

## 8. Right use of Time

*Like the oil that is in the til seed,  
Like the presence of ghee in milk,  
Like fragrance in a flower,  
Like juice in a fruit,  
Like fire in a piece of wood,  
So does the Divine permeate the cosmos.*

IF WE wish to discover the presence of the all-pervading Divine in the universe, we have to recognise the Divine in our daily life. Like the power of sight in the eye and the power of hearing in the ears, God manifests as consciousness in the human body. There is no place in the world where God does not exist.

Creation is a manifestation of God. It is the form of God. It is called *Prakrithi* (Nature). Hence, man, who is a child of Nature, is inherently Divine.

Man is born with Divine qualities. Just as a sapling grows out of a seed, a flower from the sapling and fruit from the flower, God is the seed of the entire cosmos..

Man is intrinsically a combination of morality, righteousness and spirituality. Unfortunately, forgetting these basic qualities, man today is bereft of morality, righteousness and spirituality. When we consider the sacredness of human birth, it is a shame that man should be so degraded today.

Man is an embodiment of *Sath-Chith-Aanandha* (Being-Awareness and Bliss) which are the attributes of the Divine. But forgetting his humanness, man has descended to the level of the animal and behaves like a demon. People do not respect the words of elders or follow the teachings of the wise.

In the land of Bharath where virtues like truth, righteousness, forbearance and compassion were highly esteemed, today cruelty, selfishness, intolerance and ill-feeling are rampant. Love is hardly present anywhere. What passes for love is not real love at all. There is a simulacrum of love for selfish purposes.

Many people are installing the statues of great men. While installing these statues, they are giving a burial to the teachings of these great men. Why carry on these ostentatious shows? It is not fitting for human beings to install statues and ignore the teachings.

### **The trinity in man: Purity in thought, word and deed**

The true nature of the trinity--Brahma, Vishnu and Maheshvara---should be properly understood. They symbolise the qualities of *Sathva*, *Rajas* and *Thamas* which are present in every human being.

Who is Eeshvara? The *Vedha* has described Eeshvara as *Aathma*. It has proclaimed the identity of the heart with Eeshvara. "*Eeshvaras-sarvabhoothaanam*" (Eeshvara dwells in the region of the heart of every living being) declares the Geetha. Hence, Eeshvara is described as "*Hridhayeshvara*" (the Lord of the heart).

The seat of thoughts is the mind. The mind has *been* described as symbolising the form of Vishnu. Vishnu means one who pervades everything. The mind has the power to reach out for anything in the universe. Hence the cosmos is rooted in the mind.

The thoughts emanating from the mind find expression in *Vaak* (words or speech). Thus, the heart, the mind and speech together constitute humanness. Sanctifying these three has been described as *Thrikaranasuddhi* (purity in thought, word and deed). The worship of the Trinity really calls for purification of Vishnu (mind), Eeshvara (heart) and Brahma (speech). Men today are immersed in transient worldly activities. They should sanctify all actions by purifying their feelings.

### **Develop good thoughts and do good deeds**

We are celebrating this day as New Year Day. The new year is called Eeshvara. Eeshvara means one who is endowed with all forms of wealth. People greet the new year as if it is going to confer on them some new benefits. The good or evil, the gains or losses, the renown or infamy experienced by people are not the outcome of the passage of years. They are the consequences of their own actions. *Samvathsara* (the year) is one of the names of God. Because God is associated with time. He is also known as *Kaalaathmaka* (Time-spirit). Hence, we should not consider the Lord, who is the spirit of Time, as likely to cause good or ill to us. Our actions, good or bad, bear fruits, according to their nature.

There is no need to wait for a new year to bring new tidings. Every moment is new. Many are wondering what troubles and losses the new year will bring. For all our troubles and difficulties the year is not responsible. Our conduct alone is responsible. If our actions are good the results will be good. Bad actions will lead to bad consequences. People think that good and bad are related to bad time. Not at all. Their thoughts are the cause. Hence, they should develop good thoughts and do good deeds. They should cherish good feelings and associate with good persons.

