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Reduce your Desires

*Nasthi lobho samovyadhi
Nasthi krodha samoripuhu
Nasthi daridriyavath dukham
Nasthi jnanath param sukham*

*“There is no disease greater than greed,
One’s anger is his greatest enemy,
There is no sorrow deeper than poverty,
There is no greater peace than wisdom.”*

(Sanskrit Verse)

God Permeates the Universe

Embodiments of Love!

LOVE, *Aham*, Atma, I – these are all synonyms of the same entity. Every person commonly uses the word ‘I’. It means he is revealing his true identity of being the Atma. *Sarvam*

khalvidam Brahma (The entire creation is Divinity). Whatever you hear, see or experience is all Brahma alone. Brahma is yet another synonym for 'I'. Einstein once said, "The entire creation is permeated with energy and energy has no form". He discovered this truth in this age, after strenuous investigations. A few thousands of years earlier, the seven-year-old Prahlada came to the same conclusion without any experimentation. He stated, "It is not possible to decide that God is present here and not present there. He is everywhere and there can be no doubt about it. You can find Him wherever you search for Him".

How did the young lad have such an experience? His own father Hiranyakasipu tried to have him killed by the bite of poisonous snakes. All Prahlada did was to chant the Lord's name, '*Om Namō Narayanaya!*' and, lo and behold, the serpents turned into garlands! Hiranyakasipu then ordered that Prahlada be chopped into pieces. Several swords were used, but Prahlada kept chanting '*Namō Narayanaya*', and the swords could not make a scratch on the boy. They then decided to make him drink poison. Prahlada kept repeating, '*Om Namō Narayanaya!*' He did not have any other name or thought in his mind. As a consequence, the poison changed into nectar. Seeing the futility of these procedures, they hurled the boy from the hilltop into the ocean below. Prahlada kept chanting the Divine name,

'Om Namō Narayanaya!' and smilingly fell into the ocean. The deity of the ocean himself rescued the boy and brought him to the shore.

The inner significance of these events is that faith is highly essential. **Faith** is the basis. Without it, chanting the Lord's name any number of times will be of no avail. It is like as a tape recorder repeating God's name. Prahlada was tuned into the primordial sound of *Brahma Tatva*.

Man's body is a powerful dynamo. All the limbs and the body constitute a generator. There is a steady supply of current from the body. Everything in man is Divine power. Prahlada experienced this current and therefore firmly believed that God could be found wherever He was sought.

Today's scientists have performed several experiments to ascertain Einstein's statement regarding matter and energy. They came to the same conclusion – Energy can neither be created nor destroyed.

Newton too echoed similar sentiments. He had dedicated his entire life to investigate the attractive power of the Earth. He realized that the power of gravity could not be destroyed. It had no specific point of origin or destination.

*"He is eternal without birth or death,
He is ancient without beginning or an end,*

He doesn't die, he doesn't take birth, he is blemishless,

He remains the eternal witness.” (Telugu Poem)

Newton investigated in great detail about such a Divine power. He was a great scientist who understood the force of gravity associated with earth. How did he learn this? It is because he discovered aspects of this attractive power wherever he looked. He saw the 'magnetic' power in everything; he too concluded that this energy could not be created or destroyed by anyone. However, it could be transformed from one form of energy to another. For example, the magnetic energy can be transformed into electrical energy. Electrical energy can be transformed into light energy. Though the basic magnetic energy can be converted into any type of energy, it itself retains its original identity. It can vary its intensity – ebbing and growing as necessary. It changes all the time but never diminishes away. As long as the earth is there, the magnetic strength remains. It attracts our steps; it attracts our vision and our hearing.

Desires Overshadow the Divinity of Man

Man when born, is without any desire. At that time he is in a pure and pristine state. He is steady and peaceful. All the strengths of man are at their highest intensity. In the eyes of every man, there are crores of light rays that enable him to see. On his tongue, there are lakhs of taste buds. There are a few lakhs of cells in his

ears that help him in his hearing. The entire body of man is full of divine energy. It is said, '*Sarvam Khalvidam Brahma*' (The creation is entirely Brahma alone.)

