

PREMA
VAHINI

Stream of Love

SATHYA SAI BABA

28. Perform good deeds and saturate the mind with God

Use the hands to perform good deeds. Have the Lord's name within and the practice of one's duty (*swadharma*) without. With the hand busy in selfless service (*seva*), let your mind be engrossed in all this —there is no harm. When the rains pour on the mountain peaks and the water hurries down the sides, no river emerges therefrom. However, when the waters flow in a single direction, first a brook, then a stream, then a torrent, and finally a flooded river is formed, and the rains reach the sea. Water that runs in one direction reaches the sea; water that flows in four directions soaks in and is lost.

Mental tendencies (*samskaras*) are like this. Of what use are they if they merely come and go, this way today and that way tomorrow? The holy stream of good inborn desires must flow full and steady along the fields of holy thoughts and finally abide in the great ocean of bliss at the moment of death. Worthy indeed is the one who reaches such a goal!

Twenty hammer strokes might not succeed in breaking a stone, but the twenty-first stroke might break it. Does this mean that the twenty blows were of no avail? No. Each contributed its share to the final success; the final result was the cumulative effect of all the twenty-one. So too, the mind is engaged in a struggle with the world, both internal and external. Needless to say, success might not always be your lot. But you can attain everlasting bliss by getting immersed in good works and by saturating your mind with the love of God. Infuse every moment of life with that love. Then, evil tendencies dare not hamper the path. If your mind dwells always with the Lord, you will be drawn automatically only toward good deeds.

The object of all spiritual practice is the destruction of the mind, and some day, some one good deed will succeed in destroying it, just as the twenty-first blow broke the stone. All the good deeds done in the past have contributed to this triumph; each little thing counts; no good deed is a waste.

29. Be engaged in good actions, with God in your thoughts

While struggling in the spiritual field, you should take on the Lord (*Parameswara*) Himself as your protector. To instil courage in the child, the mother persuades it to walk a few steps and turn about, but she won't allow it to fall. If it totters and is about to lose balance, she hurries from behind it and catches it before it falls. The Lord (*Iswara*) too has His Eyes fixed on the individual (*jivi*). He has in His hand the string of the kite, which is humanity; sometimes He may give it a pull, and sometimes He may loosen the hold; but whatever He does, be confident and carefree, for it is He that holds the string. That faith ever-present, that feeling hardening into an inborn desire (*samskara*), will fill you with the essence of love (*prema-rasa*).

The string is the bond of love and grace. The kite or individual is thus bound to the Lord (*Iswara*). You must do and earn auspicious mental desires so that the bond of love and grace may exist and tighten.

The inborn desires (*samskaras*) make or mar the individual (*jivi*); they are the steps that take all individual souls to the goal. Mental impressions (*samskaras*) make the individual wade through loss and grief. Only through good mental tendencies can one attain the Lord. So, every individual has to be wholly engaged in good actions (*sath-karmas*). Good action is authentic worship (*puja*). It is the best form of remembering the Lord. It is the highest devotional song. It spreads love, without distinction and difference. It is service done as the duty of the individual.

Be engaged in such actions (*karmas*). Revel uninterruptedly in the thought of the Lord. This is the royal road to the goal you have to reach.

30. Eternal Religion: the divine mother of humanity

The Eternal Religion (*Sanathana Dharma*) is the mother of all religions, all ethical codes, and all *dharmas* of this world. And Bharath (India) is the home where the mother was born. Oh! How fortunate are the *Bharathiyas* (Indians)! How sublimely splendid is this Bharath!

The world in its entirety is the body of the Lord of the world, and Bharath is that body's unique organ, the eye. Without the eye, the body is not master of itself, is it? Again, it can be said that Bharath has been beautified by two eyes: the *Vedas* and the scriptures (*sastras*). On account of this, it can be declared without doubt that the mental tendencies (*samskaras*) attained by the *Bharathiyas* (Indians) haven't been acquired by the people of any other country.

The Eternal Religion (*Sanathana Dharma*), which teaches the truth of all religions and tolerance of all religions, is the *dharma* of all humanity. Born in various areas, flowing through various paths, rivers at last reach the ocean; so too, born in different lands, practising different ways of *dharma*, people reach the ocean of the presence of the Lord through different modes of worship. The Eternal Religion is the central location in which all these various paths, moving in different directions, converge. Followers of the different religions can practise this Eternal Religion by being truthful in speech, avoiding jealousy and anger, and acting always with a loving heart. All those who so practise the Eternal Religion and, without faltering, achieve it, are entitled to be called *Bharathiyas*.