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Education Should Lead to Perfection

Sarve sukhino santu

Sarve santu niramayah

Sarve bhadrani pasyantu

Ma kaschit dukkhabhak bhaveth

(May all be healthy, happy and prosperous!

May all lead a life without sorrow!)

(Sanskrit Verse)

Embodiments of Love!

THE *Bharathiyas* pray for the welfare and well-being of all the people of the world. This is the foremost principle of *Bharathiya* culture. The culture of Bharath is eternal, everlasting and steadfast. Its glory has remained undiminished through the ravages of time. The students today have forgotten this sacred culture and



are consequently facing great problems. They are distancing themselves from peace and bliss. The *Bharathiyas* of yore experienced bliss and shared it with others. Even the people of other countries recognized the greatness of *Bharathiya* culture and tried to follow the same for the benefit of their respective countries.

Truth and Self-confidence are the Keys to Success in Life

Abraham Lincoln, who rose to become the President of America, was born in a poor family. His father was a carpenter. His mother worked hard to earn a little money to educate him. Their income was barely enough to run the family. Lincoln had to face many hardships. He did not have even proper dress to wear. When he went to school, his schoolmates made fun of him as he was shabbily dressed. Unable to bear their taunts, one day Lincoln went to his mother and wept bitterly. She enquired as to what the matter was. Lincoln said, "Mother, all my schoolmates look down upon me because I am poor and do not have a good dress to wear. They dislike my company." Then his mother pacified him, saying, "Son, you should understand our financial condition and act accordingly. Your schoolmates talk in this manner because they are well-to-do. We have to conduct ourselves keeping our financial condition in view. We are not rich. We have to

face this situation with fortitude." She drew him close, wiped his tears and said, "You should not feel unhappy over such a trivial matter. We do not have rich friends and relatives. But we are rich in self-respect and self-confidence. Understand that self-confidence is our true wealth. One with self-confidence and self-respect is the richest of all. Money and comforts are transient. So, strengthen your self-confidence and self-respect. They will certainly bestow on you all prosperity. Do not get carried away by what others say." These words of wisdom made an indelible impression on the tender heart of Lincoln. He started believing that self-confidence was his true wealth and his very life-breath. He stopped paying heed to the taunts of his schoolmates and continued his studies with determination. As there was no light in his house, he used to study under streetlights at night. At times, he had no food to eat and went to sleep after drinking a cup of water. His mother used to work day and night tirelessly to make both ends meet. Sometimes, she used to starve herself in order to feed her son. Lincoln lost his mother when he was still a child. So, his father Thomas married again. His stepmother was a noble lady and looked after Lincoln with love and affection. She also taught Lincoln to develop self-confidence. Lincoln was happy under her loving care. He paid glowing tributes to her, saying that he never thought that a stepmother could be so kind and compassionate as she was towards him. He made all efforts to keep her happy.

Unmindful of adverse circumstances, Lincoln worked hard and pursued his studies with determination. He passed his examinations with distinction. People were amazed at his success in examinations. He attributed his success to his self-confidence. He never uttered a lie. He considered truth as God. Later he got employment in a store where he worked with diligence and honesty. Gradually he earned reputation as a man of truth and integrity. Recognizing his nobility, his friends requested him to contest the election. They said, "There is no trace of truth or morality in politics. There is no justice at all. The country needs a person like you who would uphold truth and justice." Initially, Lincoln was reluctant to enter politics. He felt he did not have the strength to achieve success in politics. Even some elders started exerting pressure on him to contest the election. They promised that they would extend all the necessary help. Lincoln stood in election and emerged victorious. Ultimately, Lincoln became the President of America. Just imagine, a boy born in a poor family rising to the level of the President of America. His self-confidence was responsible for this.

Times, country and circumstances may change. But the purity and power of the heart do not change. Before Lincoln became the President of America, people did not realize the power of self-confidence and faith in God. It was Lincoln who taught these values

to the people of America. Following the example of Lincoln, more and more people started developing self-confidence and faith in God. It is enough if a country has one person like Lincoln.

"The moon illumines the world at night and the sun during the day. Righteousness illumines the three worlds, and a noble son illumines his entire clan." (Telugu Poem)

Culture Emphasizes Cultivation of Virtues

Students!

