



**CONSTANT AWARENESS
OF DIVINE PRESENCE**



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Reproduction of Extracts from a book

'Reprogramming our Spiritual Sadhana'

by

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Constant Awareness of Divine Presence

Our body is the Temple of the Living God. God is within and He is to be found within this temple and worshipped spiritually, not physically. One who truly loves God will automatically love his fellow Human beings. The inclination of the soul is always towards God for love is constantly attracted by love.

As soon as we begin the inward journey in spiritual life we become aware of the element Air: we inhale and exhale air from birth till death. Praan (vital breath) is a constituent of air. When we are emotionally disturbed, the rhythm gets upset; thus, there is a direct relationship between mind and

breathing. We should, therefore, consciously train ourselves to do rhythmic and deep breathing. With practice, we can restore emotional balance if we are upset for one reason or the other. This will result in mental peace and tranquility. Regulating the breathing process helps restore the balance of the five elements in nature.

The practice of '**Soham Mantra**' greatly enhances peace and joy within us. Our breath goes in with the sound 'Soh' and comes out with the sound '**Ham**'. Naturally, we repeat the Soham Mantra each time we breathe in and out. The meaning of Soham is –“I AM THAT” : thus, we contemplate our oneness with the Supreme Principle while practicing the Mantra.

Silent Sitting is a process of Tuning in. It brings the inner consciousness to the forefront. It installs divinity as the guiding force in our life- monitoring our thoughts

and actions. Silent Sitting helps us to purify the mind. It awakens our intuition and reveals the Truth of our existence. It releases the divine spring of love within and brings peace of mind. Regular **Silent Sitting** and **Jyoti Meditation** should be followed by chanting of Soham Mantra as this will greatly enhance self-transformation.

Bhagawan Baba says:

“You inhale oxygen and exhale carbon dioxide. This conveys the message that you should acquire good qualities and give up bad tendencies. Soham proclaims the inherent divinity of man. It is in the depths of silence that the voice of God is heard.”

The Vision of a Sai Devotee should be to strengthen his Faith in the Truth that each one has DIVINITY within our Human workshop and each one of us must experience the same during this Life time. For this goal, we have by now selected or are in the process

of selecting the path that can lead us to the Goal from the various DIVINE messages of Sri Sathya Sai Avatar. Baba says, “No one ignorant of the Path can reach the Goal and No one unaware of the Goal can choose the Path”.

So, the Vision of a Sai Devotee is to practice “Right Conduct”. Baba says Right Conduct depends on our Thoughts - Good and Bad. And Thoughts generate in our three main senses of Human workshop viz. Use of Eyes, Ear and Tongue and from Thought, Word and Deed. Hence, our main control has to be the proper use of Eyes, Ears and Tongue. Thus, **Thought. Word and Deed** are the **software for Right Action**. For this, the best instruments to guide and to give us strength to practice Right Conduct are Bhajan, Meditation, Gayatri Mantra. Study Circle and Good Company. Unless, we have faith in these instruments and put them to proper use in

our day to day life we would be missing the vision in our spiritual life.

Wisdom flashes like lightening amidst the dark clouds of the inner SKY; one has to foster the flash and preserve the light. That is the true sign of the educated person detached from **vice** and **sin** and attached to the Divine in Himself. The crisis of character which is at the root of all the troubles everywhere has come about as a result of the neglect of this aspect, namely spiritual life.

The Upanishads clarify that man is a spark of the Divine Love encased in five sheaths: The Anna (the gross, material, food component), the Praan (the vital air, breath), the Manas (the mental, emotional), the Vignyan (rational, intellectual) and the Anand (the blissful, balanced). It is the fragrance of this Divine Love that emanates from mind as love towards all beings. But the tangles of ego, anger, jealousy and fear do not allow this

spark to expand and flow out of the five sheaths all around.

