Contents

Foreword 7 Preface 8 Jnana Vahini 9
Jnana Vahini 9
1. Remove ignorance by incisive inquiry 9
2. Cognize the shining inner Atma as oneself 9
3. To realise the Atma, overcome four obstacles 10
4. Eliminate egotism and desire and gain liberation by conquest of the mind 11
5. Brahman is perceived when all traces of "intention" disappear 12
6. Train the mind to dwell ever on God 12
7. Instincts and impulses must be put down 13
8. The one who really knows God becomes God 14
9. The four types of spiritually wise people 14
10. The effects of the three qualities 15
11. Illusion hides the individual's true blissful nature 16
12. Use the "Who am I" inquiry to cease the agitations 16
13. Remember constantly that You are not the body! 17
14. Develop non-attachment: Be in the world but not of it 18
15. Self-realization is the ultimate goal of life 19
16. Being-Awareness-Bliss describes the experience of Brahman 19
17. Atma is immanent nonchanging Unity beyond time and space 21
18. Highest spiritual wisdom is Brahman 22
19. Take up the chief path to acquire spiritual wisdom: devotion 22
20. Everyone can win spiritual wisdom, regardless of status, class, or sex 23
21. Wisdom consists of the feeling of oneness without distinctions 23
22. Caste depends more on qualities than on birth 24
23. Accept the rigours of spiritual discipline and follow the path of devotion 25
24. Serve selflessly, without attachment to the fruits thereof 26
25. The paths of devotion, wisdom, and non-attachment are inseparable 27
26. See life as a manifestation of the three qualities 27
27. Be spiritually wise: without ego, without desires, with equal love for all 27
28. The Lord's eyes, ears, hands, and feet are everywhere 28
29. The world is the Lord's three-act play 28
30. Make God your constant focus 29

31. Calm the mind by steady, continuous discipline 30
31. Cann the mind by steady, continuous discipline 30
32. Worship the great souls who have won wisdom 31
33. Illusion makes Brahman appear as soul, God, and world 31
34. Destroy illusion by inquiry into the nature of Atma 32
35. Attaining enlightenment destroys ignorance as well as enlightenment! 33
36. Direct experience is obtained by continous reflection on truth 33
37. Atma is the Universal Cause and Seer 34
38. Attachment and affection are the result of delusion 35
39. The nature of Atma is Being-Awareness-Bliss 35
40. The realisation of "I am Brahman" 36
41. The sacred revelations allow a restricted identity of soul and Brahman 37
42. Realise your true Self by destroying all limitations 38
43. Four qualifications for inquiry into the Atma 38
44. Mastery of the scriptures is not enough 39
45. See the Atma by unraveling the five sheaths of the body 39
46. Approach the preceptor for help in grasping the Atma 40
47. The grace of the Lord makes everything else superfluous 40
Glossary 41

Jnana Vahini

Stream of Spiritual Wisdom



SRI SATHYA SAI SADHANA TRUST

Publications Division

Prasanthi Nilayam - 515134 Anantapur District, Andhra Pradesh, India STD: 08555 : ISD : 91-8555 Phone: 287375, Fax: 287236 Email: enquiry@sssbpt.org URL www.sssbpt.org

© Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam P.O. 515 134, Anantapur District, A.P. (India.)

All Rights Reserved.

The copyright and the rights of translation in any language are reserved by the Publishers. No part, passage, text or photograph or Artwork of this book should be reproduced, transmitted or utilised, in original language or by translation, in any form or by any means, electronic, mechanical, photo copying, recording or by any information, storage and retrieval system except with the express and prior permission, in writing from the Convener, Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam (Andhra Pradesh) India - Pin Code 515 134, except for brief passages quoted in book review. This book can be exported from India only by the Publishers - Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam, India.

International Standard Book Number for the paper edition: 81-7208-296-7. ISBN for this new ebook edition to come later.

Revised Edition: 2014

Published by: The Convener, Sri Sathya Sai Sadhana Trust, Publications Division Prasanthi Nilayam, Pincode 515 134, India

STD: 08555 ISD: 91-8555 Phone: 287375 Fax: 287236

Foreword

This edition of *Jnana Vahini* improves on previous editions. Some grammatical errors and typos have been corrected, and many sentences have been rewritten to clarify and smooth the presentation —without disturbing the original meaning. Some long paragraphs have been split in two where it made sense and provided easier reading.

The original version of *Jnana Vahini* had no chapter or section titles. We have inserted numbered subtitles in appropriate places.

Sanskrit words have been replaced by English equivalents, to make *Jnana Vahini* more accessible to non-Sanskrit readers. A few Sanskrit words have been retained (in parentheses, following their English replacements) to aid people in analyzing the meanings of the individual words and where Sathya Sai Baba made some play on Sanskrit words.

Several Sanskrit words that have made their way into the English language (e.g. *dharma*, *guru*, *yoga*, and *moksha*) are used without translation, but their meanings appear in the glossary at the end of the book. The glossary also contains people and places mentioned in this *Vahini*.

This edition of is done in .epub, .mobi, and interactive pdf formats so that it can be read easily on tablets such as the ipad, kindle, and nook. In these ebook versions, you generally get to choose the font and font size that best suit you. Clicking on most names of people and places and Sanskrit words will take you to the glossary for a definition or explanation. Your reader should then have a back button to take you back to where you were reading.

With these changes, we hope that the revised *Jnana Vahini* will be of great benefit to earnest seekers in the spiritual realm.

Convenor

Sri Sathya Sai Books and Publications Trust Prasanthi Nilayam Pin 515134, India

Devotion merges in spiritual wisdom and becomes identified with it. Devotion ripens into wisdom, so do not speak of them as different. At one stage it is called devotion; at a later stage we refer to it as wisdom. Once it is cane, later it is sugar.

Sathya Sai Baba

Preface

efore you read this Book ...

Dear Reader, this is not just another book on the nature of soul and the technique by which it discovers its Reality. When you turn over the pages, you are actually sitting at the feet of Bhagavan Sri Sathya Sai Baba, the *Avatar* of the age, come in answer to prayers of all virtuous people and spiritual aspirant to guide them and grant them peace and perfection. "Place all your burdens on Me," He says. "Start on the spiritual pilgrimage this very day," He exhorts. "Why fear, when I am here?" He asks.

His grace is omnipresent; His miraculous powers proclaim His omnipotence; His wisdom, His analysis of the ills of humanity, and His prescription for their cure reveal His omniscience.

You have the unique chance of meeting Him, at the Abode of Peace (Prasanthi Nilayam), and receiving from Him His blessings for the success of your spiritual pilgrimage. He will know and appreciate your earnestness and faith, and you can continue with greater confidence and courage, because He is certain to assure victory. He is the Eternal Teacher of the *Gita*, the Charioteer in your heart.

In the pages of the magazine, published with His Blessings, and named after Him as *Sanathana Sarathi*, He wrote, out of His overwhelming love toward humanity, caught in the meshes of cynicism and credal fanaticism, this series of articles, called *Stream of Spiritual Wisdom (Jnana Vahini*). Month after month, thousands of readers awaited these articles (in the original Telugu as well as in the English translation), and when they received their copy, they perused it diligently and with reverential eagerness. These articles are now put together in book form for your guidance and inspiration.

-N. Kasturi

Editor, Sanathana Sarathi