Ancient man was so pure that when he touched any object, the object would get stuck to him! Such was the extent of Divine powers that pulsated through his body from head to toe. As desires gradually multiplied, these Divine powers in him started to decrease. You need not think so deeply to understand this concept. You can test this idea now itself. You have several desires. Let us say that you have ten such desires that are to be fulfilled. Out of the ten, eliminate three completely. You can easily feel the difference in the energy flowing through the body! Your memory too increases. The sages of yore could easily recount from memory incidents that had happened long ago and recite things learnt a long time ago. This was because they had minimal desires in them.

They glorified God as the embodiment of eight essential features. These eight names are *Sabda Brahmamayi, Characharamayi, Jyothirmayi, Vangmayi, Nityanandamayi, Paratparamayi, Mayamayi and Sreemayi* (God is the embodiment of sound, mobility and immobility, light, speech, eternal bliss, supreme majesty, delusion and wealth).

Faith Alone can Help Visualize God

The sages explained, *Vedahametham Purusham Mahantham Adityavarnam thamasah Parasthath*

(O Citizens! We have visualized the Divine form shining like a brilliant sun beyond thamas.) The citizens were naturally curious to know where they had seen Divinity; was it inside or was it outside? The answer came *Antarbahischa Tatsarvam Vyapya Narayana Sthitaha* (he is there inside, outside and everywhere.) He can be seen wherever He is looked for. Divinity is therefore all pervasive. A consequence of this all pervasiveness was that the Rishis or sages would not travel around. They would remain seated at one spot and spend their time contemplating on the Lord. It was their constant worry that if they travelled about, they would stamp upon this all pervasive God! They did not wish that they should step on divinity with their feet. Such was the sacred feeling with which tasks were carried out by the sages of yore. Such sentiments were responsible for the highly idealistic characters developed by the people of yore.

What a far cry it is today! With deliberate audacity, one does not mind placing his legs on the idol itself! These are all extreme perversions in action. Why have they arisen? The saying goes, *Vinashakale Viparita Buddhi* (as one's doom approaches, good sense takes leave). In those days there was a pious environment and therefore pious feelings abounded.

Is it possible to have such an experience and share it with others today? Most certainly, yes! Will you ever be able to grasp such a power in your hands? Certainly!

All it needs is to develop the required faith. Where is this faith? Man does not have faith in himself, how can you expect him to develop such strong faith in God?

*Where there is faith, there is love,
Where there is love, there is peace,
Where there is peace, there is truth,
Where there is truth, there is bliss,
Where there is bliss, there is God.*

Such a feeling of love needs to be fostered. Without love, where will you even experience the truth? If there is no truth, peace can never be obtained. And without peace, bliss is a far cry.

The sages and hermits walked and lived all alone in dense and fearsome forests. What gave them the courage to do so? What weapons did they possess? Guns and bombs were obviously unheard of! Effectively, they had none of these with them, but they had a great deal of faith in God. This faith was like a powerful weapon in their hands. Their faith enabled them to accomplish many things.

India has remained rock steady down the ages because of the faith that our people had had in God. A notable feature of those times in India was the extremely young age at which people would take to the forests. Children below the age of nine were active in performing penances. What was the age of Dhruva when he did

penance? He was just 6 years of age. He was motivated by the humiliation he had suffered at the hands of his stepmother. He took his mother's blessings saying, "Mother! I shall obtain the grace and blessings of the Lord and then only return." He selected a spot that was totally deserted and isolated. It was a totally peaceful and silent locality. There, the forest was so thick that one could not even take a step on clear ground. Moving about was out of question. At such a place, little Dhruva stood on one leg and carried out a determined penance by chanting, "Narayana! Narayana!"

