

## Always be happy and cheerful

**Sri Sathya Sai Baba**

Valedictory address, Youth Conference  
Prasanthi Nilayam  
28 July 2007

The Creation emerges from Truth and merges  
into Truth,  
Is there a place in the cosmos where Truth  
does not exist?  
Visualise this pure and unsullied truth.  
(Telugu poem)

Every living being in this world, right from an ant to an insect, a bird, to a beast, has emerged from Truth only! Those who realise this truth are real yogis. Devoid of Truth, nothing will move in this universe. And that supreme Truth is embodied only in one person. He is *Sathyam*.

(Here Bhagavan Sri Sathya Sai Baba materialised a *lingam* and showed it to all). Who else can manifest such pure consciousness? Truth is omnipresent. When you think of it and contemplate on it, it can manifest in you also. Hence, constantly contemplate on Truth.

Why was this body named Sathya Sai? Truth alone manifests from this Sai. *Sathyam* is present in the heart of whoever contemplates on Truth. Hence, one should never forget Truth.

*Dharma* (righteousness) is the reaction, reflection, and resound of *sathyam* (truth). In fact, *Sathyannasti paro dharma* (There is no *dharma* greater than adherence to truth).

Today, we teach several branches of knowledge in secular education. But this is not true education. True education relates to the Truth that emerges out of one's heart. It has no name and form. What could be the form of Truth?

What is the form of *dharma*? What is the form of *santhi* (peace)? *Sathya*, *dharma*, *santhi*, *prema*, and *ahimsa* (truth, righteousness, peace, love, and nonviolence) are all formless.

One has to manifest these human values from out of one's heart. The kind of divine energy that is not present in a human being is not to be found in any other living being either. Hence, a human being is verily God. He is God in human form.

You all consider a human being as a mere human being. That is why you are committing so many mistakes. You are not merely a human being. You are God, verily. Think that you are God and you will become God. *Yad bhavam tad bhavathi* (as the feelings, so is the result). When you think of bad, you will get only bad thoughts.

All people in this world love someone or the other. However, there are differences in such love. Students love their fellow students. Ladies love other ladies. God is present in this lady as well as the other lady. Both are embodiments of Divinity. The one God is present in all bodies. We must love every human being. Love all serve all, since God is present in all human beings. There is no place in this universe where God is not present. God is present in the sky, in the water, in the sound, and in the light. Thus, everything in this universe is the embodiment of Divinity.

We forsake such omnipresent Divinity and worship God in the form of some idol in a temple. No doubt, you can worship those

idols. Nothing wrong in that. But you must realise the truth that the same God in that idol is present in every human being, nay, in every living being.

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.

Not realising their own true nature, fools and ignoramus think otherwise. God is present in all human beings. All the heads of all human beings in this world are God's own heads, verily. That is why God is described as *Virataswarupa* (embodiment of cosmic Divinity). His is the cosmic form.

Each one in that cosmic form has a different form. However, God is immanent in every form. Krishna declared in the *Bhagavad Gita*, *Mamaivamsho jivaloke jivabhuta sanathana* (the eternal *Atma* in all beings is a part of My Being). I alone am present in each one of you. You are not different from Me. Do not entertain any doubts or differences of opinion in this regard.

Strengthen your love, that is the proper *sadhana* (spiritual exercise). If only the fruit of love in your heart is ripened, the juice of that fruit can be shared with one and all. Hence, let that fruit of love ripen in your heart first. If only you fill your heart with pure love, that love can be shared with all. All people then will become embodiments of love. Then, there will be no scope at all for hatred and violence in the world.

Today, wherever you look you will find hatred and differences of opinion among people. In fact, they are not differences in the real sense. They may appear to be differences in the secular life. But all are one from the spiritual angle. Strictly speaking, all are zeroes and only God is the hero. He alone is one. All others are zeroes standing next to Him. That is why they acquire value. Remove that one, and all will be reduced to mere zeroes! Hence, God is the only important entity in our life.

The mind alone is responsible for all the sorrows and difficulties as well as happiness of human beings. Several people consider mind as very bad and call it "monkey mind". In My opinion, it is not monkey mind; it is mankind. It is always kind. It is the mind that gives you joy and happiness. It is again the mind that causes you worry and sorrow. If only you can keep the mind in proper state, nothing can be bad. Consider the mind also as divine. Then you will always be happy.

*Nityanandam, parama sukhadam, kevalam jnanamurtim, dwand-wateetam, gagana sadrisham, tattwamasyadi lakshyam, ekam, nityam, vimalam, achalam, sarvadhee sakshibhutam, bhava-teetam, trigunarahitam* (The *Atma* is the embodiment of eternal bliss, wisdom absolute, beyond the pair of opposites, expansive and pervasive like the sky, the goal indicated by the aphorism *Tattwamasi*, one without a second, eternal, pure, unchanging, witness of all functions of the intellect, beyond all mental conditions and the three at-

tributes of *sathwa* (purity), *rajas* (passion), and *thamas* (ignorance, inertia)).

