

#### 44. Naamasmarana--the Panacea

DIAMOND cuts diamond. Thorn removes thorn. Karma cures Karma. Karma, derided as causing the dualities of grief-joy, pain-pleasure, birth-death, also brings about liberation from the chain of duality. Karma causes both bondage and liberation. The sun rises; that act unfolds the petals of the lotus flower, but, folds the petals of the *kumudha* flower! The sun sets; that act makes the good men hurry home to the company of their family, but, it makes bad men hurry out of their dens to the places where they revel and rob. The palm falls on the *mridhuanga*; the sound is pleasant to the ear. It falls on an empty tin; the sound grates the ear. Karma ruins; Karma saves.

What is the nature of the Karma that saves? Holding fast to *Shivam* (God), as the boy Maarkandeya did. By this, you can foil death and earn eternal joy. What is the nature of the Karma that ruins? Holding fast to *Shavam* (corpse).

By this, you earn endless toil in slime and sorrow. What is *Shavam*? It is the delusion that you are the 'body'; what is *Shivam*? It is the consciousness that you are the Indweller, the Inner Motivator, the *Anthar-yaamin*.

How can you hold fast to *Shivam*? By fixing your mind on the Name of the Lord, the Indweller. By the repetition of the Name, with the alert awareness of the Glory It summarises. The Name is the container of immeasurable potency. The Word has much power; in fact, even common words denoting things do possess some potency. For example, when the word denoting some thing very sour to the taste is pronounced within hearing, you find that your tongue waters. When the word denoting some thing that is awfully disgusting is pronounced within your hearing, you are afflicted with nausea. When such is the effect of the pronunciation of common words, what can we say of the tremendous transformation that takes place when the sweet sustaining Name of the Ever-present Indweller is pronounced! It purifies, it cleanses; it elevates; it spreads its fragrance in the atmosphere; it inspires.

#### **Mind must be transmuted into the essence of Godhead**

The Name must, however, flow in the mind in an uninterrupted stream. *Naamasmarana* is a *yoga* (process of uniting with God); that is to say, it is a means of *chiththa viriththi nirodha*---of calming the agitations of the mind, subduing the waves of emotions and feelings. The *Naama* (Name) must always be associated, while intent on the *smarana* (remembering, recalling), with the *Naami* (the Named One). It is not a mere sound; it is a significance, the symbol of a Form, of a Fact. All the obligatory as well as optional acts pertaining to the process of 'living' can be gone through, with the Name-awareness as the inspiring background. The mind must be merged in the Godhead; it must be transmuted into the essence of Godhead. When the branch of a tree rubs against another, heat is generated and in the depths of a forest, fires are started when this heat grows strong. Rub a stone over another; heat is generated. But, the process must be without break; breaks only decrease the heat. So, the repetition of the Name in the mind must be without break. Then the fire of *Jnaana* (Realisation of the Reality) will burn out all weakness and delusion.

Indulal Shah spoke to you now of the World Conference of Sathya Sai Organisations to be held at Bombay, 1968. Such Organisations have been established and are working in many countries in order to spread Light and Hope among all peoples. For me, all countries are equally dear; the Universe is the Body of God. Ideas like my country, are all for limited minds, intellects that are bound within boundaries.

There are thousands of institutions that profess to spread *Bharatheeya* Culture and preserve and publicise it; they are mostly engaged in campaigns for collection of funds. In the Sathya Sai Organisations, money is not the criterion. It need only your hearts, for My Residence and Happiness. I do not like other temples or altars. Purify the heart, by *Naamasmarana*; I shall come, and dwell therein.

*Prashaanthi Nilayam, 26-11-1967*

*We call the home, BHA VAN. The word has two syllables---BHA and VAN. If there is no BHA (Bhagavaan - God) in the home, if the light of God does not shine therein, it is only a VAN or a jungle.*

***Sathya Sai Baaba***