If we, thus, closely analyse the human workshop, our spiritual laboratory, we will discover that man is made out of the five elements, which have no caste or colour or creed or race. In other words, the foremost teaching of the Vedic wisdom is that there is only one caste, the caste of humanity. Next comes the breath, as the most important element in the human workshop, without which we cannot live. Similarly every normal human being is endowed with two hands, two legs, and two eyes and so on. So, all human beings are born alike as God made them and, therefore, they are equal in their inner structure and outer general form. Let us carry this analysis a little further. We can live with hands, legs and eyes but we must have our breath. The breathing process and our physical existence are identical. So too we can live

without shelter or clothes or food, but not without breath - Praan.

To quote the Prasan Upanishad:

Praan said; 'I alone will sustain this body by dividing me into five parts.' What are these five parts? Praan, Apaana, Vyaan, Udaan and Samaan.

Praan is responsible for inhaling and exhaling and Apaana for the elimination of food. Vyaan pervades the nerves of the body. Udaan maintains heat in the body and Samaan helps digest and assimilate food. Through these five functions Praan controls all our physical movements and makes our physical activities possible.

The organs, however, were not impressed. Through pride, they could not accept what Praan said.

Offended by their disregard, Praan thought: 'They think I'm not important. All

right, I'll show them!" So, he pretended to leave the body. As soon as Praan began to leave, all the organs started to follow him. And when he settled back, they also did the same. The Upanishad says it is like a queen bee. When the queen leaves the hive, all the bees follow her. She is their leader and without a leader they cannot function. They are all dependent on her. In the same way, all the organs are dependent on Praan. Without Praan, they cannot function. Even the mind is not independent.

We do not have even to think in order to breathe or to make our blood circulate in the veins. Each cell within us has its indwelling duty to perform, independent of our will and intelligence. This applies to all men and women, irrespective of caste, colour or creed or nationality. In other words, this establishes a psychic link existing between all of us, the whole of mankind. This is a plain truth and it does not need the support of any

imagination or reasoning. This clarifies that there is only one God, the Creator or call HIM by any name, and our attention should be to this God who is residing within.

The five elements in nature have the values inherent in them because Love as energy sustains the entire creation. This is the truth of creation.

Because there is right conduct in nature there is peace in nature and consequently there is non-violence and since man is a part of nature he is not different from nature.

But man is privileged and better equipped because he alone has the mind that enables him to understand this cosmos and his relationship with it. In order to understand this cosmos, the real thing to do whereby all religions can come together and whereby all philosophies can merge and become one is to handle the human workshop. And probably therefore in a nutshell, if you

ask what is the spirituality that we need to practice, the answer would be, it is to handle the human workshop. True spirituality therefore is learning the art of integrating the love embedded in the heart with the mind and thereby getting the heart, the mind and the five senses integrated into one whole system. It is only when the mind becomes pure that thought, word and deed can be united and it is only when this integration is achieved that divinity can be achieved.

This is the simple story of purity, unity and divinity. This simplistic truth requires very hard practice. For this hard practice to experience Divinity within, which is our goal in life, Sri Sathya Sai Overseas Organisation had planned 20 Regional Conferences with the theme 'Information for Transformation'. Information means "Divine Teachings" and Transformation means "Experiencing Divinity".

At these regional conferences, besides other well known scientists, Dr. Art- Ong-Jumsai, Director of Institute of the Sathya Sai Education, Thailand and Former NASA engineer credited with the invention of the first successful Mars Polar Landing device, also participated and contributed to the theme from “**Information for Transformation**”. I wish to share with Dear Devotees, Dr. Jumsai’s perception about the human workshop which is very enlightening.

“We all have the physical body, and we have the mind. We have the conscious part of our mind called the conscious mind; and we have the unconscious mind of which we are not aware. It is subdivided into two parts; (the unconscious part; which is) the sub-conscious mind; and the super conscious mind.”

1. *Now let us see how we receive information. The first part is certainly through the five senses. However, we also notice that we learn in various other ways, not just through our five senses only. The five senses provide just a fraction of all the information that we receive. Do we know how to receive information through the five senses correctly? We use all kinds of media, television, videos, radios etc. All kinds of information but yet there is no transformation.*
2. *Our senses are always demanding this or that- I want this. I want that. When they see something, they start to create problems for us, because of our desires. And because of that, we do not have peace. Sometimes we see something we become emotional. We see something else we become jealous. Sometimes, we get angry. Sometimes we get upset. So we must learn to control our senses. This*

is the first priority. If we do not control our senses, there is no way that we can have transformation.