Call it *Atma* or mind or consciousness — all are one. We ascribe different names to the same principle, according to our convenience and reference. For example, this body has been given the name Sathya. This name is given to the body and not to Me. I am not the body. I am not the mind. I am not the intellect. I am not the (subconscious mind). I am not imagination. Bhagawan is Bhagawan. You must develop such firm faith.

It is possible that the minds of some people are susceptible to some disturbances due to changes in food habits and recreation. It is also possible that they may be influenced by some friends in this regard. Frequently, I repeat the saying, "Tell me your company, I shall tell you what you are." Hence, I advise you to join the company of noble souls.

*Satsangatwe nissangatwam,  
Nissangatwe nirmohatwam,  
Nirmohatwe nischalatattwam,  
Nischalatattwe jivanmukti.  
(Sanskrit sloka)*

Good company leads to detachment;  
Detachment makes one free from delusion;  
Freedom from delusion leads to steadiness of  
mind;  
Steadiness of mind confers liberation.

Everyone can attain *mukthi* (liberation). But when? The moment you establish yourself in the truth "I am *Atma*" you will attain liberation.

Always think, "Swami is in me." "I am in Swami." However, it will be no use if you simply repeat, "I am Swami, I am Swami," with a fickle mind. Develop firm faith, "I am Swami; I am God; I am God." Only when you develop that firm conviction will you attain Divinity, which is *nirgunam*, *niranjanam*, *sanathana nikanam*, *nitya*, *shuddha*, *buddha*, *muktha*, *nirmala swarupinam* (God is attributeless, unsullied, final abode, eternal,

pure, enlightened, free, and the embodiment of sacredness).

On the other hand, if your mind is polluted with bad thoughts, everything will turn out to be bad for you.

Nowadays, even water is polluted. The human body will be afflicted with several diseases on account of this water pollution. It is therefore necessary that the physical body be protected to a certain extent.

What do you think of the purpose for which this body is gifted to you by God? It is only to make you realise your own Self. But you forget this purpose and concentrate your mind on the physical body. After all, what is there in the physical body? The body is like a water bubble. The mind is like a mad monkey. Don't follow the body. Don't follow the mind. Follow the conscience. If only you learn this simple principle, your life will be sanctified.

You need not pay heed to whatever people may say. Purity of consciousness is the fruition of knowledge. Only when your consciousness is pure will you attain wisdom. Purity of the mind is of utmost importance. Keep your mind pure, free from all kinds of pollution. Whenever evil thoughts enter your mind, remind yourself, "This is not good; this is not mine; not mine," and drive away those evil thoughts. Tell yourself, "These are all not my property; my property is only good thoughts and good ideas."

Constantly remember the truth that love is God. Live in love. If you can cultivate such positive and noble thoughts, everything will turn out to be good for you.

Several people here are deluded by ephemeral things. No doubt, you are pure at heart. You have only pure thoughts. But certain amount of pollution sets in now and then. You must ensure that it does not happen. That is *sadhana* (spiritual exercise) for you. What is *sadhana*? Is it sitting in meditation and doing *japa* (recitation of God's name)? No. This is

not sadhana. What do you think is the meaning of meditation? You think it is sitting in a lonely place and contemplating on the Lord's name. Not at all! Contemplate upon the pure thoughts in your mind. Contemplate on the Truth in you.

If you really wish to know the secret of sadhana, it can be explained through very simple methods. For example, make your mind steady and still for as short a period as eleven seconds. You can attain realisation even in such a short period. Realisation cannot be achieved by becoming restless like a clock. Just eleven seconds of stillness of mind would be enough. But you don't do even that. You can achieve a lot during this period.

Hence, do not trouble yourself unnecessarily. You are, at present, putting your body to a lot of trouble. You are wasting a lot of money too. Time waste is life waste. Money waste is an evil. Hence, do not waste money and time. Time is God and God is time. Hence, whenever you find time, think of Swami. I will certainly appear before you. Not only that, I will even talk to you. I am receiving several letters saying that Swami has appeared before them and talked to them.

You can also do such *sadhana*. Develop such unflinching faith in Swami. You will surely succeed in your *sadhana*. Several people have come here as devotees. They have, no doubt, deep devotion towards Swami. But what is devotion? What is the hallmark of a devotee? This has to be analysed first. First and foremost, you have to develop faith.

Where there is faith, there is love; Where there is love, there is truth; Where there is truth; there God is.

Truth is God. You need not have to make any special efforts to know Truth. In fact, eleven seconds are enough to realise truth. Just contemplate in your mind for a period of eleven seconds on Truth and you will be able to have God's *darshan*.

You are unnecessarily taxing your body by sitting for hours together in meditation. At the end, you are suffering from pain in legs and hands and back ache. Do not give scope for such painful joints. You ultimately land in a doctor's clinic, who will diagnose your trouble as rheumatic pains. They are not rheumatic pains at all. They are the result of misguided sadhana. Stick to the time schedule of eleven seconds, and you will have no pain.

In addition, also have timely food. With regard to food, you have to know certain subtle things and observe some restrictions. Do not consume non-vegetarian food like meat and fish. In fact, foreigners are used to non-vegetarian food only. This type of food causes diseases, like cancer. Hence, give up such food, totally.

