. Continue turning to Me with everything you do, with all your ideas, absolutely every one! You can do it, can't you?

Of course, I will be trying very hard!

And this is the answer I expected. Ask.

Let me get back to the request for your opinion.

You know it.

Should I add that fragment?

Yes.

I have heard your answer in the form of a feeling in my heart.

Yes.

It was the feeling of Love. Love was the answer. It was Love that flew in along with the idea itself. True?

Yes. This is the sign that the answer and the idea come from Me.

Thank you. The summary will be placed at the end of this chapter.

Baba, I am very happy that I have met You. Thank you for appearing in my life and agreeing to become my Divine Guru.

I accept your thanks. Thereby you have made Me really happy. Know about it.

It surged from the heart...

Love turns towards Love.

I just finished a phone conversation. What we have talked about has already been put into effect. The person phoned after about twelve hours of work and said there were not the usual signs of tiredness in him. And twelve hours of work as a consultant with people in a very difficult situation, wherein some of them might lose their jobs, is really a great deal of effort. He said that he had asked You for help many times during the day and a few times he was feeling a very hot energy flowing from the hearts of the people he was working with. And ideas kept coming by themselves. Moreover, to

the question what to do he had an inspiring dream, the meaning of which got cleared up during the day.

Love is everywhere and always responds to your requests made from the heart.

Thank you for your grace which allowed us to apply your hints right away and obtain effects almost instantly. Thank you, Master. Please, continue blessing us with your love and do guide us towards yourself.

And now, my dear disciple, the time has come to forget all about these events and relationships. Do not let anything interest you besides Me—from now on, nothing. That is not your karma, not your business. Let them run their own way, which I am going to determine for them. Turn your mind away from matters of the world and stay in Me. That is enough for today.

I thank You wholeheartedly for such an inspiring conversation.

I am constantly available; and for each and every one of you too. Do try Me.

An alternative approach to problems consists in...

In turning with a prayer, request and love to Divinity so that it supervises the process of resolving the problem. In turning towards and entering into the sphere of Divine radiation, energies and love can bring a solution or suggestion, or can bless with Divine energy.

Then at least one of the parties is free of the problem.

Man lives to experience happiness and love in union with Divinity. Let us not exaggerate the importance of problems. Keep turning to the Divine source of solutions. The world is a problem, God is the solution. You will receive from that whereto you turn your mind.

That is an extraordinary statement.

The world is the problem, God is the solution. You will receive from that whereto you turn your mind. Now you all know this. Make proper use of this knowledge.

Yesterday during a conversation I noticed that my confidant was very calm and relaxed in spite of some twelve hours of work. It is a great change compared to the previous state.

My hints found their way to the heart and were immediately brought into effect, hence these strong and beneficial results. If he only continues this way, it will be even better. As regards you, your role is over. There will be no more hints, unless upon explicit wish of the confidant. You are not responsible for this issue anymore. Your task now is to turn with love towards Love and to leave the world and its affairs to Me. I will take care of them My way.

Yes, Master. Let Thy will be done.

There is still the third question to be discussed. How to uplift one's mental state and eliminate the feeling of tiredness?

Yes. One should act in a manner similar to that I described earlier. That is, one should keep constantly turning to love and not let the low energies break in and disturb the communion.

A few months after these events I accidentally found information about how the concept of *The Fifth Discipline* came to Peter Senge during meditation. "The vision that became *The Fifth Discipline* was born one morning in the fall of 1987. During my meditation that morning, I suddenly became aware that 'the learning organization' would likely become a new management fad." The author decided that he wanted to take advantage of the fad and do something that would "establish systems thinking, mental models, personal mastery, shared vision, and team learning and dialogue as inescapable elements in building learning organizations."

Below, I am attaching the summary we talked about.

Summary.

The synopsis of our meetings and conversations can be contained in answers to a few basic questions. They are:

- What practical conclusions can be drawn from the experiments performed?
- How to activate inspiration and learn how to use it constantly?
- Are there any alternative and more effective ways of solving one's own and others' problems?

Here are partial answers.

The first question was *What practical conclusions can be drawn from the experiments performed?* The essence of the experiments was to demonstrate that every book emanates energy and causes specific reactions in the mind of the reader. We could have done this experiment somewhat differently: not by connecting to the books but to various selected beings and observing the feelings they invoke. The conclusion would have surely been verification that directing thoughts towards someone or something causes inflow of energy from 'there'.

