



Sri Sathya Sai International Organization, USA



Shine
with
Sai Love
Sister's Study Guide
2024

A humble offering at the lotus feet of Sri Sathya Sai Baba

USA National Women's Wing

“If women are given due recognition and encouragement, they will shine with brilliance in all fields and will serve the house, country, and the entire world gloriously, contributing to the welfare of the entire humanity.”

SSS Volume 31, April 19, 1988

Introduction

This is the second in a series of study guides based on the theme for National Sai Women's Retreat; ‘Shine with Sai Love.’ Love is one of the seven powers Swami attributed to women. The first study guide was on the power of Sacrifice in women. This second study guide focuses on Prema (Love), one of the seven powers.

This study guide is a collection of quotes from Sri Sathya Sai Baba's divine discourses and writings.

Sathya Sai Baba declared that women are endowed with seven powers – Sathya (Truth), Dharma (Righteousness), Shanti (Peace), Prema (Love), Thyaga (Sacrifice), Sahana (Patience), Saanubhuti (Compassion).

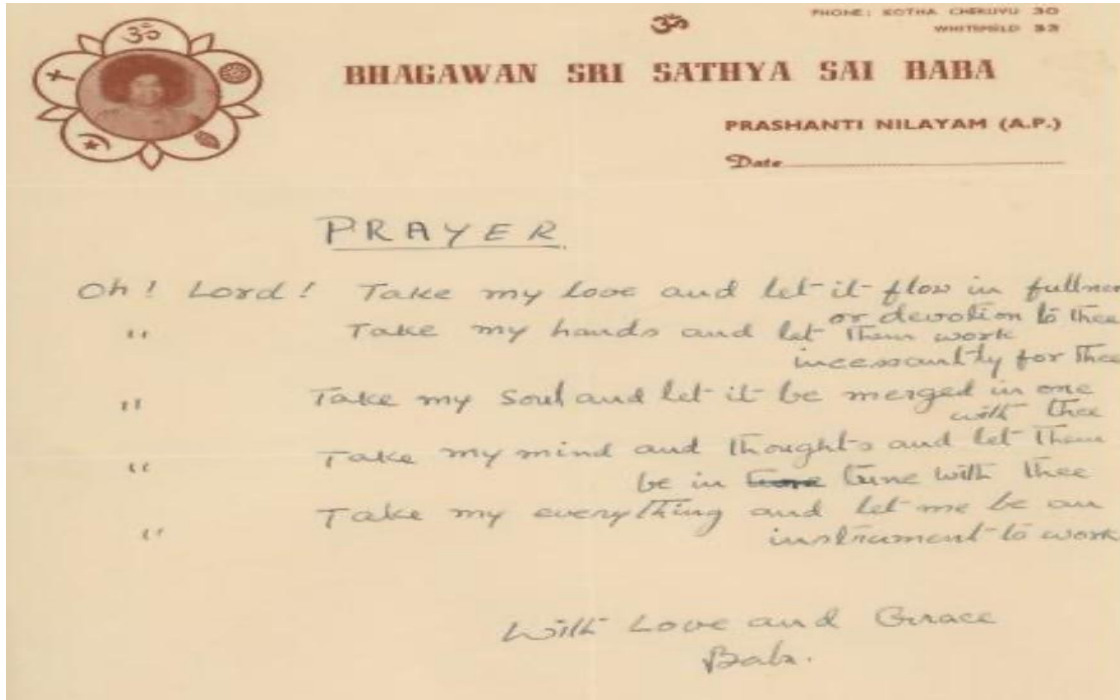
May our Divine Mother Sai bless us all as Beacons of Light to ‘*SHINE WITH SAI LOVE*’ and use our InSAIde Powers as a force for good on this golden road together.

With Love,

Women's Wing Study Guide Committee

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“Oh Lord! Take my Love and let it flow in fullness of devotion to Thee,

Oh Lord! Take my hands and let them work incessantly for Thee,

Oh Lord! Take my Soul and let it be Merged in one with Thee,

Oh Lord! Take my mind and thoughts, and let them be in tune with Thee,

Oh Lord! Take my everything and let me be an Instrument to work.”

With Love and Grace

Baba

“*Oh Lord Prayer*” – Dana Gillespie’s Narration <https://www.sathyasai.org/oh-lord-prayer>

“SHINE WITH SAI LOVE”

(InSAIde Powers of Women)

“LOVE”

True and Selfless Love manifests as sacrifice. Such love knows no hatred. It envelops the entire universe and is capable of drawing near even those who are seemingly far away. Love transforms the human into the Divine. It can transform Pashu (a bestial person) into Pashupathi (Divinity). In the phenomenal world, you come across many shades and derivatives of this primordial love. You love your father, mother, brother, sister, friends and so on. In all such cases, there is always a tinge of selfishness somewhere or the other. Divine Love, on the other hand, is totally free of even the slightest trace of selfishness. You must surrender to such love, become completely submerged by it and experience the bliss it confers.