The Lord appeared and asked him, "Child! What do you want?" The intelligence of child Dhruva cannot be matched even by the grownups and educated lot of today! Dhruva replied, "I am a small boy. I am here in a totally isolated area and yet you found me. It is only you who could have known about my presence here. You who know where I am will definitely know what I want." The Lord replied, "Son! *Manasyekam, vachasyekam, karmanyekam, mahatmanam*. You must become a noble person by harmonizing your thought, word and deed. You have determined in your mind to do penance and obtain the Lord's grace. Accordingly you commanded your body, came and did severe penance. Your thought and your action are hence in cohesion. But your words are yet to be ascertained and have not been expressed yet. This is the reason why I am asking you what you need." Dhruva replied, "When I started out I

desired a cheap trinket of a glass piece. But now I have got a priceless diamond instead. Once I got this diamond why should I desire the glass piece? I had come to do penance with a great desire that I become a prince and sit on my father's lap. Now I don't have any such desires. I want only you." The Lord replied, "Son! I am ready to give you anything. But I must first sanctify you. You had thought of something and acted accordingly. So your words are not in harmony with your thought and action. Your desire will be fulfilled only if all the three are in harmony. Therefore you should now set about to achieve this harmony. I shall then satisfy what you have now wished for." Obeying the Lord's command Dhruva returned home.

What a high degree of intelligence was there among the children in those days! Such sacredness in their thought! What a noble path they chose to tread! Prahlada was a great devotee of the Lord. He had steady faith in Lord Narayana. He did not rely on his own father or his mother. He knew that mother and father were related to him through physical attachment. He used to say, "Lord Narayana is related to me without any attachments. The Lord is not related to me with some desires in mind. His only aim is to cause my emancipation. I hence desire for only that being who has no desires in him. I should express my desires only to such a one who himself has none."

Curtail your Desires for Peace

It is therefore advised that desires must be gradually curtailed by everybody. As desires multiply attachment increases. This leads to more and more bondage. Bondage causes man to suffer in several ways. Where does bondage come from? Your own desires create your bondage. Your sorrows are your bondage. Reduce your desires and you will be peaceful. You will not face any danger. Therefore reducing desires will give peace to man. It is rightly said, “*Less luggage, more comfort.*”

Today desires are growing at an alarming pace. Even if he is about to die in a couple of minutes man expresses some desire or the other! What are these desires? What are you gaining from them? Nothing! On the other hand, when you do not have any desires you would be so very peaceful. You may believe it or not, *I have no desires in Me. That is why I have no worries. Follow Me!* When you too have no desires your heart will be blissful. Desires only imprison you and they do not set you free as you imagine.

When your wishes are fulfilled, you praise Me sky high;

If your wishes are unfulfilled, you censure Me severely;

You commit sinful acts and pray for good results;

Crying to me to pull you out of the mess

And save you, you put the blame on Me

For misfortunes of your own making! (Telugu Poem)

You commit several sins; but ask for fruits of meritorious deeds in return! This is not proper. You must not commit sins in the first place. Always engage in virtuous deeds. As far as possible we should be of some help to others. God Himself is always helping others. Can you not do at least a fraction of this good work to others?

Follow the Master

Face the devil

Fight till the end

Finish the game.

Make it a point to follow the Master. You will then receive His abundant grace. You have been worshipping me for several years with devotion. You sing bhajans unflinching. Has at least an iota of dirt in your mind been wiped out? On the contrary it is increasing day by day. Are you able to experience at least a moment of bliss wholeheartedly? Definitely not! If yes, why then have you so many desires? What do you gain by desiring for progeny? No doubt, you have to discharge your duty towards your family. But leave everything to God. He will take care of them. You need not entertain worries. Today, you are engaged in looking after their welfare. What is the result? Is it not much better to offer the

responsibility to God and let Him handle it? You will be happy and so will they be.

