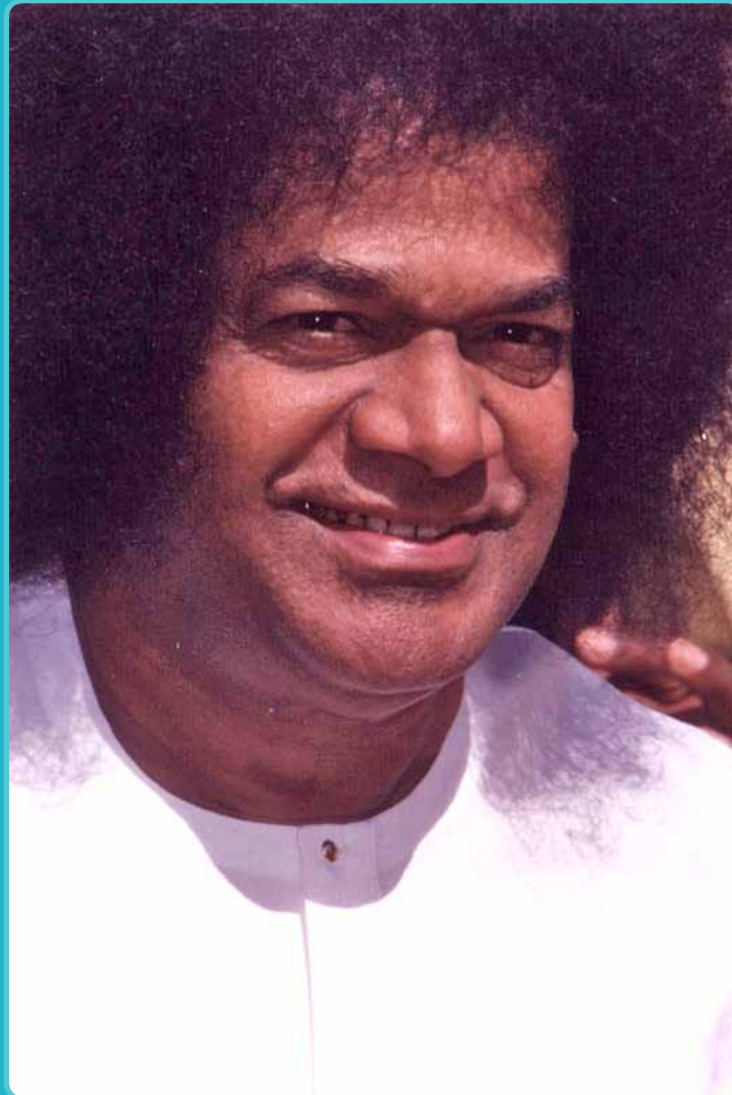


Transformation: The Sai Ideal Ceiling on Desires

Canadian National Spiritual Project



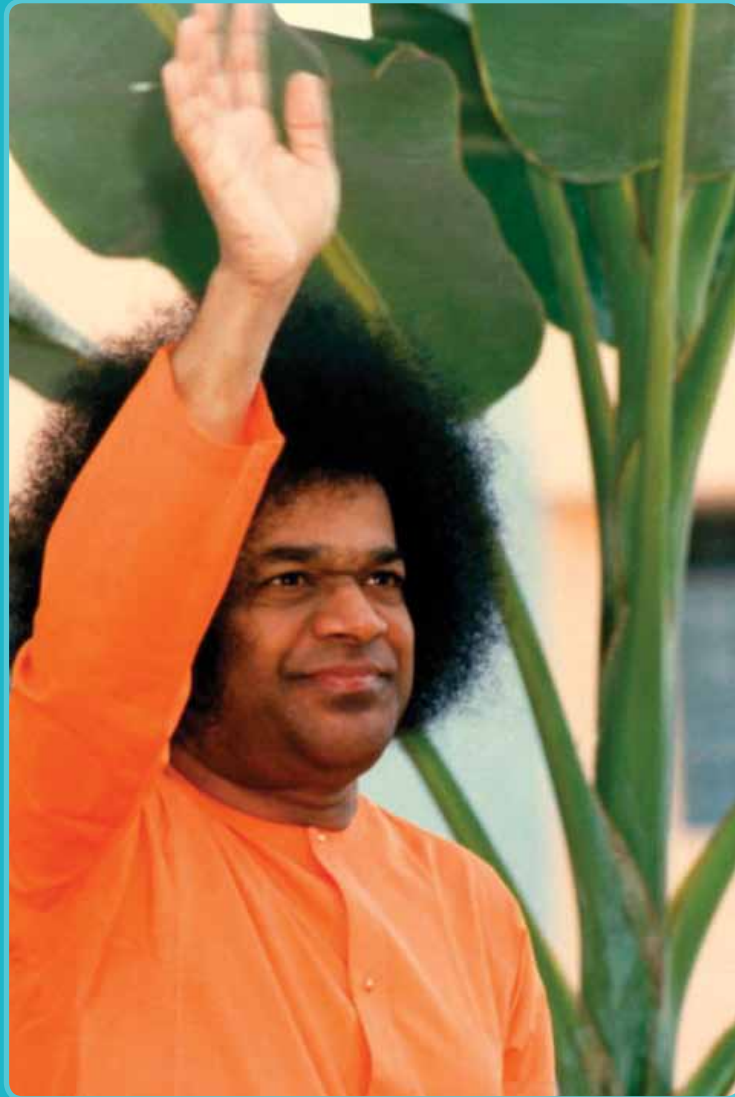
“If there are no desires, then one can truly experience Eternal and Supreme Happiness, which is what God is.”

Sai Baba – pg. 13 Nine Discourses.



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“Consider love as your life and truth as your breath. There is an intimate and inseparable relationship between love and truth.”

Convocation Discourse, Nov. 22, 2003 Prashanti Nilayam

Canadian National Spiritual Project

TRANSFORMATION

THE SAI IDEAL

Ceiling on Desires



INTRODUCTION

Our Beloved Swami says that the Goal of human life is to attain self-realization. The best way to reach this goal is through Transformation and one of the primary means of attaining this goal is by becoming The Sai Ideal.

Keeping in line with the World Conference Theme, the Canadian National Spiritual Project will focus primarily on The Sai Ideal and the three sub-themes, God is, I Am I and Love All Serve All, by means of practicing our Ceiling on Desires. By regularly practicing the Ceiling on Desires together with meditation, it will enable us to delve within and be in touch with our Atma. Loving and Serving All selflessly will become a natural habit once we are more conscientious about our transformation through ceiling on desires.

“When the soul attains complete realization it has full wisdom, beauty, splendor, power fame and fortune. One’s nature is then full existence, full knowledge, full bliss.”

TOSSB pg. 15

Sai Ideal Human Life/Sai Ideal Spiritual Organization

“Why are we in this Organization? What is the purpose? You must have the firm belief that the aim of this Organization is to remove the obstacles that keep man away from God, that separate humanity from Divinity.”

Bhagavan Sri Sathya Sai Baba

We are very grateful and indeed fortunate that our Lord Sri Sathya Sai is the spiritual leader of our organization. Our Canadian Sai Organization is dedicated to welcoming everyone no matter what religion, county or station in life. Canada is a country with many cultures living together and our Sai organization embraces all religions yet we do not recognize the greatness of our own divinity. Why is that? It is for this reason transformation is the focus for all Canadians in the Sai Organization.

The Sai Ideal – Know Thyself

“Man is the embodiment of divine consciousness. Only when he is pure, he can experience that consciousness. Through attachment to worldly pleasures man gets bound to the physical and becomes oblivious to his essential divinity.

Transformation - Experience God and do not try to Analyze Him

“Tasmai Namah. This short salutation hails God as: “O God, the Embodiment of Supreme Happiness!” When are you truly happy? You feel that way when you are free from all worries and anxieties. God has no desires and that is why He is always happy. Try to be like that, free from desires, and you too will always be happy. It is desires and worldly expectations that destroy happiness. To achieve permanent happiness, you must be totally free of desires.”

Sai Baba – pg. 12 Nine Discourses

“If there are no desires, then one can truly experience Eternal and Supreme Happiness, which is what God is.” *Sai Baba – pg. 13 Nine Discourses*

In the western countries like Canada we have a strong cultural focus on the materialistic world. Canada has more money to spend than many other parts of the world. The majority of materialistic worldly desires involve the lower selves and are continuously stimulated in everyday.

“People suffer not because of destiny but because of desires and attachments. If you have attachments to the things of the world, you are bound to experience joy and sorrow in alternation. Pleasure and pain are an integral part of the dual world.”

Sai Baba – pg. 18 Nine Discourses

It is difficult to focus inwardly what we see, touch, feel, hear and smell appears more real. When our minds are focused outwardly and we do not experience “The Sai Ideal”.

Canadian National Spiritual Program Outline: Realize Divinity through Transformation

The Canadian National Spiritual Project is a humble offering to our Beloved Lord Sri Sathya Sai Baba. We pray for your guidance to transform all Canadian devotees. “The Sai Ideal” discourses are the central focus of our spiritual program and are supported by Swami’s program Ceiling on Desires.

Our Canadian National program is focused on monthly study circles following prescribed Study Circle Format with the themes of “**God is**”, “**I am I**,” and “**Love All, Serve All**”. These monthly study circles will also integrate each of the **Ceiling on Desires Food, Energy, Time and Money**. There will be questions that focus on The Sai Ideal and as well as questions to assist devotees in reducing desires. The program will be completed with the “Nine Discourses” and a Ceiling on Desires workshop. We will study, read, reflect and practice Swami’s teachings.

The uniting of Swami’s programs will support devotees in experiencing divinity by going within and reducing worldly desires that prevent us from transforming ourselves.

What is the Proper Plan of Study?

Swami answers this question as follows: “This is the proper plan of study—reading, reflection, and regular application in life. Study is work. Inquiry into the value and applicability of what is studied is worship. The experience of the validity and value of practice is wisdom.”

Facilitators will review Study Circle material and guidelines and Participants will read the study material that will be emailed before the program.

1. Facilitator to begin the study circle with three Oms.
2. Give a brief overview of the subject matter in not more than five minutes.
3. After describing the topic, present a short question to focus discussion.
4. Ask participants to meditate on the question.
5. Each participant has had an opportunity to speak or pass, the question may be opened up for further general discussion.
6. Presenter may summarize the highlights of the discussion.
7. The Presenter will then end the study circle with Om Shanti, Shanti, Shanti.

For the first four months we will focus our study circles on “God is”, the next four months “I am I,” and the last four months “Love all Serve All.” One of the areas of Ceiling on Desires (Money, Time, Energy and Food) will be included as part of the discussion on how to realize “The Sai Ideal.”

A list of Daily Practices is designed to give devotees the opportunity to live Swami’s teachings. The topics are to be used by each centre to support the monthly spiritual study circles by additional daily or weekly application in life.

By avoiding this program no matter how much we yearn for enlightenment, we will find it eludes us if our attachments still keep us anchored to our bodies and physical world.”

Phyllis Crystal, Ceiling on Desires

The Sai Ideal – Reduce Desires

Swami says – “It is not easy for you to comprehend the true nature of God’s love. You are aware only of worldly attachments, which are subject to ups and downs. What is liable to such changes cannot be called love. True love is unchanging. It is Divine. Love is God. Live in love. Embark on this path of love.”

Sai Baba – pg. 41 Nine Discourses

Do we realize what we waste? Ceiling on Desires in the Sai organization is not properly understood because most of us are not aware that we are filled with desire.

