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## Fill All Your Actions With Love

*If you leave pride, you become dear to  
all;*

*If you conquer anger, you become free  
from worries;*

*You become prosperous when you control  
your desires.*

*You attain happiness only when you conquer  
greed.*

*(Sanskrit Verse)*

### *Embodiments of Love!*

AS Long as man is proud and pompous, none will love him including his wife and children. They may pretend to love him, but it is not true love. The reason is that pride and pomp come in the way of love. As long as man has anger in him, he cannot escape misery. If man wants to be away from misery and attain peace, he has to rid himself of anger. One with desires can never attain happiness. “*Less luggage more*

*comfort.*” In this journey of life, desires are your luggage. You have to reduce them in order to lead a comfortable life. A greedy man can never attain prosperity. He will be happy, prosperous and blissful on the day he gives up greed.

### **Welfare Of The World Depends On Man’s Thoughts And Actions**

Today marks the commencement of the New year. Many such New Years have gone by. Man expects the new year to confer on him and the world at large peace, happiness and prosperity. But the welfare of the world depends on man’s conduct and behaviour. Man’s conduct depends on his mind. The nature of the mind depends on thoughts. Only when man’s thoughts are based on truth will the world flourish. One who aspires for the welfare of the world should see to it that his thoughts and actions are in accordance with his aspirations.

Good and evil, happiness and misery, merit and sin depend on man’s actions. As is the action, so is the result. But today man ignores the law of action and acts as he pleases. It is easy to indulge in sinful deeds but it is extremely difficult to bear the bad results they yield. The Upanishads say. “*Thasmai Namah Karm-ane*” (salutations to action). You should offer your salutations to the action you perform so that it becomes sacred, brings you good name and contributes to the

welfare of the world. This is one of the primary doctrines of the culture of Bharat. Since time immemorial, the *Bharatiyas* have been offering respect to action, be it big or small, before undertaking it. A dancer pays her respects to the anklets that she wears before the commencement of her dance performance. Even tabla players start playing on the tabla only after offering their respects to it. Not only the educated people follow this practice, even an illiterate lorry driver offers his obeisance to the steering wheel before driving the vehicle. This is the sacredness that our culture imparts to action.

Offer your *Namaskar* (salutation) to the action you perform. What is *Namaskar*? It is giving up the sense of ego. But today this ancient culture is being forgotten and man acts as per his whims and fancies. Consequently, he is subjected to untold misery. He feels miserable when he has to face the consequences of his evil deeds, but he does not care to enquire whether it is good or bad before undertaking any action. Use your sense of discrimination before performing an action. Never be in haste. "*Haste makes waste, waste makes worry. So, do not be in a hurry.*" Man attains happiness or misery based on the actions he performs. The New Year brings with it neither happiness nor misery. Man faces the results of his actions. So, he should perform righteous deeds. You should perform activities that would benefit others.

### **True Service**

Once when Emperor Asoka celebrated his birthday, all his vassal kings made their offerings of wealth collected through taxes from the people of their respective kingdoms. But the King of Magadha did not offer anything. So, the emperor asked the king as to why he had come empty handed. The king replied, “O emperor, this year my kingdom passed through a terrible phase of drought, famine and floods. Consequently, my people suffered too much due to lack of food, water and shelter. In order to alleviate their suffering, I spent all money that I had collected through taxes. I provided drinking water, constructed schools to educate children, and established hospitals to treat the sick. As a result, I am left with nothing to offer you”.

Emperor Asoka was immensely pleased with his reply. He called him by his side and said, “Oh king, what you have done is highly commendable. Water sustains life. Education develops the intellect and medical care is essential to maintain good health. You have done a great service to your people by providing these basic amenities. I am happy to note that you have done all this without any trace of selfishness and as an offering to God.” Addressing the other assembled kings, the emperor said, “Many criticise the government for collecting taxes. But without collecting taxes, how can the government get money? Without money, how is it possible for the government to undertake social welfare

projects? So, it is necessary for the government to collect taxes. But one should see to it that the money is spent for the benefit of people. That is true service.”

