

## God helps those who help Others

**Sri Sathya Sai Baba**

Ati Rudra Maha Yagna  
Thiruvanmiyur, Chennai  
27 January 2007

### Dear students!

Man is born in action, is sustained by action,  
and ultimately merges in action.

Action is the cause for pleasure and pain.

Truly speaking, action is God for man.

(Telugu Poem)

### The Youth should tread the Sacred Path

There is no need for man to search for God anywhere. God is present in each one of you. Lord Krishna declared in the *Bhagavad Gita: Mamaivamsho Jivaloke Jivabhuta Sanathana* (the eternal *Atma* in all beings is a part of My Being). "All are an aspect of My Divinity," He declared. Where then would you search for God when He is in you and with you? Whatever work you do, consider it as the work of God.

God has blessed man with body, mind, intellect, and mind-stuff (*chitta*). The youth are endowed with a healthy body, a strong mind, and a sharp intellect capable of deep thinking, but they are misusing them. Instead of thinking of God and making proper use of their limbs, they are misusing their senses. This is a big mistake. At this age, you should put the power of the body, mind, and intellect to right use. What is meant by right use? It means to tread the sacred path.

Just because we are gifted with eyes, there is no need to see everything. Try to see all that is good. Do not hear with your ears the criticism of others or all that is unnecessary. Hearing the criticism of others and seeing all that is evil is a great sin. We acquire evil only

when we see evil. We do not try to listen to good words with our ears; instead, we listen to evil talk.

Surdas was blind. But he constantly chanted the name of Krishna. Hence, Krishna gave him darshan and fulfillment in life. Why has God given you tongue? Is it to enjoy the taste of anything and everything or to talk ill of others? No, no. It is meant to sing the glories of God. *Sravanam* (listening), *kirtanam* (singing), *Vishnusmaranam* (contemplating on Vishnu), *padasevanam* (serving His Lotus Feet), *vandanam* (salutation), *archanam* (worship), *dasyam* (servitude), *sneham* (friendship), *Atmanivedanam* (self-surrender)—an can attain God-realisation by putting these modes of worship into practice.

### Consider all as the Children of God

Chant the name of God. Let others also hear it and redeem their life. We do *kirtan* (devotional singing). Why do we do it? Is it to enjoy the melody of *raga* (musical mode)? No, no. We do it to get rid of our *roga* (disease).

"Rama! Save me!" This can be recited like a poem. But it does not give us as much happiness as it gives when we sing it in the form of a song. If we chant the name of Rama wholeheartedly, it is enough. The name Krishna is also very powerful and supreme. Many people describe and praise Krishna in many ways.

But what we are supposed to do now is not merely to chant the name of Rama, Krishna, or Sai but to help anybody who is in trouble, saying, "Oh dear one! What do you want? Are

you hungry? Take this food.” You should offer food and help to him to the extent possible.

Many small children roam about in streets when both parents go to work. They are exposed to many accidents and dangers. We should help such children and protect them from dangers and mishaps. Some people get injured in accidents; they should be taken to hospitals and provided treatment and other necessary help. Be courteous to the poor and help them. Provide help and means of treatment to those who suffer from some ailment. Extend a helping hand to those who are weak and unable to walk.

When we teach others the value of *seva* (selfless service) after putting it into practice in our own life, it will create awareness in them. Then people will think that these children are teaching us so many good things, so we should also extend help to them. We should talk to children nicely. When we call them, we should do so lovingly, saying, “Dear child! Please come.” We should avoid calling like, “Hey, come here,” with anger. Talk lovingly and sweetly without hurting them. Do not cast angry looks on them. We should express our love toward them while talking to them.

Love is a supreme power. Therefore, call everybody with love, saying, “Come, brother, come.” Ask him about their difficulties, “Do you have financial or health problem?” After understanding their problems thoroughly, provide necessary help to them.

Some lead a lonely life because they are without father, mother, relatives, or friends. We should offer brotherly affection to them. We should encourage them by saying, “I am like your brother,” and talk to them lovingly, saying, “Oh dear one! You have no elder or younger sister? I am your elder sister; I am your younger sister.” Speaking to them in this intimate way, we should give them courage and succour.

You are all the children of one mother, verily. That mother is God. Follow the maxim: Brotherhood of Man and Fatherhood of God. Since all are the children of God, you should consider all your brothers and sisters; you need not, however, share your property with them. Whomsoever you come across, talk to him nicely and love him wholeheartedly.

God is the embodiment of love. He protects the entire mankind by His love. If only there is love in us, it is enough. Then we will all become united. We should not create distance between one another by our talk or conduct. Draw everybody close to you with love. Then you will all attain the proximity of God. When you look at other with love, God will also look at you with love.