Do not cultivate excessive desires. “Less luggage, more comfort makes travel a pleasure.” Hence, reduce the luggage of your desires. It is natural for people to have some desires, but one has to enquire which one of those desires is good for one and which causes harm. Unfortunately, this sense of discrimination is lost in present times. All these desires, which are the result of kama, krodha, lobha, moha, mada, and matsarya (desire, anger, greed, delusion, pride, and envy) have their origin in the mind.

Divine Discourse on November 22, 2009: Be Good, Do Good, and See Good

“Not only should you curb your desires, and set aside the savings thus gained to serve the poor, all aspirants along the spiritual path should put a rein on growing desires, within an increasingly materialistic, uncaring, wasteful and obsolescence-oriented society.

DAILY PRACTICES for the Realization of God Is, I Am I & Love All Serve All

- **Promote Love and Compassion** – Have equanimity, moderation in everything, lead pure life.
- **Have Spirit of Sacrifice** – Get rid of our bad qualities. Spiritual communion.
- **Control of the Mind through Service** – This will give us peace.
- **Removal of Egoism** – Not to crave for fruits of our action. Will promote unity of all mankind.
- **Not Selfishness, Rather Selflessness – love more** – The more we love, the more it will grow.
- **Desire free actions** – Through every duty realize God.
- **Working with full Concentration** – Actions must be pleasing to God.
- **Detachment** – Work in the spirit of detachment.
- **Human Birth for Service to society** – Let our hands give freely. Do not let the mind stray. Keep it busy with good thoughts. Remember Swami is with us.
- **Atmic Unity through Service** – Realize we are the spark of Divine flame when performing service.
- **Serving Hands Greater than Lips that Pray** – Remember that hands that serve are holier than lips that pray. Quality of service counts not quantity.
- **Service Opportunity, Gift from God** – Always offer gratitude to God.
- **Confers Bliss** – Selfless love is the source of bliss. Experience it.
- **Pure Mind and Heart** – Have no conceit, greed, envy hatred or competition. Service is worship we offer to God.
- **Pure motives** – Motives and impulses must be pure.
- **Do Not Seek Publicity** – Do not think of fame or praise. Think of what the good people derive. Ensure that the flower in your heart gets the fragrance.
- **Bring Contentment and Humility** – Let not defeat and disappointment dishearten you. Sublimate work into worship. Be content.
- **Broaden the Heart – Widen your vision** – Right thoughts will lead to right action.
- **Blossoming of Spiritual Sadhana/Devotion** – Let not fear get in your way. Remember that the Lord is the real Doer.
- **Five Human Values - Remember the 5 Ideals** – Truth, Right Conduct, Peace, Love and Non-violence.
- **Develop the Human Personality** – Bring out your humanness. Be compassionate. Conduct yourself in a righteous manner.
- **Transform Work into Worship** – Do service with love and Divine feelings. It will then become worship. Daily chores or any service will transform into acts of worship.

Daily Practices for the Realization of God Is, I Am I & Love All Serve All

- **Serve All With Compassion**
- **Lead Pure and Sacred Lives**
- **Through Love, You can Achieve Anything**
- **Have a Pure Heart Filled with Love**
- **Service Will Lead You To Devotion**
- **Pray For The Welfare of All**
- **Money Comes and Goes, but Morality Comes and Grows**
- **God Is Interested Only in Love and Service**
- **Where There is Purity, There is Divinity**
- **Love All, Hate None**
- **Fear of Sin and Love for God**
- **Use Your Knowledge for the Good of Others**
- **Think Only About God**
- **Selfless Intellect**
- **Speak Always Obligingly**
- **All are One; Be Alike to Everyone**
- **Duty is God; Work Is Worship**
- **Serve Your Motherland**

READINGS: “GOD IS” Suggested Study Circle Readings on Food

Service in the Right Spirit is Dharma

Doing service in the right spirit is Dharma. Service is also path to God realization. God is embodiment of Love, Truth and Peace. Therefore, to realize God, one has to develop Love, adhere to Truth and experience Peace within oneself. The human body is like a chariot and the Atma is the charioteer. The bodies may have different forms and names. But the Atma is one and the same. It is essential to recognise the unity that underlies the apparent diversity. For instance, hunger is common to all, though the kind of food through which it is appeased may vary from an emperor to a beggar. Likewise, joy and grief, birth and death are common to all. The Atma is common to everyone.

Sathya Sai Speaks, Volume 20; Chapter 26: Born to Serve pg. 19

God Installs Himself in a Pure Heart

You may be ‘unafraid,’ you may not fear anything else, but you have to fear Truth. There is nothing so awe-inspiring as Truth; your Truth, for example, for your Truth is the Truth of the Universe. This day, you may feel you have no need of the Lord, but when the pangs of hunger gnaw, you start pining for food. Therefore, wash your hearts with tears of joy so that the Lord might install Himself therein. A zamindar (landowner) may own all of the fields up to the very horizon on all sides, but he will design to sit only on a patch that is clean! In the same way, when the Lord chooses the heart of a bhaktha (devotee), it does not mean that all other hearts are not His. They are not clean, that is all He means. He is everywhere, everything is His, His gaze is on all. If God was not all this how could they shine, or exist even as much as they do now?

Therefore, have full faith in God and in yourselves, engage always in good deeds, beneficial activities; speak the truth, do not inflict pain by word or deed or even thought. That is the way to gain shanthi; that is the highest gain which you can earn in this life.

Sathya Sai Speaks, Volume 1, Chapter 13: Aanandha Through Dedication pg. 54

You Have the Right to Pray that God Helps You Realize Him

Every being who is handicapped by hunger has the right to ask God for food! He has inflicted hunger; so, it is His duty, His pleasure to provide the food, which can assuage it! So, you have also the right to pray that He helps you realize Him. That is the vidya (education), which you must encourage among yourselves.

Sathya Sai Speaks, Volume 11; Chapter 26: Raajas as Raajarishis pg. 64

Do not Consider Those Needing Help as Weak and Inferior

There are no beggars in this world. If someone seeks financial help or asks for food, they are treated as beggars. In fact, we are responsible for making somebody a beggar. We consider them to be inferior to us and ill-treat them. Bharat is a land of plenty and prosperity. You must realize that there are no beggars in this country and must conduct yourself accordingly. Some people bring down even God to the level of a beggar. When their desires are fulfilled, they eulogise God. They pray, “Oh God, I will offer You cash or in kind if You fulfill my desires.”

Divine Discourse 22, 2004, Prashanti Nilayam

True Education Cultivates Selfless Love

There is no God beyond Love. God is Love and Love is God; live in Love. Do not give any room for undesirable traits like hatred, jealousy, and anger. Instead, assiduously cultivate the feeling of Love in such a manner that you radiate its effulgence all around you.

Start the day with Love! Fill the day with Love! Spend the day with Love! End the day with Love! This is the way to God!

Summer Showers in Brindavan – 2000 Chapter 1

“GOD IS” Suggested Study Circle Readings on Energy

Every Act of Service is a Repayment of Your Debt to God

Man is born with three types of debts - debt to God, debt to sages and debt to parents. God is present in each and every cell of human body in the form of Anceera and it is He who protects and sustains human life. Man is therefore deeply indebted to God who vibrates in every limb of his body in the form of divine energy. The only way man can clear his debt to God is by undertaking sacred actions and by working for the welfare of fellow human beings. That is why the path of service has been prescribed for man to clear his debt to God. Man should serve not with the feeling that he is doing favour to others, but with the understanding that he is repaying his debt to God. Every little act of service reduces a certain amount of your debt to God.

Sathya Sai Speaks, Volume 33; Chapter 8

God Is the Source of All Energy

Thus, innumerable superhuman benefits are conferred by God on mankind. Even electricity is an expression of the Divine. From magnetism to electricity, heat and light, all these various forms of energy are considered as different forms of matter. This is not so. God is the source of all energy. If this is not realized, we will be failing to appreciate the true source of the air we breathe, the light we enjoy and the heat that sustains life.

Sathya Sai Speaks, Volume 29; Chapter 15: Bhagavaan Baba's Exhortation to Students pg. 81

God as Guru Is Always Ready to Lead and Enlighten

Guru has a further meaning too. 'Gu' means gunatheetha (beyond the three strands of energy of which the Cosmos is composed) and 'ru' means rupa rahitha (devoid of any particular form). Now, no mortal has transcended the guna (quality) and rupa (form). God alone can be described as unaffected by these. And, God is the Guru, right in your heart, ready to lead and enlighten. He is all knowing, all powerful, all-pervading.

Sathya Sai Speaks, Volume 12; Chapter 42

Seek Him, Rely on Him to be Free from Disease

“There are four pollutions against which man has to be vigilant - of the body (removable by water); of the mind (removable by truthfulness), of reason (removable by correct knowledge) and of the self (removable by yearning for God). “Vaidyo Narayano Harih”, the Shruthis declare. God is the Doctor. Seek Him, rely on Him, you will be free from Disease.

Sathya Sai Speaks, Volume 14; Chapter 31

“GOD IS” Suggested Study Circle Readings on Time

Lead a Blissful and Unblemished Life

I am beyond all attributes. Believe it or not, I am bliss personified. If you think otherwise, the defect lies in you. Whatever I do is for your own good, for your welfare and for your happiness. Lead a blissful and unblemished life. That is what I desire from you. I have no worries or suffering at any point of time. Why should I worry when I have everything? I have no desires. Whatever I tell, whatever I do, is good for you, not for Me. I have come for your sake. Hence, make full use of Me. I am always ready, provided you develop sacred thoughts. Lead a divine life.

Sathya Sai Speaks Volume 35; Chapter 23

Do Not Misuse Time

I want you to be active, fully engaged. For, if you have no activities, time will hang heavily on your hands. Do not waste a single moment of the allotted span of life, for time is the body of God. He is known as Kaalaswarupa (of the Form of Time). It is a crime to misuse time or to waste it in idleness.

Sathya Sai Speaks, Volume 1, Chapter 9

Spirituality without Love Is a Waste of Time

Spiritual practices done without the principle of love are useless. Some people sit for hours together in meditation but are unable to experience Divinity because their mind is unsteady. Instead of wasting time in this manner, it is better to do some useful work. God is the embodiment of time. So, do not waste time. “Sarvada Sarvakaleshu Sarvathra Harichinthanam (think of God at all places, at all times, under all circumstances)”. Pure and selfless love is the only way to attain Divinity. Fulfillment of worldly desires will confer only temporary happiness. So, put a check on your desires. Your goal is permanent and eternal bliss. It is within you and can be attained only through love.

Sathya Sai Speaks, Volume 32, Part 2; Chapter 16: Complete Surrender Confers Bliss

Learn from Everything around You

In fact, the best teacher is one's own heart. Time is the best preceptor and awakener; the world is the best scripture; God is the best friend for man. So there is no need to wander in search of a guru (preceptor). Learn lessons from every living being, everything that you find around you. Learn faithfulness and gratitude from the dog, patience and fortitude from the donkey, perseverance from the spider, farsightedness from the ant and monogamy from the owl.

Sathya Sai Speaks, Volume 15; Chapter 15: The Universe, The Guru

Don't Indulge in Unnecessary Activities

You are all wasting time which is divine. God is described as Kala kalaya namah. He is the master of Time. The four days that you have spent here are just a minute fraction of time. The same individual passes through stages when he is termed as boy, adult, old man, etc., due to the passage of time. Time is God. Therefore you should not waste time.