- 3. How do we control senses? First, we must understand how it works. How do we receive information through the senses? If we truly understand that then we can control our five senses. So let us see how we receive information. Why is it that when we see something, we have desires? Why do we get upset? Why do we get jealous? For example our eyes see something why do we get upset? We see something we point out fingers and say. "That is evil, that is bad, Oh! Look at the situation of the world terrible." What happens when we do that? Naturally we do not find peace.*
- 4. When we see evil through our eyes. if we ask a scientist what bad thing is there in the light entering our eyes which makes*

our eyes see evil; he will reply that light is nothing but energy and that there is no evil, wrong or bad in it. But then why do we see evil through our eyes and get upset? The reply will be that nothing bad or evil comes into the eyes from outside. We see bad or evil, because the evil or badness is already within us right from the beginning and we have to realise that we see evil, since evil is within our being.

- 5. Same with our ears. When somebody swears at us or when they criticise us and say bad things about us we get upset and angry. Well ask the scientists, what is it that is coming into our ears that is upsetting us. They say sound. What is sound? Sound is vibration of air, consisting of molecules of oxygen, molecules of carbon dioxide and molecules of nitrogen. So what is bad about that? Scientists say there is nothing bad. It is ordinary air that we breathe. It*

is good for us. We live because of this air. So this is only vibration of our ear but why get upset? From now on, when people swear at you, when they say bad things about you, when they criticise you, you smile and say Oh! Only vibration of air! However, it is not all that simple. We do get upset and angry. We have to understand that we get angry because of what is inside us, in our mind.

- 6. So when we realise that everything is in our mind, then we will be able to solve the problem. So the first thing to realise is that information that is transmitted to us is just energy or vibration of air. It does not contain anything. However, we need to interpret the information. Without interpretation, there is no information. So how do we interpret? Information that is given to us need to be translated into something that we understand. Herein, comes the role of the sub-conscious*

mind. The sub-conscious mind contains past information and impression whatever we have seen, whatever we have heard, whatever we have received from the environment. We store all that information in that sub-conscious mind and when we receive information, we interpret it in the sub-conscious mind with reference to all the past information and message stored therein.

- 7. Why do children become aggressive or react angrily or become jealous or become full of hatred? In the United States, studies have shown that in one year that on an average, each child would have seen 15000 murders in his own house through the medium of the television, video, computer games and so on. All this is stored in the subconscious mind. A child's behaviour will be influenced by what is stored in his or her subconscious mind. Any new information they receive*

will be interpreted with reference to all into your mind. Remember that we will always store information received into our sub-conscious, the information stored in the subconscious mind. If the child is exposed to murders then surely the child will become very aggressive.

- 8. If we get our children to do seva, to do service, we take our children to visit an old age home and they all come back full of love! Good information has been put in their subconscious. Their lives will begin to change, when they start to do seva. We have to keep them with the culture and tradition of the country. When they receive information that information must contain values all the time.*
- 9. From the point of view of the “receiver”, when we receive information, first of all we have to understand that it is only*

energy. In order to bring good values by ourselves, we learn to see good in everything. We learn to bear everything. We learn to think good about all the information that comes in. We learn to distinguish it by discrimination on "is this good for me?" "Is it good for everybody"? Then whatever information is coming in, we add values to it. We add something to it. Bring in love and compassion into your mind. Remember that we will always store information received into our sub- \neg conscious.

- 10. Now we are aware so we can change. But previously we were not aware. First let all information be taken immediately to your heart. Get the approval. Let your heart, your conscience tell you what to do with those thoughts. The thought may be a combination of what you see and the stimulation from the sub-conscious. It is a combination of present and past*

information that we compare in our sub-conscious. It becomes a thought in' our Head. Go through our heart first. Then we can act on it. Do not react immediately. Learn to be patient. Tell yourself "Wait. What is that? What are all these thoughts?" Take it to your heart. Then you can never fail. You can never do anything that is wrong.