Not only that. They also like cheese very much. The more you consume cheese, the weaker you become. Also, do not take milk in excess quantity. Too much milk is very bad. It should be in limit. The milk should be diluted with water in equal proportion. The same is the case with curd. It should not be thick. It should be semi-solid.

Thus, you have to control the food you eat daily. Proper food at the proper time is very much necessary for contemplating on God. If you take proper food and observe discipline in your habits, you are sure to have God's *darshan* at that very moment. You need not have to undertake rigorous sadhana for months and years. You can always be blissful. Bliss is the form of God.

You desire bliss. But from where do you get bliss? From a shop in the market? Or by having a sumptuous meal with a variety of dishes in a hotel? No, not at all! Bliss has to come from within. You are, in fact, the embodiment of bliss. You were blissful at the time of your birth. But once you started developing attachment with the world, you began crying.

Hence, you have to reduce your worldly attachments. At present, you have a lot of attachment to the world. Thereby, you are weakening your body. Ultimately you will end up in sorrow.

Worry is a very bad quality. Hurry, worry and curry —these three together make the heart very weak. Hence, keep them at a distance.

Whenever you are in difficulty, just assure yourself that these are passing clouds, which will move away, and therefore you will not be worried. Whatever comes has to go. They are momentary.

The same is the case with the human body. Hence, give importance to the body only to the extent required. The body has to be maintained within proper limits. Otherwise, it will decay. You have to be very careful. Those who are engaged in *sadhana* and wish to have the *darshan*, *sparshan*, and *sambhashan* (vision, touch, and conversation) with God must follow My advice in this regard. You are sure to have His *darshan*, and can even talk to Him.

Devotion is not merely performing certain forms of worship or undertaking religious vows or doing japa. Real devotion presupposes unshakeable love toward God, devoid of delusion. You have to cultivate such steadfast love toward God. Then you will certainly attain Divinity.

Since people are at present attached to the world, demonic qualities are growing in them. Both *kama* (desire) and *krodha* (anger) are the worst enemies of a human being. Always be happy, smiling, and loving. When you are smiling, love will automatically develop in you. There are, of course, some people who will put up a "castor oil" face. You must always be smiling and cheerful. God is always blissful. He does not at all worry for anything. Sorrow and worry are nowhere near God.

Observe Me. I am always cheerful and smiling. I have no pain or suffering. I am revealing the truth.

Some time ago, I sustained an injury to My leg due to a mistake committed by the students. My hip bone suffered four cracks. The doctors examined Me and decided to put My leg in bandage. I refused. I came to the balcony by walk and gave *darshan*, to the devotees. Even now, one of My legs is shorter by two inches.

Several doctors, including Dr. Pillay and his son from Singapore, came and wanted to examine Me. They are specialists in the branch of orthopaedics. Also several experts from America and other places came. They prayed, "Swami! Please spare just five minutes to us to examine Your leg." I told them, "I will give you five hours for a spiritual purpose, if you wish. But I don't give this body even for five minutes for a clinical examination."

Even now, the students hold My body as I walk. I shout at them saying, "I will not go if you follow Me." Thus, I give strict instructions to the students accompanying Me. I am able to manage Myself. I have no pain or suffering in the least. I can walk in the normal way. I do not fumble while walking and can keep My normal pace.

I maintain the same body weight for many years. My body weight then was 110 pounds. There was neither an increase nor a decrease in the body weight even to the extent of half pound. I am always hale and healthy. No one need worry about My health. I will always be happy.

When you look at Swami from an external angle, you will think that Swami is perhaps suffering from severe pain. Not at all! I have no pain whatsoever. Even if there is some pain, your love for Swami will remove that pain. It is enough if I look at you; all My pain is gone! I will be happy and cheerful. My pain, if at all there is some, has to be removed

by your love for Swami and not by the doctors. What could be the reason for people in such large numbers gathering here today? What does it connote? I am extremely happy that I am able to win the love of so many people.

You also be happy, wherever you are. I am always happy. I am extremely happy to see you all here. This is your good fortune. This time, the people have all come here with intense love and devotion. That makes Me very happy and cheerful. I am very eager to come to the Sai Kulwant Hall by walk from tomorrow to give you *darshan*.

There is no medicine more efficacious than love. Your love is My medicine. That is the most powerful medicine. Equally, My love is a powerful medicine to all of you.

Always be happy and peaceful. Live like members of the same family with love and affection. Do not be weighed down by petty difficulties and suffering. Do not give scope to any worry. Even if your wife or children suffer from a disease, do not get perturbed. Go back to your places with firm faith that everything will turn out to be good. Lead a happy and peaceful life.

(At this point, Swami showed to the audience the linga He had created earlier to and enquired), Did you see this *linga*? It is heavy. A much bigger *linga* will emerge from Swami's mouth. The Sivarathri festival is approaching.

(From Bhagawan's valedictory divine Discourse on the occasion of World Youth Conference 2007, Prasanthi Nilayam, on 28 July 2007.).