Sathya Sai Speaks Volume 30; Chapter 16

Time is Powerless against Those Who have taken Refuge in the Lord

For man to recognise the Brahman, he has to comprehend the nature of that which transcends time. Time is consuming the body. God is the Consumer of Time itself. Hence, the Vedas have declared that “Kala Kalaprapannanam, Kalah kim karishyathi” (Time is powerless against those who have taken refuge in the Over Lord of Time).

Man's joys and sorrows, happiness or misery are not dependent on Time. They are based on man's actions. Time has no relations or friends. Time is not subordinate to anyone. All are subject to Time. Hence, if one has to realize the Divine, who is the Lord of Time, one has to carry out His injunctions. God looks with love only at such a person.

Sathya Sai Speaks, Volume 26; Chapter 1: Purity – the Path to Divinity pg. 60

“GOD IS” Suggested Study Circle Readings on Money

Develop Spirit of Sacrifice and Become Divine Love

“Consider love as your life and truth as your breath. There is an intimate and inseparable relationship between love and truth. Today, man uses the word love without actually knowing its meaning. As he does not know the value and meaning of love, he is utilizing it for trivial and mundane purposes. He is under the mistaken notion that worldly and physical attachment is love and considers such love as his life. True love will reign supreme only when he gets rid of selfishness and develops spirit of sacrifice.

Love is God, God is love. But you are craving for worldly love, which is bereft of life. You should aspire for divine love which is your very life.

Today, there are many who are highly educated. But what is the help they are rendering to society?

Practically nothing. They are acquiring degrees for the sake of earning money. They do not serve society with the spirit of love and sacrifice. Love is the very form of Brahman. True spiritual discipline lies in connecting your love with Divine Love. Your life will be sanctified when you have steady and selfless love.”

Convocation Discourse, Nov. 22, 2003 Prashanti Nilayam

I Shall Give Myself to those Who Cultivate Noble Qualities

You are like pure gold. You are people of noble qualities. You are precious. But some of you are misguided by bad elements. Even if others try to mislead you, do not deviate from your chosen path.

Stand firm. Only then will you acquire name and fame. This is My advice to the students. In today's education, you are taught skills that will enable you to rise up in your career, but nobody teaches moral education. Morality is the most important aspect of education. Money comes and goes, morality comes and grows. Therefore, cultivate morality. That will earn you respect from society. Character Is The Goal of Education.

Divine Discourse on January 14, 2004 in Prasanthi Nilayam. Occasion: Sankranthi

God Is Happy when Man Joins His Company

Today, man aspires for God and contemplates on Him constantly, but mere aspiration and contemplation are not enough to experience God. God is not pleased by contemplation alone; one has to totally offer oneself to experience Him. Once you offer yourself completely to God, you and He become one. What are the spiritual pursuits to be followed to become one with God? When fire and coal are placed apart, they remain as they are. Only when they are brought together and fanned can coal get transformed into fire.

Likewise, go closer to God and love Him wholeheartedly. Such nearness and dearness to God will ultimately make you one with God. This is what Vedanta declared, “Brahmavid Brahmaiva Bhavathi (the knower of Brahman becomes Brahman).” The food eaten gets digested and its essence is supplied to all parts of the body. This means that the food partaken becomes one with the body. Similarly, you have to offer yourself completely to God. Only then can you become one with him. All your thoughts should become divine.

Sathya Sai Speaks, Volume 31; Chapter 38: Offer Yourself to God

Uphold Dignity and Honor

Sai Baba unearthing once again the message of all great religions has called upon all people who want to have a measure of peace and contentment in their lives to place a ‘Ceiling on Desires’ ... a ceiling on Food, Energy, Time and Money.”

God is not poor, and, hence, people created by Him cannot also be poor. It is man who makes beggars out of his fellowmen and ill treats them. Such low and mean practices should be given up. Some people think that Lord Venkateswara is in need of money. They think He would do their work and fulfil their desires for the sake of money. In this manner, they bring Him down to the level of a beggar. It is a grave mistake.

Uphold Divine Discourse on October 22, 2004 in Prasanthi Nilayam. Occasion: Vijaya Dasami)

MONTH 1

Study Circle – “God Is” and Ceiling on Desires FOOD

READING – GOD IS, CEILING ON DESIRES – FOOD

Baba says the type of food that you consume decides the degree of concentration you can command; its quality and quantity decide how much your self control is lessened or heightened. Polluted air and water are full of viruses and germs and have to be avoided.

Do not overindulge in food – When Baba talks about food he not only refers to the food we eat but also all that we ingest through our 5 senses i.e. music and words we hear with our ears, movies and books we see and read without eyes, odors we smell as well as material objects we touch. Swami says examine all we absorb and determine if it is necessary or desirable.

God is not Pleased by Contemplation Alone

Today, man aspires for God and contemplates on Him constantly, but mere aspiration and Contemplation are not enough to experience God. God is not pleased by contemplation alone; one has to totally offer oneself to experience Him. Once you offer yourself completely to God, you and He become one. What are the spiritual pursuits to be followed to become one with God? When fire and coal are placed apart, they remain as they are. Only when they are brought together and fanned can coal get transformed into fire. Likewise, go closer to God and love Him whole heartedly. Such nearness and dearness to God will ultimately make you one with God. This is what Vedanta declared, “Brahmavid Brahmaiva Bhavathi (the knower of Brahman becomes Brahman).” The food eaten gets digested and its essence is supplied to all parts of the body. This means that the food partaken becomes one with the body. Similarly, you have to offer yourself completely to God. Only then can you become one with Him. All your thoughts should become divine.

Sathya Sai Speaks, Volume 31; Chapter 38: Offer Yourself to God

Go Behind the Screen, and see Him Pulling the Strings

Dedication is to be carried out in various ways. Take the food that we consume. Offer it to God, before you partake of it. Then it is rendered pure and potent. Any act done for the glorification of God is thereby rendered pure and potent. It is incapable of harming the doer, the beneficiary, or society, for, it is saturated with Love, which is God. God is the director of this puppet show, the manipulator of the strings. Go behind the screen and see Him. It is now hiding Him; you have only to peep behind a flower, peer behind a cloud, to see Him pulling the string, to show us the beauty, to show us the darkness of heavy moisture. So also, you have only to peer behind your thoughts, to peer behind your feelings; you will find there the Inner Motivator!

Sathya Sai Speaks, Volume 9; Chapter 23: Forsake the Fete of Fancy

We develop attitudes for food from childhood, food = comfort, satisfaction, security, Love can be a substitute from parents, withdrawn punishment, fear of eating too much or not enough. Greed, eating too much or pride of using it to showoff, laziness and sloth, fear and anger and impatience are signs of waste.

In the West there is an abundance of food. Do we eat junk food such as sugar and salt that promote lack of energy, depression and diseases such as cancer, diabetes or heart problems or nutritious-balanced food, organic, whole grains, greens to give body needed prana and energy?

QUESTIONS

1. How can our desire and attitudes for all types of food prevent us from having the experience of “God Is?” Do we realize the type of food we waste?
2. How can we experience “God Is” by living a life of the “Sai Ideal?” And why is it important to put a ceiling on desires to realize this?
4. To achieve this “God Is” what desire would we want to remove?
5. How does the Sai Ideal get transformed when we let go our desires?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba's form.
- Quietly repeat his name with love and surrender.
- Ask to Baba to help remove your desires with Food that's preventing you from experiencing God Is.
- Go within and ask Baba to indicate in some way where or how to cut down waste of Food in your life.
- When an idea comes through your reflection choose one thing to focus on.
- Open your eyes and share with the group your ideas and practical examples - create suggestions about how you can limit waste in our lives.
- Pray to Baba to help you keep your resolve and experience GOD IS.
- Ask Baba to show you opportunities for selfless service.
- Remembering “Thy will not my will”.

DAILY PRACTICES

- Daily Practice is important and it takes at least one month to start a new habit.
 - Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question what is the meaning of God Is?
1. Food desires live in everyday life so look for any habits that you indulge in excess; i.e., candy, junk food, listening to gossip, music, negative movies.
 2. When selecting food take care to purchase nourishing food that maintains energy at an even level and omit junk food such as white sugar, flour, salt and cheese.
 3. Plan ahead what you need to purchase to avoid discarding, Read the labels, look for salt, trans-fats and preservatives.
 4. Notice if you are ordering more than you need in restaurants, or cooking and eating more than you need or do you pack a lunch?
 5. Make your own food, eat more raw food products such as fresh sprouts and garden vegetables.
 6. What is the hardest to give up? What do you feel you cannot live without?

MONTH 2

Study Circle – “God Is” and Ceiling on Desires ENERGY

READING – GOD IS, CEILING ON DESIRES – ENERGY

God Is the Source of All Energy

Thus, innumerable superhuman benefits are conferred by God on mankind. Even electricity is an expression of the Divine. From magnetism to electricity, heat and light, all these various forms of energy are considered as different forms of matter. This is not so. God is the source of all energy. If this is not realized, we will be failing to appreciate the true source of the air we breathe, the light we enjoy and the heat that sustains life.

Sathya Sai Speaks, Volume 29; Chapter 15: Bhagavaan Baba's Exhortation to Students

Direct your Desires towards Spiritual Progress

In Vedantic parlance, this striving and yearning, this desire which prompts men, is called Kama. When the spirit of inquiry gets sharper and deeper, it leads man beyond realms of the senses and even the feeble faculty of reason, beyond the stars and space, and helps him to dive into the boundless ocean of Bliss. Instead, if Kama gets bogged down in the distracting objective world, it plunges man into misery.

When Kama is directed towards spiritual progress, it rewards man, filling his heart with Divine Delight. For, the Divine is free from mental modes or physical forms. It has no likes or dislikes. It is not bound by time or space. It is ever-pure, ever-conscious. It is free from the blemish of duality. Only persons endowed with Satwa guna (unruffled serenity) can have a Vision of the Divine (Sakshatkara), and achieve the heroic victory.

Sathya Sai Speaks, Volume 18; Chapter 25: I Will Be Closer to Devotees

Energy unlike time varies from person to person. Baba cautions that whatever our energy level, we should make sure that we use it in productive pursuits and avoid wasting it unnecessarily. Our energy level varies according to how we handle the other three areas of money, food and time.

“Divine work uses divine energy” surrender, trust and accept Baba’s will. Make room for positive attitudes and emotions, love compassion, kindness and generosity.

Man is born with three types of debts - debt to God, debt to sages and debt to parents. God is present in each and every cell of human body in the form of Angeerasa and it is He who protects and sustains human life. Man is therefore deeply indebted to God who vibrates in every limb of his body in the form of divine energy. The only way man can clear his debt to God is by undertaking sacred actions and by working for the welfare of his fellow human beings. That is why the path of service has been prescribed for man to clear his debt to God. Man should serve not with the feeling that he is doing favour to others, but with the understanding that he is repaying his debt to God. Every little act of service reduces a certain amount of your debt to God.

Energy wasters are stress and tension, criticism, negative emotions, irritation and frustration, resistance, competitiveness, fear, guilt, worry, indecision and procrastination.

Also desires can lead to waste of electricity, water, your own energy, i.e.; too much talking, anger, jealousy and other negative expressions are equally a waste of Divine energy.

QUESTIONS

1. God is Divine energy, what waste do we have that uses up our potential divine energy?
2. How can Kama/desire cause attachments to those activities that deplete our positive experience of God is?
3. Service to others can remove desire by using energy in a positive manner. As you look can you see a way that you can use your energy for realization of God Is?