You should become the noble sons of Bharath. Strive to reverse the present trend and lead the country on the right path. First of all, transform your heart. Only then can you bring about transformation in others. If you want to be respected, in the first instance you should respect others. Respect all without any difference of caste, religion, etc. understand that the same Atmic principle dwells in all. *Ekoham Bahusyam* (the One willed to become many). This is the teaching of the culture of Bharath. As people have forgotten this sacred culture, they are unable to earn the love of their own parents.

What is *Samskruti* (culture)? *Samskara* (refinement) is culture. That which purifies is culture. We

do not partake of paddy without processing it. We separate the husk and boil the rice before eating it. Refinement is similar. We should refine ourselves by giving up wicked qualities and filling our hearts with purity. Only then can we get strength and happiness. A healthy body will have a healthy mind. Some people have a misconception that the body and the mind are two separate entities. The body cannot exist without the mind. *Manah Eva Manushyanam Karanam Bandhamokshayo* (mind is responsible for both bondage and liberation of man). So, you should fill your mind with sacred thoughts. Both the body and the mind are closely interrelated. The body is the vesture of the mind and the mind is the basis for the body. So, the body and the mind should be put to right use.

Today students are pursuing various types of studies and are acquiring high qualifications. But mere academic qualification will not give you true happiness. Food sustains the body but cannot give bliss. Money provides comforts but cannot ensure bliss. Both the body and the mind are important. How should we maintain our body? How can we purify the mind? Students should clearly understand this. When you have a healthy body and a pure mind, you become a perfect human being. Without this, you are only half man, not a full human. The purpose of education is to mould man into a perfect human being. Modern education lacks this capability. Many feel that they can be happy in life if they

have money. But money cannot give you true happiness. It cannot ensure sound health. You have to cultivate virtues if you want real happiness. It is not by *Dhanamu* (money) but only by *Gunamu* (virtue) that one can remain happy and healthy. Modern students are interested only in *Kalimi* (wealth), *Balimi* (power) and *Chelimi* (friendship) but not in *Gunamu* (virtue). What is the use of possessing wealth and power without virtue? One should depend on character and not wholly on wealth, power or friendship. Ancient *Bharathiyas* made this country ideal as they relied on the cultivation of virtues. Bharath is a sacred land. One who is devoid of virtues cannot be called a true *Bharathiya*. Give up bad thoughts. Never utter profane words and never indulge in evil deeds. This is the teaching of the culture of Bharath. It lays great emphasis on unity.

“Let us move together, let us grow together, let us grow in intelligence together, let us live in harmony with each other without giving room for conflicts.” (Telugu Poem)

We say, all are our brothers and sisters, but how many are translating this ideal into action? Our actions should be in harmony with our words. Jesus taught, *Brotherhood of man and Fatherhood of God*. The same truth is professed by the culture of Bharath. Sow the seeds of good thoughts, water them with good

actions and remove the weeds of wicked qualities. Only then will you reap the crop of bliss.

Students!

Today is the first day of the Summer Course. Purify your body and mind. Put into practice the teachings of our ancients. Follow the ideals demonstrated by great men like Lincoln. His mother taught him that self-confidence was the greatest wealth of man. Develop self-confidence. Uphold self-respect. Do not do anything artificially. Whatever you do, do it 'heartfully' (wholeheartedly). Art is external, heart is internal. Follow the dictates of your heart. People greet each other 'good morning', 'good evening', etc., but most of them do it in a mechanical and artificial manner. Truly speaking, there is no morning or evening. We call it morning when the sun rises in the east, and evening when the sun sets in the west. But actually speaking, there is no sunrise or sunset. It is because of the rotation of the earth that we see the sun during the day and the moon during the night.

Moon is the presiding deity of the mind. Before Rama lifted the bow of Shiva in the court of King Janaka, Sita's mind was not at peace. When Sita went to Ayodhya after her marriage with Rama, one day she confided to Him how the moon of her mind was clouded before Rama lifted the Siva bow. Rama then told Sita that at the time of His birth, thick clouds

covered the moon; so, it could not have His Darshan at the time of His birth. Rama then promised to the moon that He would add Chandra (moon) to His name to make it happy. Rama further told that in His next incarnation in Dwapara Yuga, the moon would be the first to have the Darshan of the Lord and to pay salutations to Him. True to the words spoken by Lord Ramachandra, the moon had the good fortune of having the first Darshan of Sri Krishna when His father Vasudeva was carrying Him across the river Yamuna. Thus, the moon was the first to do *Namaskar* to the Lord in His incarnation as Krishna.