People should realise the preciousness of Time. Most of the time available is wasted by people. This is utterly wrong. Time should be used always for right purposes. That is the foremost duty of every man. Waste of time is waste of life. The Lord of Time protects those who take refuge in Him, even against the Lord of death, "*Kaala*". Time takes its revenge on those who misuse it. A nation's prosperity is dependent on how people make use of their time in the performance of good actions.

### **Lack of unity is the cause for present situation**

Bhaaratheeya culture is based on two fundamental principles- "Speak the truth. Follow righteousness." The heart is the seat of righteousness. It should be filled with compassion. As the In-dweller in the heart is the same in all beings, people should cultivate the spirit of unity. Shivaraj Patil in his speech earlier pleaded for unity among the people he also urged that in addition to unity and purity, there should be love. When unity, purity and love come together, oneness is experienced.

What is the situation today? Where is unity to be seen? Today nation is divided against nation. There are conflicts *between* states and within them. There are disputes over borders *between* states. When there are inter-state disputes, how can there be unity in the nation as a whole?

All are brothers; all belong to the human fraternity. There should be unity among all the people. All should strive to promote the reputation of the nation. No one can claim any right to a particular state. All have equal rights.

"The one Spirit is the Indweller in all beings." If this truth is recognised there will be no room for internecine conflicts. Selfishness is at the root of all conflicts in the world. All are human beings. The Caste of Humanity. The Religion of Love. The Language of the Heart. This unifying truth should be recognised. Everyone is constituted of the same five basic elements. Why, then, there should be differences between them?

### **Render benefit to society**

All claim to be devotees. But if they are real devotees, why should there be differences amongst them? What is the source of these differences? What is the cause of envy?

The truth is that people merely call themselves *devotees*. It is a delusion. They should examine whether they have the qualities of devotees. Everyone seeks to know what good he can derive from other individuals or from society. No one asks himself what good or benefit society derives from him. Start with rendering benefit to society.

Everyone goes about trying to see what he can get from society. Today, thanks to the influence of the Kali Age, two kinds of diseases have grown.

One is the insatiable thirst for wealth. In every city there is a mad rush for making money. Everyone is caught up in this craze for money. No doubt money is necessary, but only up to a limit to meet one's needs. Owing to excessive desire people lose all sense of proportion. Men turn into demons in the pursuit of wealth. It may be asked whether at least they make good use of their immense wealth. No, ultimately, the money may fall in the hands of robbers or others. What you get from society, give it back to society. That is the primary value to be cherished by every one.

The second malady is the thirst for power. The thirst for power and position is unquenchable.

Afflicted with these two maladies man is converting the whole world into a madhouse.

### **Do your duty sincerely**

The desire for wealth and power is not wrong as such. But wealth and power should be used for right ends. Whatever position you occupy, see that it is used worthy. A cobbler stitching shoes is pursuing as worthily an occupation as a Prime Minister governing the country. Therefore, everyone has to do his duty properly. There is no high or low in these matters. To each person, his occupation is a matter of pride. Hence, do your duty sincerely. Everyone should be filled with this feeling. He should *see* that he does his job well without any lapse or defect. When everyone does his duty in this spirit the well-being of the whole world will be automatically ensured.

People proclaim that they desire the well-being of one and all in the world, but they do nothing to promote it. They are concerned only about their own well-being.

This is not the right attitude at all. This year goes by the name Eeshvara. At least in this year everyone should cultivate the *Eeshvarabhaava* (godly feeling) and live in amity with each other.

Every one should be filled, with the feeling that the Divine dwells in his heart--that the heart is Divinity itself--that mind should be filled with godly thoughts as it symbolizes Vishnu. No mean thoughts should be allowed to enter the mind. The mind should not be allowed to go astray.

Brahma is said to have *emerged from the* navel of Vishnu. He symbolises speech. When the trinity are seen as symbols of the Divine qualities in man, man will discover the divinity within him. There is no need to seek the Divine outside one's self. It is futile to go on pilgrimage. The

scientists are committing the same mistake. They are exploring outer space, but are making no effort to explore the heart within.