MEDITATION EXERCISE AND GROUP PRACTICE

- Close your eyes and then begin by focusing on Sai Baba's form.
- Quietly repeat his name with love and surrender.
- Ask Baba to help remove any desires and attachments in how we use waste energy that prevents you from experiencing God Is.
- Go within and ask Baba to indicate in some way where or how to cut down waste of energy in your life.
- When an idea comes through your meditation choose one thing to work on in the area of Energy.
- Ask Baba to show you opportunities for service.
- Open your eyes and share with the group your ideas and practical examples - create suggestions of how you can limit waste in our lives.
- Pray to Baba to help you keep your resolve and experience GOD IS.
- Remember "Thy will not my will".

DAILY PRACTICES

Daily Practice is important and it takes at least one month to start a new habit.

- Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question what is the meaning of God Is?
 - Read the discourses on GOD IS during the month as you practice your ceiling on desire.
1. Idle talking on the phone or with a visitor uses a great deal of energy.
 2. Energy wasters include worrying, daydreaming, complaining, anger, regretting, being fearful, guilty, regretful, gossiping.
 3. Do not delay sleep, or waste time before going to bed and then be tired the next day.
 4. Reading material: avoid over-stimulating and negative topics, i.e. violence, latest magazines or newspapers, playing cards, social games and over-shopping.

MONTH 3

Study Circle – “God Is” and Ceiling on Desires TIME

READING – GOD IS, CEILING ON DESIRES – TIME

Don't Indulge in Unnecessary Activities

You are all wasting time which is divine. God is described as Kala kalaya namah. He is the master of Time. The four days that you have spent here are just a minute fraction of time. The same individual passes through stages when he is termed as boy, adult, old man, etc., due to the passage of time. Time is God. Therefore you should not waste time. Excessive talk is a waste of time. When you switch on the Radio and listen to all unnecessary programmes your current time is wasted. The body is like a Radio Receiver.

Chanting the name and singing the glory of God are useful. But while you indulge in unnecessary gossip, the energy is wasted. In doing wicked deeds, you also waste energy, thereby facing dangerous consequences too. By adhering to the twin ideals of Sathya and Dharma (Truth and Righteousness) you can sanctify your life and avoid wastage of the precious energy that you are endowed with.

Sathya Sai Speaks, Volume 30; Chapter 16: Adhere to Truth: Realize Divinity Within

Swami says “Do not waste time and whatever genuine knowledge you have, use it well”. Baba pointed out that time is the only commodity that everyone in the world has at their disposal in an equal amount. Everyone has just 24 hours each day. If part of it is wasted, it is gone and forever and can never be retrieved. We need to see clearly how we use our time, in order to determine how we may be wasting it, often unconsciously.

God Weighs the Needs of All and Maintains a Balance

The Divine cannot be expected to act according to your thoughts or desires. God is fully aware of the needs of the family, country, and world at large and confers the requisite benefits at the appropriate time. Let us take an example of how one gift of nature proves beneficial to some people, while it is not so for some others. Suppose a marriage function is being celebrated in one house, the family prays for the rain to stop to facilitate them. At the same time, a neighbour who has cultivable land, which is dry, prays for the rain to continue to pour in torrents to facilitate his cultivation of the land. God is impartial and will not submit to a particular individual's needs. He weighs the needs of all and maintains a balance.

Sathya Sai Speaks, Volume 31; Chapter 16: We are One

Prayers Can Uncover Latent Divinity

You should pray to God to grant you that which He possesses and you do not. What do you lack? Peace and bliss. Ask and it shall be granted. Do not ask God for the fulfillment of mean desires. All the worldly things are fleeting and momentary. Only God is immutable, pure, eternal, and immortal. So, spend your time in singing the glory of God. By sincere prayer, you can discover your latent divinity.

Sathya Sai Speaks, Volume 32, Part 1; Chapter 8: Relevance of Ramayana to Modern Life

Spirituality Without Love Is a Waste of Time

Spiritual practices done without the principle of love are useless. Some people sit for hours together in meditation but are unable to experience Divinity because their mind is unsteady. Instead of wasting

time in this manner, it is better to do some useful work. God is the embodiment of time. So, do not waste time. “Sarvada Sarvakaleshu Sarvathra Harichinthanam (think of God at all places, at all times, under all circumstances.)”

Pure and selfless love is the only way to attain Divinity. Fulfillment of worldly desires will confer only temporary happiness. So, put a check on your desires. Your goal is permanent and eternal bliss. It is within you and can be attained only through love.

Sathya Sai Speaks, Volume 32, Part 2; Chapter 16: Complete Surrender Confers Bliss

Time is wasted watching television talking on the phone rather than meditation or rest, too much or too little sleep is to be avoided. Idle or meaningless talk or activities that distract from service, meditation and spiritual exercises, waste time worrying, guilt, fear, anger or gossip are also time wasters. Wasting time on meaningless activities depletes the energy preventing devotees from time for service, meditation, and spiritual programs. Loss of time cannot be regained once gone.

The “best time” is usually when we have peak energy to get things done. Use relaxation such as balance, family time and regulated sleep for the same number of hours each night. Practice spiritual activities and reading material or plan a drive to include several errands.

QUESTIONS

1. God Is the embodiment of time and how do we use our time to receive this realization? What is it that you do to waste time and avoid this realization of God Is?
2. What desire do you have that wastes time and how would you put a ceiling on it? What would you do and how would you use your time wisely?
3. When do we experience “God Is”?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba’s form.
- Quietly repeat his name with love and surrender.
- Ask Baba to help remove your desires with time that’s preventing you from experiencing God Is.
- Go within and ask Baba to indicate in some way where or how to cut down waste of time in your life.
- When an idea comes through your reflection choose one thing to focus on.
- Open your eyes and share with the group your ideas and practical examples - create suggestions how you can limit waste in our lives.
- Pray to Baba to help you to help keep your resolve and experience GOD IS.
- Ask Baba to show you opportunities for self-less service.
- Remembering “Thy will not my will”.



DAILY PRACTICES

Daily Practice is important and it takes at least one month to start a new habit.

- Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question what is the meaning of God Is?
- Read the discourses on GOD IS during the month as you practice your Ceiling on Desire.
 1. Write a list of time wasters in a book so you can identify and eliminate them.
 2. Create Organization and Structure if you are at home with children, working or retired.
 3. Driving to include more than one stop. Combining errands and where you go
 4. Writing out timelines allows you to accomplish tasks confidently. Time management tools are to be used to put chaos in order. However, if too rigid it can create stress.
 5. Relaxation is essential to a balanced life. Is the spare time wasteful or replenishment of energy meditation with the contemplation of Gods name?

MONTH 4

Study Circle – “God Is” and Ceiling on Desires MONEY

READING – GOD IS, CEILING ON DESIRES – MONEY

Facilitators will review Study Circle material and guidelines and Participants will read the study material that will be emailed to them before the program.

Uphold Dignity and Honor

Sai Baba unearthing once again the message of all great religions has called upon all people who want to have a measure of peace and contentment in their lives to place a ‘Ceiling on Desires’ ... a ceiling on Food, Energy, Time and Money.”

God is not poor, and, hence, people created by Him cannot also be poor. It is man who makes beggars out of his fellowmen and ill-treats them. Such low and mean practice should be given up. Some people think that Lord Venkateswara is in need of money. They think He would do their work and fulfill their desires for the sake of money. In this manner, they bring Him down to the level of a beggar. It is a grave mistake.

Divine Discourse on October 22, 2004 in Prasanthi Nilayam. Occasion: Vijaya Dasami

Money in itself is neither positive nor negative it depends on how it is used. We can use money to serve all and be free of desire and attachment or it can be used at a negative force in our lives.

Baba says “Money has to be given its own place of importance. It has to be used in the best way possible. Because you do not make the best use of any given thing, you cannot understand what it is there for. You should, for instance, use the power of intelligence to avoid the misuse of money.”

Character is the Goal of Education

“Man has become a slave to money. He may forget God but will never forget money. You provide yourself with an air conditioner, a good bed, fans and other accessories with a view to having a comfortable sleep. But you do not get sleep. Why? You should have mental peace to sleep well. Your body, mind, chittha (willpower) and Ahamkara (egotism) being the Inner Instruments must all be oriented towards peace as well as the external limbs and sense organs. This can be achieved only by developing Divine love, which is selfless love and which always gives and never takes, while worldly love is keen on getting and then forgetting. Divine love has no equal. It stands supreme. You pray to God for trivial worldly things.

You are like pure gold. You are people of noble qualities. You are precious. But some of you are misguided by bad elements. Even if others try to mislead you, do not deviate from your chosen path.

Stand firm. Only then will you acquire name and fame. This is My advice to the students. In today’s education, you are taught skills that will enable you to rise up in your career, but nobody teaches moral education. Morality is the most important aspect of education. Money comes and goes, morality comes and grows. Therefore, cultivate morality. That will earn you respect from society.

Divine Discourse on January 14, 2004, Prasanthi Nilayam. Occasion: Sankranthi

QUESTIONS

1. Is there any way you use money that is not helping you to experience the truth of God Is?
2. Does the desire to have the right amount or the idea that you do not have the right amount of money take you away from the experience of God Is?
3. How can you know that God Is taking care of your life and also of everything else?

What kind of desire could you let go of if you knew that?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba's form.
- Quietly repeat his name with love and surrender.
- Ask Baba to help remove your desire for money that's preventing you from experiencing God Is.
- Go within and ask Baba to indicate in some way where or how to cut down on the waste of money in your life.
- When an idea comes through your reflection choose one thing to focus on.
- Open your eyes and share with the group your ideas and practical examples - create suggestions how you can limit waste in our lives.
- Pray to Baba to help you to keep your resolve and experience GOD IS.
- Ask Baba to show you opportunities for self-less service.
- Remembering "Thy will not my will".

DAILY PRACTICES

- Daily Practice is important and it takes at least one month to start a new habit.
 - Read the discourses on God Is during the month as you practice your Ceiling on Desire.
 - Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question what is the meaning of God Is?
1. Writing down ideas and experiences you have of "God Is"
 2. Use money in the best way possible. Conserve electricity, water, turn off lights or cut-back long distance calls.
 3. Avoid the misuse of money. Look for any habits that we indulge in excess i.e.; liquor, cigarettes, candy, movies, drugs, food, expensive clothes, jewelry or cars to impress people or to make you feel more important.

MONTH 5

Study Circle – “I am I” and Ceiling on Desires FOOD

READING – I AM I – CEILING ON DESIRES – FOOD

Our beloved Swami says that we must recognize the fundamental principle of oneness. We can make sincere efforts to achieve this by first recognizing our own Innate Divinity and by understanding the Principle of Unity.

Who Am I?

Swami says develop your Inner Vision and see your True Reality. If we open our eyes and see the outside world, we will see a number of heads. When we close our eyes and look within ourselves then we will see none but our own selves. This is how we develop Inner Vision.

God Is Not Separate From You

“I am not the body, nothing is mine.” This is what you should know. Question yourself, **“Who am I?”** You will get the reply, “I am I”. When you understand and experience this truth, nobody can cause any suffering to you. You cannot escape from suffering as long as you are immersed in the dualistic feeling that you are a mere mortal and God is separate from you. The feeling that “I am separate from you” is your own imagination. When ‘I’ and ‘you’ are joined together, it becomes ‘we’. However, ‘we’ + ‘He’ (God) becomes only ‘He’ who is changeless. ‘I’ and ‘you’ change constantly. You Yourself are God.