Sathya Sai, December 2000

You may get immersed in love, experience it and enjoy it. But your hunger for love can never be satiated. Love can be experienced only through love. There is no other path to experience love. Love is love and that is all. Have firm faith that God is the embodiment of love. Love Him wholeheartedly. Do not superimpose your worldly love on God's love. His is the only true and eternal love. Focus your love only on God. God is present everywhere in the form of love. You should never entertain doubts in this regard. The stream of love should flow in you incessantly. Only then can you have the divine vision. No doubt, you have the desire to see God but you are not expanding your love. If you are interested, I am ready to grant you the vision of God. You can see Him provided you cultivate true and eternal love yourself.

Sathya Sai Speaks, April 15, 2004

The grace of God cannot be won through the gymnastics of reason, the contortions of yoga or denials of asceticism. Love alone can win it, love that needs no requital, love that knows no bargaining, love that is paid gladly as tribute to All-loving, love that is unwavering. Love alone can overcome obstacles, however many and mighty. There is no strength more effective than purity, no bliss more satisfying than love, no joy more restoring than devotion, no triumph more praiseworthy than surrender.

Sathya Sai Speaks, February 23, 1971

You are My treasure, even if you deny me. I am your treasure, even if you say no, I shall be affectionate to you and attach Myself to you. I shall give Prema (Love) even if you do not ask, for it is your right to share in it.

Sathya Sai Baba, September 29, 1960

Divine Love

The Lord is Love. His form is Love. All beings are Love. Love saves and serves. Through Love alone can good arise. Love reveals God in all. Love binds one person to another. Love attaches one thing to another. Without Love the universe is naught. The highest Love makes us aware of the Lord in everyone. The Lord is equally present in all. Life is Love; Love is life. Without God, deprived of God, nothing and nobody can exist. We live on and through the Divine Will. It is His Will that operates as Love in each of us. It is He who prompts the prayer, "Let all the worlds be happy." For, He makes us aware that the God we adore, the God we Love, the God we live by, is in every other being as Love. Thus, Love expands and encompasses all creation.

Love is the fruit of life. The fruit has three components, the skin, the juicy kernel and the seed. To experience the fruit, we have to first remove the skin. The skin represents egoism, the "I" feeling – the excluding, limiting, individualizing principle. The seed represents "selfishness," the "mine" feeling – the possessive, the greedy, desireful principle. This too has to be discarded. What remains is the sweet juice, which the Upanishads (sacred texts) describe as divine, the Love Supreme.

Give Love to God and Be Liberated from Worry

When the Love Principle is known and practiced, the human being will be free from anxiety and fear. Give it all to God. He will liberate you from worry, anxiety and fear. Through recitation, meditation, and selfless service, you have to cultivate love towards God. In the preliminary stages, one prays for worldly boons and material gains, but as thoughts get clarified and purified, one desires just one boon from the Lord – He Himself. God is the entity closest to the human being, dearest to the human being. In every cell, He is in you. You can earn this awareness through intense love.

Good Works Always Provoke the Wicked

Good works always provoke the wicked. But one should not falter or fear when opposition obstructs. The challenge gives joy. It evokes a hidden source of strength. It brings down grace to reinforce the effort. One has to struggle with difficulties in order to taste the delight of victory. Love instills courage and promotes adventure. It delights in daring. If you follow the Master, you can face the devil, fight to the end and finish the game.

Love Must Bind All Believers Together

Jesus was Love. Sathya Sai too is Love. That explains the gathering of Christians of all sects, which we see here. In the presence of Sathya Sai, all are equally welcome. There is only one God and that God is omnipresent. Names and forms are different, but they are all aspects of the One. Love must bind all believers together. Not only believers but non-believers too must be loved and served as His images. Love must be manifested as Seva (service). Seva must take the form of food for the hungry, solace for the forlorn, consolation for the sick and the suffering. The heart full of compassion is the temple of God. Jesus pleaded for compassion. Compassion was His message. He was sorely distressed at the sight of the poor. Today Jesus is worshiped but His teachings are neglected. Everywhere, pomp, pageantry, hollow exhibitionism. Lectures, lectures, lectures! No activity, no love, no seva. Heros while lecturing, zeros while putting what is said into practice. Develop compassion. Live in Love. Be good, do good and see good. This is the way to God.

Divine Discourse, *December 25, 1981*

Reflection Questions:

How do you practice seeing Swami in everyone?

What does it mean to "Give all to Sai"?

How can we see God in all while doing Seva?