### **Offer Dedicated Service**

Today people talk of devotion without really understanding its meaning. I don't want your devotion; I want your transformation. What is devotion? *Paropakartham Idam Sareeram* (this body is meant to serve others). You should understand that the body is the means to serve others and involve yourself in such activities, which will benefit others and give them happiness. Resolve to tread the path of service. Some people indulge in meaningless activities in the name of devotion and waste their time. True devotion lies in performing actions that will sanctify time. I am not asking you to serve the whole world in a big way. It is enough if you keep God in your heart and serve as per your capacity. *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). The path of service is superior to all the spiritual practices like *japa*, *dhyana* and *yoga*. Only through service can you please God. *“Deho Devalaya Prokto Jeevo Deva Sanathana”* (Body is the temple and the indweller is God). So treat every body as a temple. Have firm conviction that God resides in every body in the form of the Atma. There is no place where God does not exist. He

pervades all names and forms. *Sarvata Pani-padam Tat Sarvathokshi Siromukham, Sarvata Sruthimalloke Sarvamavruthya Thishthati* (with hands, feet, eyes, heads, mouth and ears pervading everything, He permeates the entire universe). Whatever action you undertake, do it as an offering to God.

### **Make Proper Use Of Your Senses**

The body is made up of five elements and is bound to perish one day or the other. But in such a transient body there exists the eternal divinity in the form of the Atma. The all-pervasive divinity is known as consciousness, the limited form of which exists in body as conscience. Consciousness and conscience are the same in terms of quality, only the quantity differs. You may collect water from an ocean in a pot and a tank. The water in these two differs only in quantity but the salinity is the same in both of them. The body may be compared to the pot; the all-pervasive consciousness exists in it as conscience. The whole world is pervaded by consciousness. On this basis, the Vedas declare; *Sarvam Khalvidam Brahma* (verily all this is Brahman). There is no matter in this world that is not pervaded by Brahman. You are all embodiments of the Cosmic Divine. Though you see God day in and day out, you feel you haven't. It is a sign of your weakness. Have firm faith that the body is a temple. Will anyone utilise a temple for unsacred purposes? So, make proper use of your body. This temple has many doors,

but the doors of senses like the ears, the eyes and the mouth are very important. Do not allow any evil to enter your body and mind through these 'doors'.

*See no evil; see what is good.*

*Hear no evil; hear what is good*

*Talk no evil; talk what is good.*

*Do no evil; do what is good.*

*Think no evil; think what is good.*

*This is the way to God.*

The safety and sanctity of the body lies in making proper use of the five senses. The culture of Bharat has taught nine paths of devotion to sanctify the senses. They are: *Sravanam* (listening), *Kirtanam* (singing), *Vishnusmaranam* (contemplating on God), *Padasevanam* (serving His Lotus Feet), *Vandanam* (salutation), *Archanam* (worship), *Dasyam* (servitude), *Sneham* (friendship), *Atmanivedanam* (self-surrender). Chant the name of God and perform all actions for the benefit of others. *Karmanubandheeni Manushya Loke* (in this world, man is bound by action). Your life is controlled by action. You cannot live even a moment without action. Let every action of yours be a prayer to God. This is the true and eternal path prescribed by the Upanishads, and contained in the prayer, "*Thasmai Namah Karmane.*" You should offer your prayer to the God of action so that He makes you perform noble deeds that are beneficial for one and all and lead to

world peace.

### **Recognise The Principle Of Unity**

Human body is meant to serve others, not to indulge in selfish deeds. As selfishness has become part and parcel of your life, you indulge in many sinful activities. Eschew selfishness, take to selfless service. Give up attachment towards the body. Become attached to the Self. Understand that the same Self (Atma) exists in everybody. Though you find myriad bulbs glowing here, the current that is passing through them is the same. Bodies are like bulbs; the principle of the Atma is the current that is present in them. With such a feeling of oneness, make efforts to alleviate the suffering of your fellowmen.

Sage Vyasa has given the essence of 18 *Puranas* in the following dictum, “*Paropakaraya Punyaya, Papaya Parapeedanam*” (one attains merit by serving others and commits sin by hurting them). So, “Help ever, hurt never.” There is no higher *sadhana* (spiritual practice) than this. This is the basis for self-realisation.

Self is nothing but the principle of the Atma. There is only one Self. Hence, it is said, *Ekameva Adviteeyam Brahma* (God is one without a second). It is rather surprising that man is unable to believe this principle of unity. He has faith in what is broadcast on television and radio, but does not have faith in the Self. One without faith in the Self is verily blind. In this



world nothing exists except the Atma.

Everybody is the embodiment of divinity. *Sarva Jeeva Namaskaram Kesavam Pratigachchhati* (whomsoever you salute, it reaches God). Likewise, whomsoever you criticise, it reaches God. So, do not criticise or hate anybody.