Divine Discourse on December 25, 2003 in Prasanthi Nilayam. Occasion: Christmas

Do not be deluded by attachment to the body and senses. You develop the feelings of **“I” and “mine”** due to the delusion caused by body attachment. In fact, the body is the cause of all attachments. But how long does this body last? It is desired only as long as there is life in it. When the life principle goes out of it, the body is mercilessly put on fire. Then, to whom does this body belong? Therefore, you are not the body. You say, “This is my body, this is my hand, this is my leg, this is my mind, this is my buddhi (intellect).” Everything is my, my, my. Then, who is that “my”? When you say, “my leg”, you are separate from your leg. Then who are you? You are you only. In this way, people today are deluded by their attachment to their body and senses. But you are not the body, you are not the senses, you are not the intellect, you are you. You should realize, “I am I.” That universal “I” principle is only one. Ekam sath viprah bahudha vadanti (truth is one, but the wise refer to it by many names). But the individual “I” represents ego. When you cut this “I”, it becomes the cross that is worshiped by the Christians. It means: when you give up your ego, you become your true self. Only Love for God is True Love

Divine Discourse on July 26, 2007 in Prasanthi Nilayam. Occasion: Inauguration address, Youth Conference

Understand the Principle of Oneness

Each one of you may undertake a different sadhana (spiritual practice). Whatever may be the sadhana, it should be performed with Atmic feeling. You should make efforts to understand the principle of oneness. That alone constitutes true sadhana. The principle of love in you should be steady. However,

the love in modern youth keeps vacillating. One day it is sacred and the very next day, it is unsacred. Such love cannot be termed as true devotion. Ekam Sath (Divinity is one). You are in the light and the light is in you. Bear this in your mind. Ultimately, you will realize that "I am I". If you want to understand the principle of Atma, you should not give scope to multiplicity. All that you see and hear in this world are merely reflections, reactions, and resounds. The reality is within you. Experience of Unity is real satsang.

Divine Discourse on March 1, 2003 (evening) in Prasanthi Nilayam. Occasion: Mahasivarathri

QUESTIONS

1. Whatever your Sadhana, Swami says that we must understand the principal of oneness. How can we use what we are learning about ceiling on desires to guide us to that realization?
2. "All that you see and hear in this world are merely reflections, reactions, and resounds. The reality is within you." What is the food desire you would like to put a ceiling on while contemplating on I am I?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba's form.
- Quietly repeat his name with love and surrender.
- Ask to Baba to help remove your desires with food that's preventing you from experiencing that you are not this body and you are I am I.
- Go within and ask Baba to indicate in some way you can put desire on food.
- When an idea comes through your reflection choose one thing to focus on.
- Open your eyes and share with the group your ideas and practical examples - create suggestions how you can use the Ceiling on Desires food to experience I am I.
- Pray to Baba to help you to help remembering "Thy will not my will".
- Ask Baba to show you opportunities for self-less service.

DAILY PRACTICES

- Daily Practice is important and it takes at least one month to start a new habit.
- Practice and create a personal Ceiling on Desire food project this month.
- Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question Who am I?

MONTH 6

Study Circle – “I am I” and Ceiling on Desires ENERGY

READING – I AM I – CEILING ON DESIRES – ENERGY

Swami says we ask others who they are but have we ever enquired into ourselves as to “Who am I”? What is important is that we must know our own reality. What is the use in knowing about others when we do not know our own reality? A true spiritual aspirant is one who understands and experiences the principle of oneness.

Swami also says that we all are verily God. We have to rise above “I” and “Mine” and realize God is the only source and sustenance for the entire universe and that all else is an illusion. In order to get rid of this illusion we must regard everything as Divine Will. This is being One with everyone and everything.

Do Not Forget God – Do Not Forget Your True Nature

I don't say it is wrong to worship those idols. But you yourself are God. Consider yourself as God first, and then begin to see the same God in every living being. Your body is a temple. There is divine energy in that temple. However, a little discrimination is to be exercised in this context. You have to enquire whether this energy is God. In fact, the body is also God. God is immanent in every atom and every cell of the human body. There is no place in this universe where God is not present. Hence, do not entertain any doubt about the existence of God. Do not forget God. In fact, if you forget yourself, it amounts to forgetting God. Hence, do not forget yourself.

It is for this reason that one is advised, “Always be careful.” You must constantly enquire into yourself, “Am I forgetting God?” You must always be aware of your true nature and remind yourself, “I am I.” If you are firmly established in that truth, there will be no scope at all to entertain any evil thoughts about others. Always Be Happy and Peaceful (*Divine Discourse on July 28, 2007 in Prasanthi Nilayam. Occasion: Youth Conference*)

Realize “I am I” – Be Free From Fear And Worry

Many people do sadhanas like japa and dhyana, but they are not of much use. However, they lead to some change in due course of time. They may confer temporary results but they cannot grant eternal bliss. You should not worry for temporary results. The feeling of ‘I’ and ‘mine’ is the root cause of worry. You will be haunted by worry as long as you don't realize Hari (God). You are worried because you identify yourself with the body. Once you identify yourself with the Self (God), you will be free from all worries. Hence, you should make every effort to realize your true Self. Under all circumstances, do not shed tears of sorrow. One will be free from sorrow when one gives up body attachment. In order to be free from worry and fear and to attain everlasting peace, you should realize that “I am I”. When you have firm belief in this statement, nothing can shake you. Do not develop undue attachment to the body and material possessions. You will be redeemed only when you lead your life with a spirit of sacrifice. What you should achieve is thyaga (sacrifice) and not bhoga (pleasure). To consider something as yours (‘mine’) is bhoga. To realize that nothing is yours (‘not mine’) is yoga. This yoga bestows on you the true strength. You Yourself are God.

Divine Discourse on December 25, 2003, Prashanti Nilayam

QUESTIONS

1. In Swami's discourse he reminds us that we must always be aware of our true nature and remind ourselves "I Am I". How do you remind yourself of I am I? and can placing a Ceiling on Energy assist you to realize I am I?
2. Ask yourself – am I this body? Who is it that does everything? Are there any attachments in this life that can be removed with energy from the Ceiling on Desires?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba's form.
- Quietly repeat his name with love and surrender.
- Ask to Baba to help remove your desires with Energy that's preventing you from experiencing that you are not this body and you are I am I.
- Go within and ask Baba to indicate in some way you can put desire on Energy.
- When an idea comes through your reflection choose one thing to focus on.
- Open your eyes and share with the group your ideas and practical examples - create suggestions how you can use the Ceiling on Desires energy to experience I am I.
- Pray to Baba to help you to help remembering "Thy will not my will".
- Ask Baba to show you opportunities for selfless service.

DAILY PRACTICES

- Daily Practice is important and it takes at least one month to start a new habit.
- Practice and create a personal Ceiling on Desire energy project this month.
- Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the questions Who am I?

MONTH 7

Study Circle – “I am I” and Ceiling on Desires TIME

READING – I AM I – CEILING ON DESIRES – TIME

Always be Under The Awareness “I am I”.

The whole world appears as containing innumerable names and forms. One should not be enmeshed with these names and forms. It is only when the names and forms are set aside and the underlying source is identified that it is possible to recognise the truth. And that truth is Tattwamasi (That Thou Art). That is Prajnanam Brahma (constant integrated awareness is Brahman). That awareness is Ayam Atma Brahma (This Self is Brahman).

When you analyse the mahavakya Tattwamasi, it will lead you to the awareness **“I am That” and “That I am”**. When you are able to realize this truth, you will find that the principle “I” underlies everything in the universe as the principle of unity. We have to recognise that “I” principle, which is universal. It is a futile exercise to get into arguments and counter arguments over this matter and **waste one’s time**. The only aspect you have to realize is “I am Brahman.” When somebody questions you who you are, the proper answer would be **“I am I”, “I am the word, I am the form, and I am the name.” This “I” represents and explains everything**. When somebody questions who you are, do not reply by quoting your name. The name represents the name given to the body. You are not the body. Hence reply “I am I.” Everyone should strive to attain that state of unity.

God Will Always Take Care of You

There are many in this world who do not understand what true spirituality is and thereby forget the reality. God alone is your true friend. That is the reality. He is your mother, father, guru, etc. Develop such firm conviction. Then God will always take care of you. When you cultivate Ekatma Bhava, all divine qualities will manifest in you. You will be an ideal to the world. You will be free from suffering. You will have neither death nor any punishment. You will realize your true identity. If someone puts a question, “Who are you?” say with firm conviction, “I am I.” Never identify yourself with the body. He who realizes this truth is a blessed one.

Worldly gurus undergo change with the passage of time. God alone is changeless, and He alone is your true guru. Have total faith in God. **Develop faith day by day.** Only then can you be called a true manava (human being). Daivam manusha rupena (God incarnates in the form of a human being). **Hence, consider yourself as divine. Declare with total conviction, “I am I.”** When you lead your life with such a sacred feeling, divinity will certainly manifest in you. Never be under the mistaken notion that God is elsewhere. He is always in you. **Your reflection is God’s reflection. Your reaction is His reaction. Everything is basically divine in nature.** It is God who makes you play your role in this cosmic drama. It is He who makes you sing, dance, etc. He is the cosmic play director. You may call Him by any name. But He is only one.

If you want to attain God, develop Ekatma Bhava. You will certainly be able to see and experience Him, everywhere.

Have Faith in God, the Only True Friend (Discourse on October 17, 2004 in Prasanthi Nilayam. Occasion: Dasara)

Brahman Alone is Truth, and the Entire World is Illusory

Brahman is only one and is all-pervasive. Whenever someone enquires about your name, you have to reply, “Aham Brahmasi (I am Brahman). I have no other name.” All worldly names are given to you for the purpose of identification. It is said, “Brahma Sathyam, jaganmithya” (Brahman alone is Truth, and the entire world is illusory). To realize the nature of Brahman, one must become Brahman. All names like Rama, Krishna, Govinda, Narayana, etc., merge in Brahman. If only you contemplate on Brahman, you will be able to realize the omnipresence of Brahman. You may call anyone by any name, for Brahman is present in all of them. Every human being has to contemplate on Brahman. A True and Real Life is One that is Suffused with Love.

Divine Discourse on March 6, 2008 in Prasanthi Nilayam. Occasion: Sivarathri

“I” is the first name of God

You say, it is “my body”, “my mind”, “my buddhi”, “my leg”, etc., then, who are you? When you examine yourself in this manner, you will realize that none of these are your true self. Your body corresponds to akara (form), whereas your true Self (I) corresponds to ananda (bliss). The principle of ‘I’ is different from the body. Day in and day out, people make use of this term ‘I’ without actually understanding its meaning. Be he a pauper or a millionaire, the principle of ‘I’ is common to all. Isavasyam idam sarvam (the entire universe is permeated by God). God is present in everybody in the form of ‘I’. Where there is ‘I’, there is God. Have firm faith in this declaration. When you say, Aham Brahmasmi (I am Brahman), ‘I’ precedes Brahman. Hence, ‘I’ is the first name of God.

Sathya Sai Speaks, Volume 35; Chapter 14: The ‘I’ (Aham) Is Braham

QUESTIONS

1. It is only when the names and forms are set aside and the underlying source is identified that it is possible to recognise the truth. How can we use our time to reflect and practice this?
2. “Aham Brahmasi (I am Brahman). I have no other name. How does this mahavakya lead you the awareness of I am I?”