If so, one should consistently keep connecting to beings that on the one hand are very strong energetically (e.g. Spiritual Masters and Teachers, Forms of Divinity) and on the other hand have very uplifting and positive energies. Communion exists not only during the time of meditation when we can imagine their closeness. We may live in communion with them also during the day, when we may pray to them, ask for help or turn with words, e.g. 'I love you', trying to vividly feel love for them and feel their closeness. For it is love that best connects us with them.

The next question was *How to activate inspiration and constantly use it?*

Practice shows that the inner inspiration may manifest 'spontaneously'. There are a number of examples known to us.

Practice also shows that a request for help and the suggestion subsequently received is one of the methods of solving problems. And in this case we are getting back to love and devotion to the Creator again. These make the connection good and improve with practice, and there is more and more inspiration. A kind of channel is being created wherein more and more high energies flow.

When we are dealing with a problem, we may just leave it for some time offering it to the Creator fervently praying that He suggests a solution He thinks is the best. Then we wait for an inspiration. In the meantime we may be quietly turning with love towards Him.

The third question concerned alternative and more effective methods of solving one's problems and those of others.

If thinking about others unites us with them then we become connected to their energies even more strongly while being in their presence or concentrating our attention on them. If somebody has a problem—a serious one that influences his mood and energy—he emanates this energy all around and we may easily take it from him and become 'infected'. In this way a sensitive person himself begins to feel depressed, nervous, angry etc., depending on the nature of the problem and energy of the other person. His aura is extinguished and tiredness and depression develop without any apparent reason.

To halt this process, and moreover to help the person in question (and many others), we may use the same principle of energetic influence strengthened additionally with inner inspiration. Firstly, let us turn, at least from time to time, with love and prayer to the Higher Being to help us to do our best in carrying out that what it deems necessary to be said and done in the moment. Let us avoid any lengthy, intense focusing on the person or his problem. We should avoid 'opening ourselves up' to the problem because this will threaten us with absorption of a great deal of the energy from the problem, and this in turn would practically prevent us from being influenced on the inside by the positive inner energy. Let us try to approach Love as closely as possible and concentrate on it in order to be able to deliver what comes in words from the inner inspiration and what flows from Love as the healing energy for the person in need. For interior concentration one may be saying 'I love You', smiling inside, and imagining and feeling closeness and devotion to the embodiment of Divinity.

If we concentrate on the loving Creator, we will ever more often experience His love, help and guidance. Finally it will become an integral constituent of our life. *The world is a problem, God is the solution.* It is up to us whether to focus on one or the other.

59. Where do Changes in Our World Lead?

Baba, I would like to ask how do You relate to current changes in the world. The United States is becoming unquestionably the economic and political leader in the world; The European Union expands territorially and in power. Where do these changes lead?

Here is the answer. The current violent changes in the world are laying foundations for coming of new times. There will no longer be conflicts on such large scale as before, simply because many factors responsible for them will cease to exist. Humanity will enter a new stage, wherein coexistence and tolerance will be something as common and as natural as breathing. There are enormous changes that will take place in the consciousness of millions of people. Public awareness is changing and opening up to new contents. This is an unstoppable process. The question remains, which way you will go, whether or not you will find enough power in yourselves to stand above the attractions of materialism and turn towards spirituality? You will not be able to cope with this, just like you were not able to previously. Therefore, you need lots of help from the outside. If you only ask, you will receive it for sure. Great challenges await you. They are far beyond your capabilities. You will not be able to manage them on your own. You must seek the truth inside you, in the heart; ask Divinity for help, for putting matters on the right track and, if necessary, for a clear answer, a plain expression of His will.

History shows that all massive external changes pulled people away for a long time from seeking the meaning of life and from turning towards spirituality. Plenty of time had to elapse before peace resumed and people began seeking again.

This is not a true picture. Divinity calls people to itself in the time and in the way it assigns to itself. It has never been otherwise and will never be. Yet now, times are different. These are the times when an Avatar is on the earth and His mission is to draw all humanity near God. And He does so. He constantly invisibly attracts all towards Himself. You will see yet, during your life, the immense transformations He will bring about in people. You can never be the same humanity any more, believe me. You will not be able to sink in muddle and darkness for much longer. The light that will flash inside you will not allow this to happen any more. The course of events cannot be stopped and the result is already known. It is the turning of enormous masses of people towards God and following His laws in daily living and in social life. What you see around is the dawning of a new day of humanity on the earth. These changes, these dramatic changes that are occurring are a tangible proof of this. And this is the reason for great joy. You should be celebrating every day.