- 11. How to take that information, all those thoughts to our heart? That is something we have to learn. Well, where is our heart? The physical heart has nothing to do with it. The heart that we are talking about is our super- \rightarrow -conscious mind. "Atma" that is in all of us. God that is in all of us. This is our real heart. This is where we have consciousness. This is where we have wisdom. Wisdom is there right in the super conscious mind, in the "Atma". Of course in the west, they do not like to call "Atma"*

or "God". We call it "Super Conscious Mind"!

12. *Whatever comes to our head that is the "conscious mind". It is our head, which takes information up to the super-conscious mind. There we get guidance. We receive wisdom. The conscious mind will discriminate and then tell us whether this is good or bad. But if we are to get the right answer, we must go to the heart, which tells us what is good, what is bad. Then we can bring it back and put it to our physical body to go and act upon. The three Hs i.e. the Head, Heart and Hands have to work in perfect unity.*

Bhagawan conveys: "We have to realise that all these five values are one. It has all to do with education, with receiving information and transformation, our 'self transformation'. So we raise the consciousness towards the super-

consciousness. Automatically, \neg love will play a very important part. In order to transform ourselves, the quickest way is through love, because love will help to bring about all the values automatically. When we have love in our thought, our mind becomes very calm and peaceful. When the thought is always full of love, you bring endocrine to your blood, which is a kind of chemical that brings a lot of peace, joy and happiness.”

When this love is in our thought, then the mind raises automatically and you obtain truth. You start to understand the truth of this universe. There is only one God. You go beyond 'Maya' that has hidden the truth from us. So love in our thought will raise the consciousness and automatically we get to the TRUTH.

When our action is filled with love, then only you can have RIGHT CONDUCT.

So whatever thought comes into your mind, you raise it to the heart of love. Then your act automatically becomes RIGHT CONDUCT. When our feeling is filled with love, you fill the subconscious mind with love. Then no longer can you be angry, upset or jealous of other people. You just forgive and forget all. When love is in the feeling, you have complete PEACE because there is no longer anger, hatred and jealousy.

When your understanding is filled with love, you understand about yourself and your surroundings. This leads to NON VIOLENCE. You learn to live in harmony with all human beings, animals and nature. LOVE will help in this transformation.

This relates to the practice of the **'Presence of the Divine'** within ourselves, taking us to a state of Integrated Awareness on which depends the practice of **'Constant Awareness'**.

The Integrated Awareness blossoms when we relate our individual Sadhana with the Family Sadhana and Community Sadhana. By these means, we share our love with the family and society of like-minded persons.

In this ascending scale of our spiritual evolution we become a new human being living a life, the likeness of which does not exist in the larger world of our senses - the world of our eye, ear and touch. Our breathing process itself becomes a source of ecstasy, inhaling the nobler aspects of life and exhaling the bitter elements of it.

This Constant Integrated Awareness becomes the best worship. The proof of its validity lies in the fact that our senses turn inward and help us to remember the divine continuously and pay obeisance to Him in our hearts. This practice becomes natural to us from moment to moment and we tend to hold on to it even when we are busy at home,

in office or wherever our work takes us. We genuinely feel that the time that we spend in our work or profession is not different from the time we spend in our prayer. This virtue sprinkles light on our path for constant awareness.

Thus the blueprint for the practice of remembering 'the divine presence within' becomes an end by itself. We need not go back to the means. We need not also go to any shrine, a temple or a church. Our human workshop itself becomes a moving shrine.

When our dedication is sincere and absolute, we no longer journey from darkness to light, but from light to light, from knowledge to knowledge and from happiness to happiness.

We met Sri Sathya Sai Avatar with the help of our outer instruments – through our eyes (Darshan), through our hands (Sparshan - Pada Namaskar), and through

our ears (Sambhashan). This unique chance should lead us to meet Him inside our Human Workshop as 'Atma', as 'super-consciousness' with the help of our inner instrument of Breath (Praan), a spark of the Sun, which sustains the Universe.