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba’s form.
- Quietly repeat his name with love and surrender.
- Ask to Baba to help remove your desires for Time that’s preventing you from experiencing that you are not this body and you are I am I.
- Go within and ask Baba to indicate in some way you can put desire on Time.
- When an idea comes through your reflection choose one thing to focus on.

- Open your eyes and share with the group your ideas and practical examples - create suggestions how you can use the Ceiling on Desires Time to experience I am I.
- Pray to Baba to help you to help remembering “Thy will not my will”
- Ask Baba to show you opportunities for self-less service

DAILY PRACTICES

- Daily Practice is important and it takes at least one month to start a new habit.
- Practice and create a personal Ceiling on Desire Time project this month.
- Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question Who am I?

MONTH 8

Study Circle – “I am I” and Ceiling on Desires MONEY

READING – I AM I – CEILING ON DESIRES – MONEY

Rise above “I” and “mine” – You are God Verily

God is the only source and sustenance for the entire universe. Everything else is an illusion. Sorrows and difficulties, loss and gain, diseases and sickness treat them all as divine will. Then, everything will turn out to be good for you. You say, “This is my body.” But, who are you? You say “my body,” but you are not “I am the body.” Similarly, you say “my mind,” but you are not “I am the mind.” Thus, “you” are different from your body, mind, etc. When someone asks your name, do not say “I am Rama” or “I am Krishna.” Say “I am I.” Whatever name you say, it is only the name given to you by your parents. It is not your real name. In fact, nothing belongs to you in this world. “I” is your only property. That is the reason why we say “I”, “I”, “I” for everything. You are God verily, if only you get rid of “I”, the ego, and “Mine”, the attachment. Then, you are really yourself (your real SELF)! When you say “my house, my people,” etc., attachment grows. This body attachment breeds ego. Hence, once you rise above “I” and “mine” and lead a contented life, you will derive great happiness. May you all lead a happy, loving and long life! May you all be united!

Lead a Happy Life with a Feeling of Camaraderie and Fraternity (Divine Discourse on November 23, 2008 in Prasanthi Nilayam. Occasion: 83rd Birthday)

Not the Body, Mind, Intellect, Consciousness or Ego

You must develop the faith that God is your mother, father, and everything else and that He alone is your sustainer and refuge. After all, who gave you your mother? Is it not God? Everything in this world is by God’s grace only. If you forget God and concentrate on other thoughts, you will lose everything in life. If you constantly contemplate on God, all worldly thoughts will leave you. Hence, cultivate godly thoughts with love. Prema muditha manase kaho Rama Rama Ram (Sing the sweet name of Rama with your heart filled with love). Love is God. God is love.

Devoid of this love, there is no mother, no father, no brother, no wife. Everything is suffused with love. It is only for our convenience, for our pleasure, and for our own selfish purposes that we develop worldly relationships. Hence, give up selfishness and strive for self realization. You must enquire into yourself, “Who am I? Body, mind, intellect, chittha (consciousness), or ahamkara (ego)?” You are none of these. You are yourself. “I am I.” Recognise this truth.

Divine Discourse on September 27, 2006 in Prasanthi Nilayam.

QUESTIONS

1. In fact, nothing belongs to you in this world. “I” is your only property. Is there anyway that you use money that is not helping you to experience the truth I am I?
3. When you say “my house, my people,” etc., attachment grows. What is our relationship to money and is there a way that you can have less attachment?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba's form.
- Quietly repeat his name with love and surrender.
- Ask to Baba to help remove your desires with money preventing you from experiencing that you are not this body and you are I am I.
- Go within and ask Baba to indicate in some way you can put desire on money.
- When an idea comes through your reflection choose one thing to focus on.
- Open your eyes and share with the group your ideas and practical examples - create suggestions how you can use the ceiling on desires money to experience I am I.
- Pray to Baba to help you to help remembering "Thy will not my will".
- Ask Baba to show you opportunities for self-less service.

DAILY PRACTICES

- Daily Practice is important and it takes at least one month to start a new habit.
- Practice and create a personal Ceiling on Desire Money project this month.
- Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question Who am I?

MONTH 9

Study Circle – “Love all Serve All” and Ceiling on Desires FOOD

READING – LOVE ALL, SERVE ALL – CEILING ON DESIRES – FOOD

Where There Is Purity, There Is Divinity

There must be harmony between one's thoughts, words, and deeds. When there is unity between these three, there will be purity. Where there is purity, there is Divinity. Whatever others do to you, consider it as good for you. See that you do not lose your humanness under any circumstances. In fact, humanness is your most valuable property.

“Love all and serve all.” Then only you can lead a healthy and happy life. Do not eat junk food or food that is prohibited. You have to partake good, sathwic (pure) food that is offered first to God. You don't offer all sorts of food to God, do you? Sathwic food that is prepared in a clean vessel with pure feelings is offered to God. The food so offered to God has to be partaken as prasadam (sanctified food). Good food brings good health, and from good health arises good thoughts. Unfortunately, today there is dichotomy between our thoughts, words, and deeds. We say something and do something else.

Prema and the Triple Purity

Swami says the body is a home wherein reside three entities called mind (manas), speech (vaak), and limbs (organs of action). True humanness consists in the unity of thought, word and deed. He said that in Vedantic parlance, this unity was described as thrikarana Shiddhi (triple purity). True liberation (mokhsa) consists in giving expression in words to the thoughts that arise in the mind and to practice what one says. The ancients considered this triple unity as a form of yoga. Those whose mind, words and deeds are in complete accord are high-souled beings. Hence every man should strive to achieve unity in thought, word and deed. That is the hallmark of humanness. In this unity, true bliss can be experienced. It will also demonstrate the spiritual basis of Divinity.

My Life is My Message

Swami says the Principle of Love has no trace of ego or blemish. It is fully free from selfish attachments. Whatever Sai does, whatever Sai thinks, whatever Sai says, whatever Sai observes, it is all for your sake, not for Sai's sake. His only desire is our joy, ananda (bliss). Our ananda is His ananda. He has no ananda apart from ours.

We should follow Swami, the leader. This is because from morning to night, Swami performs even the smallest task himself, and all His work is for the good of the world. It is in this context that He often says “My Life is My Message.” God and the voice of God are one and same. Thus, doing what Swami does, as well as what Swami ordains, forms work that pleases Him. Work done without the thought of self and eschewing the craving for name or power pleases Him most.

Selfless Service

The Lord sets the example for the devotees to follow. He teaches that service done by any living being is offered to Him only and is accepted by Him most joyfully. Swami says Love expresses itself as Service. The acts of Sai are all selfless, sacred and beneficial. Sai has never caused harm. He is establishing the path of Truth, the path of Mortality, the Holy path to God-Realization. So Sai's work will march triumphantly on. Total adherence to truth, absolute selflessness, universality and spontaneous outpouring of love are to be seen only in Sai and nowhere else. Sai has not an iota of self-interest.

Service to Man is Service to God

The foremost activity that man should engage in is service to fellow human beings. Instead, people are wasting their precious time worrying about either the past or the future. Therefore, embodiments of love! You should always engage yourself in service to fellow human beings. There is no greater spiritual practice (sadhana) than such service. We must constantly engage ourselves in service to others. God has given us this body for that purpose only. This body is not meant to be engaged in mere eating and drinking and thus wasting our valuable time. We must realize the truth that God has given us this body for serving others and thus help others. There is nothing greater than service to humanity. Service to man is service to God. All great men have sanctified their life only by serving humanity.

Fulfilling My Role as Sathya Sai

When a devotee seeks with humility and purity to give seva (service) and prema (love) to My creatures who are in need of such selfless service and sublime love; when he considers all creatures as My children, as his beloved brothers and sisters, as the blessed manifestations of My Immanence, then in fulfillment of My role as Sathya Sai, I descend to help, accompany, and carry that yogi. I am always near such a yogi to guide him and to shower My love on his life. He who selflessly renders seva, sweetened with prema, to My creatures he who sees Me in everyone and in everything, he who remembers Me at every moment is the yogi nearest to Me My Baba and I.

by Dr. John Hislop, pg.. 170 Chapter: Seva

QUESTIONS

1. When there is unity between thoughts, words, and deeds, there will be purity. Where there is purity, there is Divinity just as good food brings good health, and from good health arises good thoughts. In what manner can you use your thought, words and deeds for purification?
2. Swami says that we must realize the truth that God has given us this body for serving others. Love expresses itself as Service. How can we use our Ceiling on Desires of food to serve those who need it?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba's form.
- Quietly repeat his name with love and surrender.
- Ask to Baba to help remove your desires with food preventing you from experiencing that you are not this body and you are I am I.
- Go within and ask Baba to indicate in some way you can put desire on food.
- When an idea comes through your reflection choose one thing to focus on.
- Open your eyes and share with the group your ideas and practical examples - create suggestions how you can use the Ceiling on Desires food to experience I am I.
- Pray to Baba to help you to help remembering "Thy will not my will".
- Ask Baba to show you opportunities for self-less service.

DAILY PRACTICES

- Daily Practice is important and it takes at least one month to start a new habit.
- Practice and create a personal Ceiling on Desire Food project this month.
- Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question Who am I?

MONTH 10

Study Circle – “Love All Serve All” and Ceiling on Desires ENERGY

READING – LOVE ALL, SERVE ALL – CEILING ON DESIRES – ENERGY

There Is Nobody in This World Who Can Give Us More Love than God

Some people show great love for outsiders but do not show the same love toward their Mother and Father in their house. First and foremost, we should love our parents; then, other people. But we should not limit our love to our friends and relatives alone; we should love all. Only then will God shower His love on us.

When seeing somebody in trouble or an injured person on the road, do not show indifference toward them. Howsoever urgent work we may be having, try to remove their suffering. Then God will manifest before us and fill us with energy. There is nobody in this world who can give us more love than God.

We do bhajans and perform service activities only to attain the love of God. God's love fills us with great energy. It is God only who gives us this energy. Therefore, love God, and love all people who are verily the children of God.

Some children become orphans. You should alleviate their suffering. Then your birth as a human being will become worthwhile. You see a person in trouble and go away without showing any kindness to him. There is no sin greater than this. The next day, when you may be in trouble, your friends will also ignore and deride you. Therefore, you should love others and receive their love. Charity and kindness are very important part of dharma (righteousness).

Seva Done to a Suffering Being Reaches the Lord Energy

The spiritual practice of seva is quite distinct. **In seva you devote all your energy and attention to the task at hand, for it is a dedicated task.** You forget the body and ignore its demands. You set aside your individuality and its prestige and perquisites. You pluck your ego by its roots and cast it away. You give up your status, conceit, your name and form, and keep all thought (chittha) pure.

Whatever the task you are performing, renounce your personal individuality and share its travails and troubles, **its fruits and benefits, with God.** You need not bring in God from some-where outside you; He is in you, all the while. **This truth must be your own discovery, your own treasure, your own strength.** This is the grand purpose of the Selfless Service Organization.

Any seva done to a suffering individual being (jiva) reaches the Lord Himself. And can never be a sacrilege, for seva to the jiva is seva to the Dheva (Divinity). Always be firm in that belief.