### **Service to society is service to God**

The devotees are going from one mutt to another. Of what avail is it? The Divine resides in your heart. Seek Him within you. God is omnipresent. God is in everyone of you. All of you are Divine. Do not harm anyone. Develop such qualities. Sage Vyaasa's ultimate advice was: "Help Ever; Hurt Never."

It is disingenuous on the part of people to plead that in their busy preoccupations they have no time to think of God. Persons who waste their time watching TV or playing cards in clubs cannot pretend that they cannot spare a few moments for God. Make proper use of time. Time is Divine. Dedicate every activity to God.

Seek to serve society and your fellow-beings. There is no need to worship inanimate idols, but ignore the needs of living beings around them. What kind of worship is it which ignores the needs of fellow human beings? God comes in human form. Human beings are Divine.

Once Emperor Ashoka was going round his empire together with his minister. At one place he saw a Buddhist monk. He went up to the monk and bowed his head before the feet of the monk. The minister felt unhappy over the emperor's action. "Should the head of the great Emperor Ashoka be placed at the feet of an ordinary monk?" he thought.

After returning to the capital, the minister expressed, his feelings to the emperor. He told Ashoka: "The head of the emperor is supremely precious. Is it fitting that it should be placed at the feet of a mere monk?" This, he said, saddened him. Ashoka did not give any reply. He smiled and retired, to his apartment.

### **Ashoka teaches a lesson of humility**

Ashoka was waiting for a suitable time. After a few days, he summoned the minister and told him: "I want three heads." "What are they? I shall certainly get them," said the minister. Ashoka said: "The heads of a goat, a tiger and a man."

The minister went out, found a goat and got its head. He went hunting in a forest and obtained the head of a tiger. He went to a cemetery and got the head of a dead man. He informed the emperor that he had brought the three heads as desired by Ashoka. The emperor directed the minister to take the three heads to the market-place, sell them and bring proceeds. In the market, the goat's head and the tiger's head found ready buyers. But there was no buyer for the human head. The minister returned to the emperor and told him that no one was willing to buy the human head. The emperor told him to give the head free to anyone who might accept it. No one came forward to accept it.

The minister reported to the emperor that there was no one to receive the head even as a *free* gift. The emperor then told the minister: "This head has value only when there is life in the body. When life is gone, it is utterly valueless. Therefore, even while there is life, place your head at the feet of the noble ones and secure their blessings."

The moral of the episode is that you must make proper use of the body while there is life in it. What is wrong in prostrating before a monk? Many atheists as well as believers criticise those who offer their prostrations to holy persons. Such prostrations represent use of the body given to human beings.

What is meant by *siras* (the head)? It is the storehouse of intelligence. "*Prajnaanam Brahma*" (constant integrated awareness is *Brahman*) declares the *Upanishath*. The head bears *prajnaanam* as long as there is life in the body. When life leaves the body, *prajnaana* also goes.

In the Mahaabhaaratha war, towards the end, Dhuryodhana was on his last legs. Bhima was approaching him with intense bitterness. Dhuryodhana lay on the ground gasping for breath. Bhima kicked Dhuryodhana's head with his foot. Dhuryodhana said: "Bhima! I could have shown my strength if I had been in possession of my vital powers. To kick my head when I am dying, is it heroic on your part? Very soon, crows and vultures will feed on my dead body."

The head has its value while there is life. Hence, the head should be used while, you are alive to acquire merit by placing it at the feet of the holy ones. This is the value of prostrating before noble souls.

### **God is the only constant companion**

Hence, while one is alive, one should engage himself in good deeds and lead a sacred and meaningful life. All relationships are confined to the living. God alone is the only unflinching kinsman throughout life and beyond it. He is the only constant companion wherever you may be. Realise that life is impermanent. Only your good deeds will protect you. Peace, truth and virtue have to be acquired only through your actions. Achieve proximity to God and then become one with God.

Today you call yourself human. If you develop your devotion to God, you can divinise yourself. Divinity is your real nature. This has been proclaimed by the *Upanishaths* in the famous declarations '*Aham Brahmaasmi*,' *Ayam Aathma Brahma*,' and "*Thath-thvam-Asi*" (I am Brahman, This *Aathma*. is Brahman and That thou art). Develop this conviction, with confidence and courage.