Give up Body Attachment and Experience the Atma Embodiments of Love!

You may not have any material wealth; it is enough if you have self-confidence and self-respect. Respect everybody. Offer your *Namaskar* (salutations) to elders wholeheartedly. What is the inner meaning of *Namaskar*? When you do *Namaskar*, you join your palms and bring them close to your heart. The five fingers of each hand symbolize the five *Karmendriyas* (senses of action) and five *Jnanendriyas* (senses of perception). These ten senses should follow the dictates of your heart (conscience). That is true *Namaskar*. Some people do *Namaskar* in a mechanical way. They do not bring their two palms together. They say *Namaskar* and lift their hands, as if they are going to hit

you. When you do *Namaskar*, bring the ten fingers together and keep the two thumbs close to your heart. (Here Bhagawan demonstrated on the stage how *Namaskar* should be done by keeping His joined thumbs on His chest.) It means that you are doing it wholeheartedly. Thumb is the most important finger, without which the hand becomes useless.

This is the way our ancient sages and seers did *Namaskar*. They led a sacred life and performed penance without any sense of fear in dense forests amidst wild animals and wicked demons. What was the source of their courage and strength? They had no *Dehabhimana* (body attachment). They had only *Atmabhimana* (attachment to the Self). What was the weapon they carried with them? They carried the weapon of self-confidence with them. That is why they could even tame wild animals like lions and tigers and play with them. They had absolutely no sense of fear. It is from self-confidence that one gets courage. Today man is fear-stricken because he lacks self-confidence. Life has no meaning if one lacks self-confidence. Modern youth do not have faith in the Atma at all. They ask, "Where is the Atma?" The Atma is everywhere. *Atmavat Sarvabhutani* (see the same Atma in all beings). *Sarvata Panipadam Tat Sarvathokshi Siromukham, Sarvata Sruthimalloke Sarvamavruthya Thishthati* (with hands, feet, eyes, heads, mouth and

ears pervading everything, God permeates the entire universe). Take, for instance, air. It is present everywhere but you can neither see it with your eyes nor catch it in your hands. You cannot deny its existence because you cannot live without it. The same can be said of the Atma too. The Atma is the life principle of all beings. That is why in temples a ritual called *Prana Pratishtha* (investing life principle) is performed to the idols. You cannot live without the Atma. Who is responsible for your breathing process? It is the Atma.

The five elements are the very forms of the Divine. This was the teaching of Buddha. In the beginning, he visited many noble souls and listened to their teachings. He studied many sacred texts but he was not satisfied. Ultimately, he came to the conclusion that the five elements are the very forms of God. In order to understand divinity, you have to understand the nature of the five elements. You may worship God in the form of idols and derive some satisfaction out of it. There is nothing wrong in idol worship. But understand that God is not confined to idols. He dwells in your heart. Understand the nature of your senses and put them to sacred use. Only then can you attain Nirvana. Buddha understood this truth and attained Nirvana. His cousin Ananda was by his side during his final moments. Buddha noticed Ananda shedding tears and said, "Why do you have this body attachment? Body is negative,

whereas I am positive. This negative has to be given up some day or the other.” Today people are deluded by *Dehabhimana* because they lack *Atmabhimana*. No doubt, you have to take proper care of your body. You have to discharge your duties but do not be unduly attached to the body. “*The body is made up of five elements and is bound to perish sooner or later, but the indweller has neither birth nor death. He has no attachment whatsoever. Truly speaking, the indweller is verily God Himself who is in the form of the Atma.*”

(Telugu Poem)

Sense Control Imparts Lavanya

The body needs to be maintained well in order to carry on our life journey. But do not waste your time by constantly thinking of it and getting attached to it. Without the Atma, the body cannot exist. So, the Atma is the fundamental basis of life. It is a grave mistake to repose faith in the body forgetting the Atma. You should have faith in the Self and make sacred use of your senses. Only then can you cultivate *Lavanya*. According to our ancients, *Lavanya* connotes beauty of character. Today we find many women bearing the name *Lavanya*. As one’s character develops, the splendour of one’s personality increases. Such a person will remain youthful even in advanced age. He will be ever blissful and beautiful. He will be the very embodiment of Sathyam, Sivam and Sundaram. This body (Swami points to his body) is approaching its 77th year. How is