There are many people who undertake spiritual practices like *Japa*, *Dhyana* and *Yoga*. No doubt, these are sacred activities and one may undertake them. But it is very essential to recognise the principle of unity. There is only one God and He is omnipresent. Why are you not able to believe this all-pervasive Divinity? You are ready to believe those who put you on the wrong path. But you don't believe those who show you the right path. This is the impact of Kali Age and the result of modern education. Modern education is limited only to bookish knowledge, which is nothing but superficial knowledge. There is one book that you have to study and that is this world. Instead of learning lessons from this big book of the world, you are confining yourself to your small textbooks. Of what use are they? Do not be satisfied with mere bookish knowledge. Try to acquire practical knowledge. Only then will your life find fulfillment.

*Embodiments of Love!*

There is love in everybody. Love is God, live in love. When you have such sacred love in you, why

are you unable to translate it into action?

*Start the day with love,  
Spend the day with love,  
Fill the day with love,  
End the day with love,  
This is the way to God.*

### **Self-confidence Is The Key To Success**

There are some people who hate even their parents. It is a grave mistake. *Matrudevo Bhava, Pitrudevo Bhava, Acharyadevo Bhava, Atithidevo Bhava* (revere your mother, father, preceptor and guest as God). How can one who cannot respect his own parents, revere God? None can match the mother in imparting sacred teachings to the children. You might have heard the story of Abraham Lincoln. As he was born in a poor family, he did not have even proper clothes to wear. While going to school, his fellow students made fun of him. Lincoln could not bear the humiliation. One day he complained to his mother, crying, "Mother, my fellow students in the school make fun at my dress. They look down upon me and say that I am not worthy of their company." His mother then told him, "Son, you are aware of our financial condition. So, don't pay heed to what others say. Uphold your self-respect. Develop self-confidence, which alone can bestow all the wealth and prosperity on you." From that day onward, as per his

mother's guidance, Lincoln grew in self-confidence, upheld his self-respect and ultimately rose to become the President of America. Though born in a poor family, Lincoln could reach such an exalted position only due to his self-confidence and self-respect. Self-respect confers grace. Do not get dejected if others subject you to criticism and ridicule. Think that whatever happens is good for you. Once you develop such equanimity, there will be none greater than you.

### **Love Is The Greatest Wealth**

#### *Embodiments of Love!*

Respect and be respected. What you give to others will come back to you. You are bound to face the reflection, reaction and resound of your actions. Everything, including God-realisation, depends on your actions. Today the New Year has commenced, but it has not brought anything new with it. Today is in no way different from yesterday. If you do good now, you will reap its benefits in future. So, sanctify your actions. *Na Karmana Na Prajaya Dhanena Thyagena-ikena Amrutatthwamanasu* (immortality is not attained through action, progeny or wealth. It is attained only by sacrifice). The bliss that you get out of sacrifice is eternal. That alone is the true wealth, and it can never diminish. In order to acquire such everlasting wealth, spend your time in the contemplation of God. Divinity pervades all that you see, hear and feel. Being in the

constant company of such an all-pervasive Divinity, why should you worry and fear? Why fear when I am here? (*loud applause*). Never be afraid of anything; because God is in you, with you, above you, below you, around you. He follows you like shadow. Never forget Him. Atheists may talk as they please. If you have faith, God will protect you wherever you are: in a forest or in the sky; in a city or a village; on a hill or in the middle of deep sea.

Today cities have become centres of pollution and unrest. There is pollution everywhere, as man's mind has become polluted. If mind becomes pure, everything else will become pure. So, cleanse your mind. Drive out all your worries. What is the use of brooding over the past? Past is past, forget it. Future is uncertain. What is the guarantee that you will be alive till tomorrow? Don't worry about your future. Present is very important. This is omnipresent, not ordinary present. So, make the best use of present and be happy.

*Students and Devotees!*

Devotion does not merely mean reading sacred texts and undertaking rituals. You may continue doing so, but keep your heart always sacred. Whatever may happen, see that your faith does not waver. All the worldly things come and go like passing clouds. But the principle of love comes and grows. There is no God other than love. Love is your life, your friend, your relative, your food and your everything. Heart

that is filled with love can never be polluted. Love is nectarous. Once you fill it in your heart, the poison of evil will have no place in it.

*Embodiments of Love!*

As you are not aware of the sacredness of love, you are wasting it by diverting it on worldly things. Love is the greatest wealth and treasure. Let the whole world be filled with love. Love alone can safeguard the country and make it prosperous. Let every action of yours be filled with love. Love begets sacred rewards.

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