In whatever situation you may be, never show anger, jealousy, hypocrisy, or pomp. Do not treat others with anger or hatred. By experiencing your love, love in others will also increase. When you treat others with love, they will also show love toward you. On the other hand, if you show anger toward them, they will also behave angrily with you. When any beggar stands in front of your house and begs for food, saying: *Bhavati, Bhiksham Dehi* (Mother, please give me alms), you should lovingly ask them to stay for a while, bring food from inside the house, and offer it to them, thereby making them happy.

During the war for the liberation of Rangoon, a mother and her son somehow escaped from the area of war and managed to reach Kolkata. They had no shelter or food. The mother would go begging for alms from house to house, give most of it to her son, and partake of whatever little was left. When she did not get enough, she would give the entire quantity of food to her son and would herself go without food. Consequently, she became weak day by day.

One day the son, unable to see her suffering, told her, “Mother, from today, you rest and I will fetch food for both of us.” From that day,

he would go begging from house to house, give most of it to his mother and partake of whatever little was left. Sometimes, he would lie to his mother that he had already taken his food. Consequently, he too became very weak. The son had no strength to look after his mother, nor did the mother have any strength to protect her son.

One day, he stood in front of the house of an officer and begged for alms. The officer was relaxing in an easy chair in the verandah, reading a newspaper. He took pity on the boy, went inside, and brought some food on a plantain leaf. He told him to sit and eat it there itself. But the boy said that he would take it home for his mother. The officer said, "You say you are hungry, then why don't you sit here and eat? You can take it for your mother afterward."

Then the boy replied, "Sir, all these days my mother was bringing food for me taking great pains. Consequently, her health deteriorated. Hence, I have to feed her first." As he was uttering these words, he felt giddy. He fell down and breathed his last with the words, "first to my mother, first to my mother ...," on his lips.

The officer felt very sad. He was astonished at the love the boy had for his mother. He went in search of the mother and found her lying under a tree. He was in a dilemma as to how to break the tragic news of her son's demise. With the help of a servant, he brought the dead body of her son and placed it next to her. She got up at once and called, "My dear one! My dear one." But there was no response.

Then the officer said, "Oh mother! Your son breathed his last while bringing food for you."

She was immersed in grief and lamented, saying, "Alas! Where is the necessity for food when I have lost my son?"

**Worldly Relations bereft of Love are useless**

As far as the mother has strength, she nourishes her children. The children should also nourish their mother in the same way. God has given us human birth to nourish and nurture each other. What are relations like brothers and sisters for? Not merely for the sake of division of property and wealth. These relations are for developing love and sharing it with each other. Real relations are those who share love with each other. Worldly relations bereft of love are useless. Those who are strong and powerful should protect the weak and helpless.

When you see someone in trouble, show kindness toward them and try to wipe their tears. This is real compassion. This compassion is righteousness; it is love. When we expand our love, we can give happiness to the whole world. Therefore, develop love. If you come across a poor person, a sick person, or one who is in trouble, give them whatever help you can. When you extend help to such people, God will shower His love on you. In every human being, God is present in the form of love. We should not waste or misuse this love. Today, we express our love arbitrarily for anything and everything. By loving undesirable things, we tread the wrong path and come to a sorry state.

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).

There is no charity greater than feeding the hungry,  
There are no greater gods than parents,  
There is no greater *dharma* than compassion,  
There is no greater gain than the company of the good,  
There is no enemy greater than anger  
(Telugu Poem)

In no situation should we allow anger to overpower us. We should obey our parents. We should love even those who hate us. One should sacrifice even one's life for the sake of love. One's life becomes worthwhile only when one has love.

### **Develop Love and Experience Unity with God**

Members of *Seva Dal*!

First and foremost, imbibe love in your heart. Whomsoever you come across, talk to him with love. Draw all those who are in trouble close to you. Then God will shower His love on you. How can you receive the love of God if you do not love your fellowmen? If you want to become deserving of God's love, then, first and foremost, become deserving of the love of your fellowmen. God will help you if you help others. Help Ever, Hurt Never. Never put anyone to trouble. Love everyone. Lead your life with goodness of heart. Your

heart should melt with love and love should flow in it.

### **Therefore, embodiments of love!**

You all embody love. Develop love in you more and more. This is an aspect of Divinity. It is in reference to this that Lord Krishna declares that all beings are only an aspect of His Divinity. Dear ones! You are not different from Me; I am in you and you are in Me. As I love you, you should also love one and all. Then your love and My love will unite. If you add love to love, it will increase immensely. You can achieve greatness only when you develop love in you. This is the service you have to render. Only when you develop love will you become deserving of God's love and grace.

(The divine Discourse came to an end with the *bhajan*, "*Prema Mudita Manasa Kaho Rama Rama Ram*".)

(The above are excerpts from His discourse.).