it that this body remains youthful and attractive? It is full of *Lavanya* due to the purity of my character and sense control. Whoever has sense control will have *Lavanya*. You do not find the pictures of Rama or Krishna looking old. They were ever young and full of *Lavanya*. Today youngsters lack sense control and consequently are ageing very fast. A youth of 16 or 17 today looks like an old man of 60 or 70! Lack of sense control is the cause of their ageing fast. You will have all the physical strength and vigour when you have sense control. Put the senses to proper use and exercise control over them. You will then be endowed with *Lavanya*. Be cheerful and smiling. Do not laugh in an artificial manner. Man has no reason to be sad because it is contrary to human nature. Where is the need for him to cry when he has the ever blissful spirit within? Never cry. Always be happy. You should lead an exemplary life and set an ideal to society by helping the poor, the sick and the needy.

Follow Me and Attain Bliss

Students!

This is the first day of the Summer Course. Understand the purpose behind conducting the Summer Course. You would have wasted a lot of time during these two months of vacation. If you waste your time in futile pursuits, you cannot have sense control. And if your senses are not brought under control, your health as well as your studies will suffer. Make sacred use of your time in this Course. This Summer Course is meant

to cultivate virtues in you so that you may attain *Pushti* (strength) and *Santhushti* (happiness) and experience *Sathyananda* (true bliss).

*Nithyanandam, Parama Sukhadam, Kevalam
Jnanamurtim, Dwandwateetam,*

*Gagana Sadrisham, Tattwamasyadi Lakshyam,
Ekam, Nityam, Vimalam, Achalam, Sarvadhee
Sakshibhutam, Bhavateetam, Trigunarahitam*

(you are the embodiment of truth and bliss, you are wisdom absolute, the one without a second, beyond the pair of opposites, expansive and pervasive like the sky, the goal indicated by the *Mahavakya Tattwamasi*, the eternal, pure, unchanging, the witness of all functions of the intellect, beyond all mental conditions and the three *Gunas* of *Sattwa, Rajas* and *Thamas*). This is your true nature. So, you should always be in a state of bliss. It is possible only when you give up body attachment. One with body consciousness can never attain bliss. However, the body has to be maintained properly. You should not eat as you please. The stomach is like a petrol tank; it should not be overloaded. You should have *Mithaharam* and *Hithaharam* (moderate and wholesome food). Take, for instance, Swami's example. Many people dine with Me everyday. They are aware of this. For the past one month, I have stopped eating even *Ragi Sankati* which was My regular diet. I am taking only one Chapati and nothing else. You all can

see how blissful I am. Some people may think that Swami is looking weak. It is just a reflection of their feelings. There is no weakness in Me whatsoever. I am very strong. I can walk any distance. If necessary, I can even run. What is the secret of this? My *Lavanya* is responsible for this. Many people wonder as to how Swami appears so young and blissful even at this age. How can you expect Me to be otherwise? I have no worry at all. I am always full of bliss. Follow Me. I keep saying, My life is My message. Follow in My footsteps and you will also remain energetic and blissful forever. Lead a happy, healthy and ideal life and serve the nation. Understand that you are born to serve and not to rule over others. Develop the spirit of service and sanctify your lives.

Bhagawan concluded His Discourse with the Bhajan, *Hari Bhajan Bina Sukha Santhi Nahin ...* (After showering bliss on the participants by the melody of the Bhajan, Bhagawan further advised the participating students.)

Students - Boys and Girls!

Everyday after the classes are over in the morning, do not waste your time in roaming about. Ruminates on the good things taught to you by the learned speakers. Imprint their teachings on your heart. This is what you are supposed to do in the following fortnight. When these teachings are firmly imprinted on your heart, they

will become a part of your being. When Uddhava brought the message of Krishna to the Gopikas, they told Uddhava that they wanted Krishna and not his message. They told him that the form of Krishna was imprinted on their hearts like a picture imprinted on a sheet of paper. It was not possible to separate Krishna from their heart. Like the Gopikas, develop the feeling of oneness with God and say with firm conviction “God and I are one”. Do not waste your time in idle gossip. Observe *Mounam* (silence). Talk less, work more and study more.

**Summer Course, Brindavan, 16-05-2002
(Morning)**

