

MESSAGE FROM SAI

MESSAGES FROM THE LAST DISCOURSE OF SATHYA SAI BABA

This very precious discourse summarizes in a perfect way the essential message of Swami. It marks the way for the development of our spiritual practice, especially the part about cherishing the Divine feelings and developing awareness of the omni-present Divinity.

God is only one, not two. He is the indweller of your heart. If you constantly contemplate on Him, you will also become God. **Whomsoever you come across, consider them as the embodiments of divinity.** That is the principle of divinity. On the other hand, if you follow the vagaries of your mind and move about arbitrarily here and there, how can you become God? When you go to your college, why should you look here and there and indulge in vain gossip? Focus your mind on the purpose for which you have come. Do your work without developing unnecessary contacts. Look after your family. There is nothing wrong in this. Nobody tells you to give up performing your worldly duties. **Live in the world and perform your duties. But always have divine feelings.**

Many people go to places of pilgrimage like Badrinath, Amarnath, Kedarnath, Bhadrachalam, and Tirupati in search of God. They think that they can find God at such places. **Oh foolish man! God is not somewhere else. In fact, you yourself are God. God is present in all. God is only one and He is present wherever you look for Him. He is in you, with you, above you, below you. God is beyond birth and death and indwells every being in the form of Atma. He is present in all human beings right from a child to an old man. The same God is present in an ant, a mosquito and in all birds,**

beasts and animals. Therefore, do not go in search of God here and there and trouble yourself.

Wherever you see, God is present there. Whomsoever you see, there is God in him. God has no different form. All forms are His. That is why the Veda declared, »The Cosmic Being has thousands of heads, eyes and feet.«

/.../ Since you are all young, I wish to emphasise this point. Do not develop opposition or differences among you. Controversies give rise to many troubles. These days some people marry not once, not twice, not thrice, but even four times. This is not a good practice. Be single-minded.

Even if somebody makes you angry, do not fight with him. Understand that by fighting with others, you actually harm yourself. Control your thoughts. This is the quality of a truly educated person. This is called educare. Along with education, you should also have educare. When you have educare, you will have everything -- health, happiness, peace and prosperity. **This is what I want you to understand. Everything will become good to you if you make your heart pure.** At least from today onward, take to the right path. If somebody tries to put you on the wrong path, do not pay any heed to him. Even if such a person comes to you and tries to start a conversation with you, do not even look at his face. Just ignore him and go away from him.

Students should live with unity in all matters. But today unity has disappeared altogether. On the other hand, enmity is on the rise. When one student in the

class secures high marks, other students start feeling jealous of him. This should not be there. Because jealousy gives rise to hatred. There will be further divisions if politics enter the educational institutions. Therefore, all students should live with unity and solidarity.

You should achieve unity. There is no unity in the youth today. First and foremost, the youth should come forward to help each other. The end of education is character. If your character is good, then you can achieve anything in life. You may think you have won gold medals, acquired high degrees and achieved name and fame. But if you lack character, these degrees are merely a piece of paper. **It is most essential for you to safeguard your character. Only such a person is a truly learned one.**

/.../ Students also should develop such unity considering all their brothers and sisters. All are human beings. All are the children of God. Therefore, you should live with unity without giving room to any differences. This is My message for you today.

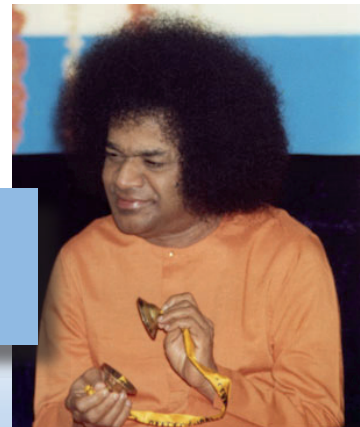
(Excerpts from the Divine discourse in Prasanthi Nilayam, 22.10.2010.)

Source: <http://goo.gl/MHV0p>



“Practice the vocabulary of love - unlearn the language of hate and contempt.”

Sathya Sai Baba





Directions

Boil the potatoes, peas and carrots; Then make sure you remove all the water and just take the vegetables and mash everything with a masher or with your hand. Boil the beet root separately otherwise it colors all the remaining vegetables and turns them pink! Chop into fine pieces and add to the mixture and try mashing everything well together.

Heat a wok, add 1 tbsp oil and saute the chopped onions till soft and lightly caramelized. Now add all the spices, green chillies and the chopped coriander to this and remove from heat. Transfer this to the potato mixture and add 1/2 cup bread crumbs. Mix everything together to form a firm mixture.

Take a chunk of the filling, grease your palms, and shape the vegetable mixture into discs or cylindrical cutlets. Do not make them too thick else it won't get cooked thoroughly while frying or baking.

Now roll each cutlet into the remaining bread crumbs or maida(all-purpose flour) so that it is evenly coated. This step is crucial so that the cutlet binds properly and does not break while frying.

Take a frying pan, add 2 cups cooking oil to it, then deep fry the croquettes 2 or 3 at a time. flip them over only when the bottom side is done; turning them around a lot increases the chances that they'll break! Fry well on both sides till dark golden brown in color. Remove and allow to drip excess oil on a tissue paper.

Bon Appétit!

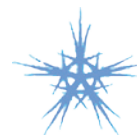
Niraj



Recipe & picture from <http://funnfud.blogspot.com/2008/02/spicy-vegetarian-potato-croquettes.html>

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“God is in you, around you, behind you, above you, beside you.”
Sathya Sai Baba



INFO

If you wish to join the Love Express Team or if you have any questions, ideas, comments, or articles that you would wish to submit in the next edition of Love Express, please feel free to email niraj@pabari.net.

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