The Power of Divine Love

Happiness arises from pure love which is also the source of Truth, Righteousness, Peace, and Forbearance. At the human level, love assumes many forms. The word “love” is used in common parlance in the context of the relations between mother and child, husband and wife, master and servant, the preceptor and the pupil. But this is not true love. It cannot be termed *prema*. It is only *anurāga* (affection). *Prema* can be applied only to the total love towards the Divine. It is utterly selfless. It has not come from the world, nor has it fallen from the sky. It is *sahaja swarūpam* (the essence of one's nature that expresses itself spontaneously without external promptings).

Today the human being has forgotten this sacred and enduring love. There is nothing equal to love in this world. Even nectar is insipid in comparison with the sweetness of love. This love makes even the Divine dance in ecstasy, as well as the devotee. It expresses itself in dance. Such a love can find no place in the heart of self-seeking persons. It will dwell only in the hearts of the pure, the unselfish and the godly.

The scriptures have compared this love to a precious diamond. Where is this gem to be found? When even ordinary diamonds are preserved with great care in a strong safe, how much more safely should the precious diamond of love be preserved? Who is entitled to offer this diamond to others? Only the person who is filled with love and who sustains himself or herself by love always. Only the Divine is qualified to offer such love. Only the Divine, who is the ‘Embodiment of Love’, knows the value of love.

Hence, the greater your love for the Divine, the greater is the bliss you experience. Your bliss declines in the measure of the diminution in your love. The extent of your love determines the magnitude of your bliss. The love which human beings today show towards God is filled with selfishness. The love that is for the purpose of securing some desires. But love is not a commercial commodity to be gotten in exchange. It is offered spontaneously.

Pure Love is the Royal Road to Reach God

There are many ways of realizing God. Among them are the *shanti mārga* (path of peace), the *sākhya sārṅga* (path of friendship), *anurāga mārga* (path of affection), *vātsalya mārga* (path of maternal love), *madhura mārga* (path of sweetness). In all these five paths, there is some element of self-interest. But in the *prema mārga* (path of pure love), there is no trace of self-interest. Hence, all other paths merge in the path of love. Pure love is therefore the royal road.

We should consider that this love is present in all. It is the form of the Divine. Because the Divine is present in all, whomever you love, you are loving the Divine. Forgetting this sublime and all-encompassing conception of love, human beings today have lost themselves in narrow alleys. To promote love between humanity and God, the Divine descends on earth from time to time. For what purpose is advent? To promote the Love Principle is His primary purpose.

Failing to understand the true meaning of this Love Principle, the human being is undermining his or her life. Everyone should realize that Love is present equally in all beings. But this Love assumes many different forms when it is exhibited in different relationships in worldly life. The love between husband and wife is termed *moha* (infatuation). The love between a mother and child is called *vātsalya* (maternal love). The love between kith and kin is called *anurāga* (affection). The love towards God is termed *bhakti* (devotion).

Divine Discourse, **May 30, 1992**

Reflection Questions:

What steps can be taken to enrich your life in happiness to experience more Divine Love? How can a greater love for the Divine be developed in your daily Spiritual Practice? In what way can it be nurtured and sustained? How can the path of self-interest be avoided to reach the path of Pure Love? What discipline can be taken to deepen a one-pointed focus on Pure Love?

Real Name of God Is Love

God is love. Love is the form of God. Just as God, the Embodiment of Love, showers His love on the entire world, the human being too should share his or her love with one and all. The principle of love is beyond definition or description. As human beings are not able to recognize the sacredness of love, they are directing it towards worldly and ephemeral objects. God transcends all attributes. The same can be said of love too. But the human being conditions and limits love by associating it with worldly relations and wastes a life. A person uses the sacred word love to describe the relationship between mother and child, wife and husband, brothers, friends, and relatives. The relationship that exists between mother and child, husband and wife, friends and relatives have the physical body as its basis. This physical relationship cannot be called love in the true sense of the term. There is no giving and receiving in true love. Many devotees pray, "Oh God, if you fulfill my desires, I will offer you ten coconuts". They offer their filthy hair and pray for mighty favors. Can this be called devotion? No. Not at all. A true devotee is one who only gives and does not expect anything in return. Surrender is the true sign of devotion.

Love Is Your True Form

The state of non-dualism is contained in the Principle of Love alone. But the human being, carried away by body attachment and physical relationship, fragments his or her love in various ways. This cannot be called love in the true sense of the term. As Swami repeatedly stresses the need to cultivate love, some people may wonder as to what is the form of love. The answer is: *Prem Ishwar hai; Ishwar prem hai* (Love is God; God is Love). Love is the fundamental basis of everything. *Atma, Brahma, hridaya* (heart), *uniki* (existence) are synonyms of love. Love is *Atma*. Love is *Brahma*. Everything is suffused with love. Then how can we describe the form of love? The same Principle of Love exists in one and all. Once you understand this principle of unity, there will be no scope for hatred.