Divine Discourse in Brindavan on March 6, 1977

I Will Not Forsake energy

The totality of Divine energy has come as Sathya Sai unto humanity to wake up the slumbering Divinity of every human being. I will not forsake you. I have come to help, to accompany, and to carry you. I can never forsake you. I will never fail in My duty to My children; but I shall be very grateful to each child of Mine who helps in My task My Baba and I.

by Dr. John Hislop, pg. 170 Chapter: Seva

Gift from God

This birth has been undertaken by you, for this very mission: the mission of crucifying the ego on the cross of compassion. An opportunity to be of some service to fellowmen comes to you as a gift from God. Serve with that sense of gratitude, for it is God who accepts it from you. Prepare yourselves for serving others, not only by learning the skills of first aid, the rules of the road, the technique of blood donation, the art of handling mikes and loudspeakers, wiring and fitting electric lines, etc., but, at the time when you are not actively engaged in some such activity, be busy with japam, dhyanam or nama smaranam; fill yourselves with God, lest you go dry and cruel.

Always Wish Good of Others

Swami says we have to understand the power of good thoughts. Thoughts travel from one person to another. If you are thinking ill of others that can harm the other person, but ten times more harm will come to you. Some of you will be indulging in the thought of harming others and wishing that those people should come to ruin. Such thoughts will harm us tenfold. Never allow them to come near us. Always wish good of others. Love all.

Through Love, You Can Achieve Anything

Today, man visits temples and pilgrimage centres in search of peace, but peace is not found in pilgrimage centres. Peace is not found outside, it is within you. You are the embodiment of peace, truth and love. So search within, tread along the path of love. Only then you will be peaceful. Through love, you can achieve anything. God is Love, live in Love. Without love, you cannot be successful. Love helps you to know your Self. In order to experience love, you do not need to approach anybody; nor do you need to exert yourself. Turn your vision inward.

QUESTIONS

1. God's love fills us with great energy. It is God only who gives us this energy. Therefore, love God, and love all people who are verily the children of God. Compassion and kindness are your divine gifts and in what way can you use them share them with others?
2. You need not bring in God from somewhere outside you; He is in you, all the while. This truth must be your own discovery, your own treasure, your own strength. This is the grand purpose of the Selfless Service Organization. How can you use your energy to discover the Sai inside you?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba's form.
- Quietly repeat his name with love and surrender.
- Ask to Baba to help remove your desires with energy that's preventing you from experiencing that you are not this body and you are I am I.
- Go within and ask Baba to indicate in some way you can put desire on energy.
- When an idea comes through your reflection choose one thing to focus on.
- Open your eyes and share with the group your ideas and practical examples - create suggestions how you can use the ceiling on desires food to experience I am I.
- Pray to Baba to help you to help remembering "Thy will not my will".
- Ask Baba to show you opportunities for self-less service.

DAILY PRACTICES

- Practice and create a personal Ceiling on Desire Energy project this month.
- Daily Practice is important and it takes at least one month to start a new habit.
- Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question Who am I?

MONTH 11

Study Circle – “Love all Serve All” and Ceiling on Desires TIME

READING – LOVE ALL, SERVE ALL – CEILING ON DESIRES – TIME

People Should Feel they are Serving the Narayana

Time is infinitely precious. Hence the performance of good deeds should not be put off to another day. Time waits for no one. Hence both the body and the time should be utilized for doing sacred actions.

Increase Love through Dedication and Service

Service fosters the plant of love. Love is a very sacred thing. Love is time (immortality). One who desires such love does not seek anything else. Our life is the embodiment of love. Such love, which is very basic to our lives, we are enjoying it in a different manner. This is truly selfishness. This love should be developed in society. Share it with others. Love develops through such reciprocation. With this love, narrow thoughts give way to broad-mindedness. We should develop broad-mindedness in this vast world.

Service to Society Is Everyone's Primary Duty

How much better would it be if the crores of rupees spent on erecting temples are used for improving the condition of the poor, the destitute and the helpless? Institutions for helping the indigent unfortunates are more useful than edifices for worshipping some deities. To give a helping hand to the helpless is real service. Love towards one's fellow beings is the best spiritual discipline. Misuse of money is a great evil. Wealth must be used only for good purposes. Money is capable of leading man to any place, good or bad. Hence he should take care to see that wealth does not lead him to bad ways, or bring a bad name to this great country.

By limiting their desires and reducing the amenities required for comfortable living, the wealthy should devote themselves to the service of the poor and the forlorn. Seek to derive happiness from service to your fellowmen. Happiness is union with God. The Sathya Sai Organizations should not be content with conducting bhajans (group singing of devotional songs). Their motto should be seva (selfless service) all the time. They should take up every form of activity and give it a spiritual meaning. It is only those who are imbued with the spirit of selfless service that are fit to become leaders of the nation.

Grace of God Time

God is the embodiment of compassion. He watches for a grain of goodness or humility so that He can reward it with tons of Grace. Deserve the Grace of God by helping the weak and poor, the diseased and the disabled, the distressed and the downtrodden. Cultivate the Divine qualities of love, compassion, humility and reverence for all living beings, reverence towards the earth and all the other elements. You

can thus draw upon yourself the Grace of God and render your life beneficial and fruitful. More than listening to a hundred lectures or delivering them to others, offering one act of genuine seva attracts the Grace of God.

SSS Volume 15; Chapter 31 Lessons on Seva Sadhana

How to Remove the Evil of Egoism

The fruits of the tree of human life are sweet, but they are encased in the bitter skin of egoism and ignorance and have hard inedible seeds of desire, anger, pride etc. One has to exercise one's intelligence to peel off the outer skin of ignorance, throw off the seeds of vice and wickedness and partake of the sweet kernel of life. To remove the evil of egoism, service is the most efficient instrument. Service will also impress on the person doing service, the Unity of all mankind. He who dedicates his time, skill and strength to service, can never meet defeat, distress or disappointment, for service is its own reward. His word will be ever sweet and soft, his gestures ever revered and humble. He will have no foe, no fatigue, no fear. Man must get rid of the feeling that he is the doer. As long as the ego is dominating, the Atma or God-consciousness, will not be realized. The egoist cannot recognize the Atma. Therefore, first crush your ego. It is egoism that is the root cause of all man's troubles.

Earn the Love of God through Selfless Service

The Bhagavad Gita advises that service to the sanga (society) is the highest seva (service), as well as the most beneficial sadhana (spiritual discipline). You cannot run away from this obligation; you have to use the community of men wherein you are born for sublimating your egoism and saving yourself.

The Bhagavad Gita has proclaimed the path of disinterested action the royal road to perfection. It exhorts man not to crave for the fruits of action and merely perform one's duties in a detached manner, leaving the results thereof to the Lord. God does not enjoin man to do any work in particular. He is only the dispenser of the results of the deeds done by humans. He gives the fruits of actions according to the kind of work performed by man. If, without performing good deeds, you pray for personal gain, God merely listens to your entreaties, but does not favour you with His benediction.

Reach the Goal Faster

What are the reasons for the treacherous, cruel acts in this world? They are the decline of selfless service, the increase of meaningless feelings, and the multiplication of senseless desires. Follow the path of the birds that fly in the sky with the help of their wings. **Make love and service your two wings**, and fly in the sky like the bird. That will enable you to reach the goal faster.

Serve people with no thought of high or low; no service is high, no service is low, each act of service is equal in the eye of the Lord; it is the readiness, the joy, the efficiency, the skill with which you rush to do it that matters. Selfless, sincere service is therefore to be welcomed and practised. Each act of service is a step toward the Goal of Liberation.

QUESTIONS

1. Service fosters the plant of love. Love is a very sacred thing. Love is time (immortality). One who desires such love does not seek anything else. This love should be developed in society. Is love developed from outside of ourselves or are we being love when we serve?
2. Man must get rid of the feeling that he is the doer. As long as the ego is dominating, the Atma or God-consciousness, will not be realized. The egoist cannot recognize the Atma. Can time be used in a way that will remove the ego and open the heart to love all serve all?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba's form
- Quietly repeat his name with love and surrender
- Ask to Baba to help remove your desires with time preventing you from experiencing that you are not this body and you are I am I
- Go within and ask Baba to indicate in some way you can put desire on time
- When an idea comes through your reflection choose one thing to focus on
- Open your eyes and share with the group your ideas and practical examples - create suggestions how you can use the ceiling on desires food to experience I am I.
- Pray to Baba to help you to help remembering "Thy will not my will"
- Ask Baba to show you opportunities for self-less service

DAILY PRACTICES

- Practice and create a personal Ceiling on Desire Time project this month.
- Daily Practice is important and it takes at least one month to start a new habit.
- Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question Who am I?

MONTH 12

Study Circle – “Love all Serve All” and Ceiling on Desires MONEY

READING – LOVE ALL, SERVE ALL – CEILING ON DESIRES – MONEY

Money Comes and Goes, but Morality Comes and Grows

Do not hate anybody. All are your brothers and sisters. Cultivate the spirit of Brotherhood of Man and Fatherhood of God. Serve all with love. “Neither by penance nor by pilgrimage nor by study of scriptures nor by Japa can one cross the ocean of life. One can achieve it only by serving the pious.” (Sanskrit Verse) No amount of money can procure the bliss that you attain by serving others. Money comes and goes, but morality comes and grows. There have been many men of affluence in this land, but what happened to them ultimately? They had to leave the world empty-handed. No one can carry even a fistful of dust at the time of departing from the world. Otherwise, there would have been rationing even for dust in the country. When you leave the body, you carry with you only the good and bad that you have done in your life.

God Is Interested Only In Love and Service

You should undertake service. In fact, the hands are given to you to serve humanity.

Hands that serve are holier than lips that pray. Therefore, undertake selfless service and attain glory. When you undertake good work, you enjoy peace in your life. Today, the boys who sang bhajans are former students of the Institute. They have undertaken several services to please Swami. God is not interested in worship and other sadhanas (spiritual disciplines). He is interested only in service. Hence, undertake service and more and more service. The best way to love God is to Love all and Serve All. God is interested only in love and service. If you can recognise the importance of these two sadhanas and conduct yourself accordingly, there can be no greater sadhana. **You need not have to spend a lot of money in service.** Sanctify your life by undertaking loving service; you attain eternal joy.

Promote Love and Compassion

When money, scholarship, cleverness and intelligence are possessed by persons in whom Rajas (passion, emotion, extrovert qualities) predominates, they promote hatred, ambition and lust. When possessed by persons in whom thamas (sloth, dullness, conceit) predominates, they promote miserliness, greed and envy. When possessed by persons in whom sathwa (equanimity, balance, purity) predominates, they promote love, compassion, urge to serve, the unity of all mankind and world peace.

Never Give Money to Beggars

Today if we find beggars in the streets, it is because we have encouraged them by giving money. Never give money to beggars. If they are in need of food or clothes, you can certainly give them out. But do not encourage the practice of begging.

Secure Divine Love through Detachment

Dedicate every action to the Divine in a spirit of detachment. Divine love can be secured only by dedicated service to the Divine. God responds bounteously to what you offer. Kuchela got, in return for a handful of parched rice given to Krishna, limitless prosperity. Draupadi was rewarded likewise. How can you expect God to love you if you do not love God? God's grace is like a bank. You can draw money from that bank only to the extent to which you have built up deposits through thyaga (sacrifice). Earn God's grace through love and sacrifice.

Krishna said, "Mamaivamso jeevaloke jeevabhutha sanathana" (human beings are the sparks of My Divinity). Serve anybody; it amounts to serving God. The best way to love God Is to Love All And Serve All. If you lead such a life, all your actions will be pleasing unto God.

You need food, clothing, shelter, and some money to purchase medicine if you were to fall sick. That is why I said in the beginning, "O man! Never be over-ambitious, lead instead a noble life by making proper use of the intellect." Happiness lies in contentment. Dissatisfaction will lead to misery. In order to experience peace, keep your desires under control.