I take this liberty to refer to what Sai Avatar declared: ***"Who am I? I am not this body and He said, hereafter you forget this body. Don't follow me at all. This saakar body will go to Niraakar. You follow that niraakar Brahma. Don't follow me. This body of mine is here today, it will not be there tomorrow. Whatever you are going to give to the next generation, this body won't be there. And He said why run about here and there all over the world and to Prashanti Nilayam in search of God and peace. Look to your human workshop. Everything is there in it. What is it that you want? You have been given hands, legs and all parts of the body intact.***

Education, wisdom everything is within. But what you don't ask about is 'Breath'. What is your breath? It consists of air which you can't see. You can only feel. The air is there outside also. If you can live with that air inside why can't people live with the air outside? What are you doing with the air outside? Pollution, speaking, hearing, what use you are making of the air outside?"

So what Sri Aurobindo said is that this **Super consciousness has descended on earth** to change the nature of man. He said that this super consciousness is within you in the form of the breathing process, the breath. You take care of that breath. The God within you is already breathing. He is within you and He is taking care. How does He take care? You need not even think about breathing or make any conscious effort to breathe. God is breathing, but you are not conscious of it. If God has created you,

He knows how all the components of your human workshop should function and this is one of the functions that He has not handed over to you, i.e. the breathing process. If He wants to stop it, He will stop it at the right time. He has kept the control of this function with him and that breathing process is Sai. I am there. I am Sai. Take care of that. And what is that Mantra. You are already repeating it, but you are not conscious of it. He has told us this mantra several times and that is 'So-Ham'. If you repeat 'So-ham' with every breath, that is sufficient. Be conscious of this breathing process. If you are doing Japa, you mix up that japa with 'So-ham', with the breathing process. You put a rhythm to your breathing process. This is the Almighty Super consciousness speaking to us. The 'Niraakar Brahma' to the '**Saakar Brahma**' and the '**Saakar Brahma**' to the Devotees, that I am seated here in your breath. And that is why He says that I am everywhere, within you and outside you, because the air is also outside.

We should not forget that He is within me and around me and this is relevant not only in India and in Prashanti Nilayam but all over the world and Universe. It is Universal Vibration. Then He talked about the Vibrations and it is here that your vibration should mix up with this super consciousness in such a way that it helps every human being to breath in such a way that the vibrations of super consciousness come within and affect your own human workshop.

Every spiritual aspirant will have to go through this exercise for achieving the objective of experiencing the 'Divinity Within'.

Devotees who wish to be blessed by the Avatar in this birth have to go through the various spiritual exercises discussed so far from Individual Sadhana, which is spiritual worship, and in which 'I' alone is involved, we should move on to Family Sadhana.

When we progress in this, we would have travelled from “I” to “We”. Thus every “I” becomes an instrument for involving the members of one’s family for being blessed by Bhagawan and to experience ‘**Happiness with satisfaction**’, in this unfolding process of a spiritual life.

Sri Sathya Sai Avatar says, “The entire Creation exists in harmony due to a balance of the five elements, exhibiting the five cardinal values of Love, Truth, Right Conduct, Peace and Non-Violence. As an integral part of nature, we too are happy and peaceful when we are in harmony with nature.

The unfoldment of this knowledge from within will manifest by the practice of Values thereby establishing Unity of Thought, Word and Deed, and purifying the mind to live in peace. This knowledge is the Truth.

The process of acquiring this knowledge is Sathya Sai Educare which should form

part of our Community Sadhana. The Glory of His Divine Teachings has to spread all over the globe and these Teachings are defined and covered in the Divine Umbrella of **Sri Sathya Sai Educare.**”

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*I laugh when I hear that the fish
in the water is thirsty.
You wander restlessly from forest
to forest while the Reality
is within your own dwelling.
The truth is here! Go where you will-
to Benares or to Mathura:
until you have found God
in your own soul, the whole world
will seem meaningless to you.*

- Saint Kabir