Today conflicts are on the rise because unity is

forgotten. Beings are different but the same *Atma* dwells in all. *Adwaitam Brahma* (*Brahma* is non-dual). *Brahma* means vastness. It indicates unity and not multiplicity. So, give up body attachment and strengthen faith in the spirit of oneness. It is only the body attachment that is responsible for evil qualities like anger, jealousy, and greed.

One should pray to God out of love, not with expectation of any favors from Him. Prayer born out of selfishness is no prayer at all. You should see the *Atma* everywhere and think that you are in the company of God always.

Confidence Is the Basis of Love

Embodiments of Love! I often address you as "Embodiments of Love" because love is your true form, which is pure, unsullied, eternal, ancient, formless and non-dual. You love your mother because you have the confidence that she is your mother. So, confidence is the basis of love.

Where there is confidence, 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

Peace, truth, and bliss are not elsewhere. They are in you. You are the embodiment of peace, truth, and bliss. It is foolish to search for peace and bliss in the external world. Nothing exists separate from you. Everything is the reflection of the inner being. Try to visualize your reflection in everybody just as you see your reflection in a mirror.

Divine Discourse, July 16, 2000

Reflection Questions:

Describe a meaningful way to cultivate love.

How can one practice love in daily life?

What is your spiritual practice to control anger, jealousy, and greed?

Love is God Live in Love

Atma is another name of God. It is the same for everyone. The real name of Atma is love. Love is only one, but it is present everywhere and can alleviate all sufferings. One who is endowed with love is free from all suffering.

Suppose you have pain in the stomach. What will the doctor do? If he performs an operation, it is not for causing pain to you. The pain that the doctor causes is to remove your suffering. Hence, one should bear difficulties and overcome sorrows.

Only one thing is steady. That is love, love, love. Love is God. Live in love. This is what we have to learn today. The same love is present in everyone.

You may perform any number of spiritual practices like bhajans, japa and tapa, but love should form the undercurrent of all these practices. In fact, if you have love there is no need to perform any spiritual practices. There is no use performing any spiritual practice, if you do not have love. Fill your mind with love. "*Prema mudita manase kaho Rama Rama Ram*" (Recite the name of Rama with your heart full of love). Hence, give highest importance to love. Love is important. Love is God. Live in love. This is the spiritual practice that we have to undertake.

There can be changes in the body and the mind. But love is changeless. It is permanent. Everything has

birth and death but there is no birth or death for love. The birthless and deathless love is only one. It comes from the truth. Truth is one. Truth is God. This God in the form of love is present everywhere, wherever you look.

Everything comes from within you. Hence, you should always remain immersed in love. If you have love, you can achieve anything and perform any task. It is love that is responsible for the entire creation and its functioning in this world. There is no greater God than love. Love is God.

When you look at the world with your physical eyes, you see diversity in creation. But, in fact, everything is love. It does not change. You should be filled with such love. If you follow this Principle of Love, it will give you the fruit of all the spiritual practices.

The original name of God is only love.

Divine Discourse, **December 15, 2008**

Reflection Questions:

How do we generate Love from within?

How can we have Love as the foundation of all our spiritual practices?

If God is not the cause of suffering and pain, then who is the cause of suffering and pain?

'Love'- Life Application Take Away Treasure

- Practice 'Love All Serve All' by providing loving service to your family, community, animals, plants and Mother earth.
- Reduce wasting money, time, food, energy and speech (speech is using divine breath).
- Practice 'Ceiling on Desires' to help the needy.
- Eliminate the 'six enemies of man': desire, anger, greed, delusion, pride, and jealousy.
- Practice JOY: Jesus first, Others next, and Yourself last.
- Serve your family members with love and detachment and keep your home and surroundings clean.
- Engage in selfless service within the Sathya Sai International Organization.
- Engage in selfless service with the Sathya Sai International Organization in the wider community,
- Participate in the educational programs conducted by the Sathya Sai International Organization for Children.
- Help Ever, Hurt Never.
- Make friends with Sathya Sai Baba and take Him everywhere with you.
- Surrender your likes and dislikes.
- Practice giving and forgiving, loving all the living.
- See all work as God's work, and work as worship.
- Remember constantly that God is the Doer, and you are the Instrument.
- Develop detachment.
- Surrender your ego to the Lord with Love.

"Action with Love is Right Conduct. Speak with Love and it becomes Truth. Thinking with Love results in Peace. Understanding with Love leads to Non-Violence."

Sri Sathya Sai Speaks, Volume 28, (1995)

"The highest Love (Prema) is the attachment to God that does not allow anything to interfere with or diminish its quality or depth. God is loved by the devotee (bhakta) for His sake not for any incidental benefit or blessing. It is spontaneous, sustaining, and sublime, like a child before the mirror enjoying the reflections of its own pranks and gestures."

Sri Sathya Sai Baba, October 1, 1976