Therefore, we should not ride on our desires. They should be gradually reduced. Lesser the desires, more the happiness. First make efforts to understand the nature of God. When earth was first formed there was only pitch darkness everywhere. Nothing was visible. It rained heavily for crores of years thereafter. It is as an effect of this deluge that the oceans were formed. After the rains the clouds cleared. Gradually the stars appeared. The sun too shone and showered its rays on the earth. The light enabled man to go about his daily life, grow crops and eke out a livelihood. When there was total darkness man had no desires. As light gradually appeared so did man's desires, because he could now see the creation. Today, his day begins with desires! However, during the night he is not assailed by desires. Hence, darkness appears to give no scope for desires. On this count at least one should welcome darkness!

At the time of Rama's birth, for 15 days there was no sunshine. It was darkness all around. Consequently, the moon was agitated. It lamented, "Alas! I am unable to have a glimpse of Lord Rama!" After the passing of 15 days the sun itself was curious to see Rama. He gradually started rising. Consequently, the moon too started its lunar phases. The sun and the moon started

executing their assigned tasks. This caused day and night to appear on earth. If you investigate the mystery of nature you will find that man plays no role anywhere in it.

Today, man is inventing medicines to control the population. Such a thing is not possible through medicines. When desires go down, automatically the mind is turned towards God. What is first required is sense control.

This day people from several countries have gathered to spread the message of Lord Buddha to the world. You must all listen to the nature of Buddha and use it to control your mind. Today, controls are being exercised on everything except the mind and desires. It is the desires that must first be controlled. This will give you a great deal of peace. You will be surprised to see so much peace in yourself. Peace is natural to man and will arise on its own once the desires are controlled. Peace is everywhere. Truth and love are everywhere. You are the very embodiment of love. You are the embodiment of peace and truth. You are the embodiment of God. Realise this truth first. Truth is not at some far off place. Truth is here itself! Where there is truth there is God. We chant *shanti* three times. Outside what you will find is only pieces. Peace is God's property and is available only with Him.

Be Aware that God is the Resident of your Heart

Develop the feeling that God is in your heart. Believe in the truth that God is always residing in your heart. When you have faith in this truth, peace will definitely dawn.

God created everything from truth.

Everything will merge one day in this truth.

There is no place that is not pervaded by truth.

This is the highest and purest truth, realise that!

(Telugu Poem)

We need not set out to search for God. Wherever there is truth, God appears. Where Narayana appears his consort Lakshmi, the goddess of plenty and prosperity, too appears. Hence, if you want wealth, you have to take the first step! When you succeed in installing Lord Narayana in your heart, goddess Lakshmi too follows her Master into your heart.

With noble thoughts, good deeds and constant contemplation of God, undertake good actions. Help others. Never entertain jealousy. Jealousy leads to total ruin. It makes man totally useless. Unfortunately today, jealousy thrives. Some people even cry when they see someone else better off! They cannot tolerate the other person being happy. This is a very bad trait. You must feel happy at others' happiness. You too will then enjoy success and gain bliss.

There is plenty of grace that God can give you. But it is at a depth! Some effort is required to obtain it. If you need to fetch water from a well, you need to tie a rope to a bucket, lower it into the well and draw the water out. You are neither tying the rope to the bucket nor are you lowering the bucket into the well. The water is therefore not reaching you. The rope to use is that of devotion. This rope must be tied to the vessel of your heart and lowered into the well of God's grace. What you receive from the well, when the water is drawn out, is the water of pure bliss. The well is that of God's grace (*Anugraha*) and not that of desire (*agraha*) or jealousy (*asooya*)!

Get rid of the bad qualities in you. In this sacred environment, why do you give scope for bad habits? By developing bad habits you are leading yourself to a bad fate.

Embodiments of Love!

Live in love with everybody. Once you earn this love, everything else will be added unto you.

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