You are prepared to believe in the words of an astrologer. Once a king Summoned an astrologer, who had acquired some reputation. The astrologer felt proud that he had been invited by the king himself. Most astrologers are full of ego and conceit. The astrologer examined the king's horoscope. Because of his conceit, he did not realise how he should speak on specific occasions. He told the king after examining the horoscope that all his sons would die early. The king was very angry. He ordered the servants to take the astrologer to prison.

The prediction was correct, but it should have been conveyed to the king in an appropriate manner that would not cause consternation. The king summoned another astrologer to verify whether the earlier astrologer's prediction was correct. This astrologer was a man of humility. He examined the king's horoscope and said: "Mahaaraaja! You have a very long life. Your sons may not live so long." This manner of conveying the prediction was more satisfying to the king.

### **Sweetness in speech is essential**

Sweetness in speech lies in the words you use and the manner of speech. The first astrologer, by predicting the premature deaths of the king's sons, provoked his anger and displeasure. The second astrologer conveyed the same prediction in a less unpleasant way by predicting long life for the king, though it would mean his outliving his sons.

This means that even in conveying truth one should see that it is not conveyed in a harsh or unpleasant manner. Even an unpleasant truth should be conveyed in soft words. For instance, if you see a blind man, you should not ask him brusquely: "*Oh* you blind fellow! Come near me."

It is bound to wound his feelings. How much better is it to go near him say, "Oh Surdas! Please get up."

The words you use should be sweet and pleasing. For this, you should have love in your heart. Only the man who fosters love in his heart is a true human being. A man without love is a lifeless corpse.

This is the New Year Day. Its name, "Eeshvara", holds the promise of all prosperity in the coming months. It is also associated with the heart which is the abode of the Eeshvara (Divine). From today try to cleanse the heart of whatever impurities there may be in it. How is this to be done? One, by meditating on God. Secondly, by service to society. By these two alone is purity of the heart achieved. If you secure the love of God, you can secure anything. There is love in you. Use it to win the love of God.

### **Pray for God's love and bliss**

*Embodiments of love!* Many pray to God all over the world. They pray for the realisation of worldly desires of one kind or another. This is not the right kind of prayer. You should pray to God for the grace of His love. That love is everlasting. It is infinite.

God has another attribute. He is the embodiment of bliss. He is *Sath-Chith-Aanandha* (Being-Awareness-Bliss). Pray to God to confer that bliss on you. God's bliss is boundless and everlasting. All mundane pleasures are transient and ephemeral. Only he is a true devotee who prays to God for his love and bliss. One who prays for other trivial things is no devotee at all. Worldly benefits come and go. They are not the things for which you should pray. Seek what is eternal.

Pray for God's love and bliss. Seek to realise your Divinity. Then you will experience the Divine in the entire cosmos. You will experience the bliss that fills the universe.

When you see the world with the eye of divine bliss, you will find bliss everywhere. If there is hatred in your vision, you will see hatred everywhere. Hence, change your vision to start with. Look at the world with the vision of peace, love and compassion. Then the whole world will appear loving and peaceful. When your heart is filled with love, you will experience the Divine in the entire cosmos. See the Divine in everyone. Eschew hatred and ill-will.

After years of devotion, many still lack a broad outlook and an all-encompassing love. *Embodiments of love?* Promote love in your hearts incessantly---the love that is immortal and infinite.

*Discourse in the Sai Ramesh Hall, Brindhaavan, on 7-4-1997.*

*Young men have to spring into the sphere of action and strive to the best for the building up of a happy peaceful world. They must shed the desire for power. The desire to uproot corruption and immorality, and the urge to work hard should firmly be implanted in the heart of every student. Mother India's future depends on them and she is waiting for them. Even as it is the duty of children to serve and please their mother, it is the bounden duty of every child of Mother India to make her happy. To serve the Motherland selflessly should be the sacred ideal of one's life.*

*Baba*