Thank you for your answers.

Now write down the next title about how to turn towards Divinity.

60. How to Turn Towards Divinity

The turn towards Divinity is not anything difficult. It is like a meeting and conversation with a friend, with someone you love very dearly and have not seen him or her for a long time. You are delighted with the meeting, with seeing the beloved. You plunge deeper into his or her words and allow time for your hearts to join and understand each other again. Mutual love and tenderness emerge, as well as natural devotion. Why, after all, you would like to do something good for someone whom you hold dear and love.

Treat Me as a friend you have not seen for a long time. Picture this situation as vividly as possible. Let there be the joy of the encounter, the happiness accompanying rapprochement of two souls. Talk to Me like to a dear friend; say nice words to Me. Never mind that I do not answer yet. I am here and I listen all the time. Allow your hearts to speak. I love you.

Secondly, perform every work with a thought about your beloved friend. Think that you do it for Him or Her. Let good feelings, love and closeness that will arise be your inspiration in action. Try to do everything for Him out of love and with love. At last, cease thinking about yourselves; stop thinking 'What are we going to get out of it?'; and try to treat everything, whatever you do, as a gift for the Beloved, a work of light that will please Him.

Thirdly, ponder over your relationships in the external world. Are they loving, uplifting, elevating you and others towards God? Are they proper? Do you help others? God would like everything you do to bring goodness and benefits to others, and not only to people but to animals, plants and the earth as well. God would like you to live in love and become love conferring upon everything around you the wonderful radiance of Love.

Fourthly, keep giving. Learn how to give. Giving is your inner nature, not taking. God is giving all the time—He gives, gives and gives. He does not keep anything for Himself. Learn to put a ceiling on your desires and in their place practice satisfying the needs of others. And treat everything you give to others not as an offering to people, but as an offering unto God. Such ways of acting brings closeness and joy, and liberates you from consequences of your actions.

Fifthly, love and learn the love for your Father and Mother. This is most important for you at the moment. Keep imagining our closeness. Treat Me as a close and devoted friend and transform yourselves into someone like that friend for Me. Love, love and love—this is the best hint I can give you today.

Sixthly, do not be interested in the world so much. It has less and less to offer to you, but the more you turn towards the loving Creator, the richer, fuller and more beautiful your life and the life of your kith and kin will be. Sometime in the future you may return to interest in matters of the world, but you will see then how little it gives you, and how it renders mental confusion, artificially stimulated fears and inner dissonance with love. Turn towards God in your hearts then; turn with love and quiet prayer for the possibility of coming back to Him.

Seventhly, keep turning to loving-you-Divinity with the request that it arranges all your matters the way it wishes. Wisdom and Love can take care of everything. Do not doubt this. After you do this you will become more

aware of My actions in your life. I would not only like to settle your external matters, but also to attend your spiritual cleansing and transformation. The final effect will be the love that you will be experiencing and the directing of your life along Love's lines. You should only give Me a chance and act according to My hints. Trust Me and lay down your fate and your spiritual path into My hands. And never doubt that what happens to you is what is really necessary for your progress and what cannot be avoided. Know also that without My intervention your matters would look much, much worse. Trust Me.

Eighthly, keep turning to others with love and gentleness. I reside in the heart of every man and I am pleased with every good word flowing from your heart. Try to act as if you see Me in every man you meet. I love you and manage everyone's behaviour for your good. And even if you go through difficult moments due to the action of others, though you do not understand it today, know that they make up the next step forward. It is usually a pay back of your obligations towards others, debts coming from former lives burdened with anger, hate and many negative deeds. Now comes the time for you to settle your accounts and to step into the paths of Love. Do not lose faith or confidence. Always turn towards Love. Love the Creator, who is Love.

Ninthly, smile to Me and to everyone around you. A smile helps you to live. The smile lights up your day. Smile to Me—I do not bite! The smile helps you to easily overcome many obstacles.

Tenthly, love Me. Love everything I do for you. And there is plenty, plenty of it. Learn to be grateful to your Friend. Thank Me for everything that happens to you. Try to see a positive aspect in everything, something good, and thank Me for this. It will be much easier for you and Me.

Eleventhly, love; twelfthly, love; thirteenthly, love; hundredthly, love. I love, love and love you, and I am your friend. Remember My words and keep getting back to them as often as possible. I will be reminding you, the reader, about this.

Your loving you Baba.