The Best Way to Love God Is to Love All, Serve All

He who recognizes that the Atma in him and in all beings is one and the same dwells in the constant presence of God, whether he is a householder or a renunciant, whether he is alone or in a crowd. Everyone has to recognise the divinity that is inherent in all human beings. It is needless to search for God. Verily you are the Divine. Strive to realize this truth. There is a simple and easy way. Have the faith that every human being is an embodiment of the Divine. Love everyone. Serve all. The best way to love God is to love all serve all. You must love everyone because God is in everyone. Every human being is a manifestation of God. On the cosmic stage every man identifies himself with the form and name given to him. But he does not realize what is his true form and name.

Sathya Sai Speaks Vol. 28, Chap. 2

QUESTIONS

1. You need food, clothing, shelter, and some money to purchase medicine if you were to fall sick. "O man! Never be over-ambitious, lead instead a noble life by making proper use of the intellect. In order to experience peace, keep your desires under control. What is it that in the personal use of money removes the experience of peace and what gives peace?"
2. You need not have to spend a lot of money in service. Sanctify your life by undertaking loving service; you attain eternal joy. Love everyone. Serve all. The best way to love God is to Love All Serve All. You must love everyone because God is in everyone. Does love and service bring you into the experience of loving everyone? And if it does not how can ceiling on desires help you to Love All And Serve All?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

- Close your eyes and then begin by focusing on Sai Baba's form.
- Quietly repeat his name with love and surrender.
- Ask Baba to help remove your desires for money that's preventing you from experiencing that you are not this body and you are I am I.
- Go within and ask Baba to indicate in some way you can put desire on money.
- When an idea comes through your reflection choose one thing to focus on.
- Open your eyes and share with the group your ideas and practical examples - create suggestions how you can use the ceiling on desires food to experience I am I.
- Pray to Baba to help you to help remembering "Thy will not my will".
- Ask Baba to show you opportunities for self-less service.

DAILY PRACTICES

- Practice and create a personal Ceiling on Desire Money project this month.
- Daily Practice is important and it takes at least one month to start a new habit.
- Choose from the list of Daily Practices one or more areas you would like to improve on and ask yourself the question Who am I?
 1. Writing down ideas and experiences you have of "God Is".
 2. Use money in the best way possible. Conserve electricity, water, turn off lights or cut-back long distance calls.
 3. Avoid the misuse of money. Look for any habits that we indulge in excess i.e.; liquor, cigarettes, candy, movies, drugs, food, expensive clothes, jewellery or cars to impress people or to make you feel more important.

NINE DISCOURSES

Ceiling on Desires

Centre Workshop

“Man knows that God is the very embodiment of love. Only through the cord of love can God be bound. But it is only when love is for love's sake that this cord can bind God to man. If love is motivated by desire for worldly objects, God will be beyond our reach. You must become embodiments of love. If you are merely loving, your love will be confined to a few. Only when you become the embodiment of love can your love comprehend all. Only then will you realize that it is the same God who is the Indweller in all beings.”

Sathya Sai Speaks, Volume 22; Chapter 14: The One and the Many pg. 10

“Tasmai Namah. This is short salutation hails God as: “O God, the Embodiment of Supreme Happiness!” When are you truly happy? You feel that way when you are free from all worries and anxieties. God has no desires and that is why He is always happy. Try to be like that, free from desires, and you too will always be happy. It is desires and worldly expectations that destroy happiness. To achieve permanent happiness, you must be totally free of desires.”

Sai Baba – pg. 12 Nine Discourses

“If there are no desires, then one can truly experience Eternal and Supreme Happiness, which is what God is.”

Sai Baba – pg. 13 Nine Discourses

“Suppose you want to eat a fruit. Do you want the fruit for your sake or the sake of the fruit? No. You want the fruit because you wish to enjoy it. You are attracted by a nice piece of textile. Do you want it for your sake or because you wish to give some satisfaction to that cloth? Obviously, the latter is not true; you want the cloth for your sake. It is the same with food. In this manner, every desire you have is for the gratification of your own self. There is something in you that drives you, and that driving force arises because you are either consciously or unconsciously seeking satisfaction for yourself. However, in almost all these cases, it is the lower self that is involved; that is why one describes all such actions as selfish. In spirituality, one must focus on the Higher Self; all actions must spring from the desire to satisfy this Higher or real Self.”

Sai Baba – pg. 12 Nine Discourses

“People suffer not because of destiny but because of desires and attachments. If you have attachments to the things of the world, you are bound to experience joy and sorrow in alternation. Pleasure and pain are an integral part of the dual world.”

Sai Baba – pg. 18 Nine Discourses

Embodiments of Love!

You have to enquire as to what extent you have understood the principle of love, which is uniformly present in all. Man is carried away by his identification with the body, so he perceives diversity in

creation. In fact, it is unity alone that is behind the apparent diversity. Whatever differences are there, they are only the creations of your mind. If you want to eliminate these differences and realize the principle of unity in diversity, you have to realize your true nature. You experience diversity when you turn your perception away from this fact of unity. Recognise the principle of unity. You are God. God is not separate from you. It is a mistake to consider yourself separate from God. This difference is the result of your deluded vision. When you rectify this defect in your vision, you will realize “I am I”.

When you identify Sai Baba with the physical form, you become separate from Him. It is only these feelings of identification with the physical form that create differences between individuals. The feelings of “I” and “mine” are behind all this multiplicity of forms. If you stand before a mirror, you see your image. Even if there are many mirrors, you see the same image. Though the mirrors are many, the image is one. Realize this oneness behind multiplicity.

“The whole world appears as containing innumerable names and forms. One should not be enmeshed with these names and forms. It is only when the names and forms are set aside and the underlying source is identified that it is possible to recognise the truth. And that truth is Tattwa-masi (That Thou Art). That is, Prajnanam Brahma (constant integrated awareness is Brahman). That awareness is Ayam Atma Brahma (This Self is Brahman). When you analyse the aphorism Tattwamasi, it will lead you to the awareness “I am That” and “That I am.” When you are able to realize this truth, you will find that the principle “I.”

Sai Baba – pg. 26 Nine Discourses

Parama sukhadam (Transcendental Bliss): The next in the list is Parama sukhadam, meaning real ecstasy. What is this sukham (happiness or ecstasy)? Is it connected with the body? Is it physical, sensual, or intellectual? It is beyond all these. Our ancients said, “Tasmai Namaha.” Meaning, “I offer my salutations to the Embodiment of Happiness.” Our ancients did not try to describe this supreme ecstasy but knew that God is its very Embodiment. So, they hailed God as Parama Sukhadam. God is the personification of Happiness that is beyond the constraints of space and time, and also human reasoning. If one is to describe this Transcendental Bliss, all one can say is that it is neither physical nor has it a form that can be comprehended. Nectar has an appearance, and its taste could possibly be described; but Transcendental Bliss is beyond both form and words. God is Eternal Bliss —what else can one say? God is totally unaffected by all pairs of opposites like praise and blame, worldly joys and sorrows etc. He is ever supremely happy.

QUESTIONS

1. It is desires and worldly expectations that destroy happiness. To achieve permanent happiness, you must be totally free of desires. In what ways has the National Spiritual Program taught you to experience God Is, I am I, and Love All Serve All and in what ways has Ceiling on Desires contributed to that?
2. You experience diversity when you turn your perception away from this fact of unity. Recognise the principle of unity. You are God. How is it possible to experience that you are God and to continue to have this experience?

MEDITATION, REFLECTION AND GROUP STUDY DISCUSSION

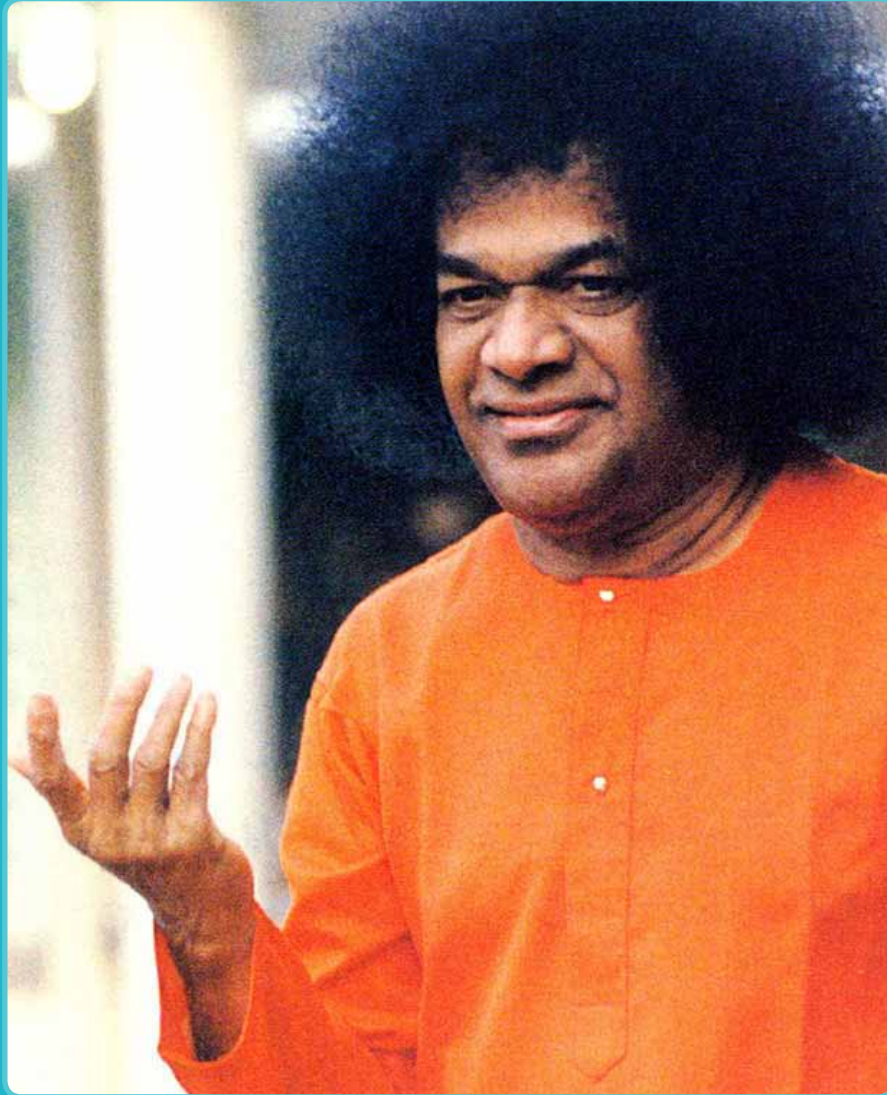
- Close your eyes and then begin by focusing on Sai Baba's form
- Quietly repeat his name with love and surrender
- Ask to Baba to help experiencing The Sai Ideal
- When an idea comes through your reflection choose one thing to focus on
- Open your eyes and share with the group your experiences
- Pray to Baba to help you to help remembering "Thy will not my will"
- Ask Baba to show you opportunities for self-less service

DAILY PRACTICES

- Daily Practice is important for transformation and a Centre Ceiling on Desires Program is very important to continue our transformation.



OM SRI SAI RAM



“Service fosters the plant of love. Love is a very sacred thing. Love is time (immortality). One who desires such love does not seek anything else. Our life is the embodiment of love.”

Love All, Serve All – Ceiling on Desires

