

Prema Vahini

Nectar 3, Drop 3
23rd March, 2012

E-Newsletter from Mukthi Nilayam

Feelings Penance - A part of Avatar's mission

21st January 2009 Morning meditation

Vasantha : Swami, how many feelings poured out in my writing thirty years ago.

Swami : This is the other side of the Avatar. Usually people perform penance. Bhagiratha stood on one leg for a thousand years. Ravana and Hiranyakasipu also performed severe penance. This is all physical body penance, seen on the outside. Your penance is not seen outside, it is a feelings penance. Your life seems to be ordinary. You talk, laugh, and cry, as if living an ordinary life, yet, no one is aware or knows how your inner feelings function. This is why you have written so much. Why did the thought arise in you to write? It is all only for the Avatic task. You reveal your feelings through your writing. The Ganges, which was brought to earth by Bhagiratha, is seen outside. The Stupi which has come through your feelings is also seen outside. It bestows Universal Liberation. My actions are seen outside. The hospitals, water projects, educational institutions... these are My outer actions. Through your feelings you are performing the other side of the Avatar's task. **My side is action, whereas the other side is feelings.**

Vasantha : Now I understand Swami. It is due to this I am revealing my feelings.

End of meditation

First, I wrote letters to Krishna, then to Swami. I have written many thousands of letters. I wrote whatever



came to mind during times of contemplation. I called these writings '**Heart contemplations**'. I filled many notebooks. Now these notebooks have been torn, many are lost. As I am now writing my autobiography, I searched for some of them to use. We translated and read them during satsang. When I asked Swami about this, He gave the above explanation. My yearning for God is revealed in every action I have performed. In the beginning, I did not tell anyone about my feelings; I only recorded them in my diaries and notebooks.

Many have performed severe penance in the forest. Ravana and Hiranyakasipu also performed pen-

ance. Ravana cut his head and offered it to the Lord in an act of penance. This was the severity of their penance. Like Viswamitra, some rishis performed penance through yagnas. Valmiki, Sringeri, and other rishis performed intense penance for long periods of time: so long that anthills formed over their bodies. Bhagiratha performed penance to redeem his ancestors from a curse. He performed penance to bring the Ganges to earth by standing on one leg for many years. Through this penance his ancestors and the world benefited. All these are examples of penance performed through the body.

(Continued in next page)

Om Sri Sai Vasantha Saiesaiya Namaha

Feelings Penance - A part of Avatar's mission

(Continued from page 1)

Here the body suffers in rain, sun and by abstaining from food. If one performs penance in this way it is seen as a great wonder. In ages gone, all did tapas like this. Nowadays, no one does this kind of penance.

My penance is different. I was an ordinary woman, living as a householder. I performed all my family duties, looking after all those who came to our house. I brought up children. All these were my outer duties. **This outer work is ordinary, yet inside my thirst for God burned me like fire.** My one and only thought was that of Krishna, when will I see Him? While the body performed outer actions, my feelings struggled within. I could not tell anyone. I was alone. I wrote all my feelings as songs, poems and letters. I poured out all these feelings in notebooks. This is 'feelings penance'. A penance performed through the body is seen by others. I am performing penance through my feelings so it cannot be seen by the outside world.



If I sat in one place for 70 years and performed penance, all would have come and stared at me, like an exhibit in a show. Maybe a building would be constructed around me, and people would only be allowed to look through a window. But my penance is not like this. **This is a feelings penance. It is one part of the Avatar's mission that has been given to me to perform.** There is no visible form to this penance. One cannot see me standing on one leg.

An anthill has not formed around my body. Who can tell what my penance is?



The Stupi shows my feelings. It is a structure to show the power of my Kundalini. The Stupi appears to be made of stone, yet, it shows how my feelings function. It is this that is bestowing liberation on all in the world.

Feelings are the cause for man's birth and death. All has happened to reveal this truth. This one truth has not been revealed in any of the previous ages. Nobody thinks of its greatness. This task is being done through me to kindle awareness in people.

Swami has performed many service activities for people: free hospitals, water projects, free education, etc. All this He has done. He is showing His God state through these enormous tasks. These activities are seen by all outside in front of our eyes. On the other side, Swami is making me perform an inner penance through my feelings as the other part of His mission. *Whatever Swami does is for the good of the physical body. My part benefits the Atma within. My feelings and writings kindle awareness in the readers.*

It is for this reason I lived the life of a householder; so Swami made me record all my feelings in words. As I could not reveal my feelings outwardly, I recorded them in my diary and in notebooks. I could not share them with anyone as I was living a family life. Swami has said that this

was all for the Avatar's mission. How many have gained awareness through my books and writings?

Swami has been giving discourses for the past 80 years and has written many books. Yet, what changes have taken place in people? How many have changed? It is through my feelings the world will change. On one side, Swami is performing many outer activities and on the other hand, I am doing all through my inner feelings; it is in this way the KaliYuga will be transformed.

Many are performing penance to increase their devotion to God. **My penance is Prema for the Avatar, God. Devotion finds completion when one attains God.** However, my Prema is not like this. If it had been so, I would have merged with Swami in 1996 in the state of a Jeevan muktha. *My Prema means the desire to marry God. These Prema feelings change this Kali Age and bring a new creation.* It is for this Prema that I am always crying. Swami consoles me in many ways; daily He takes my letters. Yet, whatever He does, this Prema is never satisfied.



“Like Me” ... By Amma

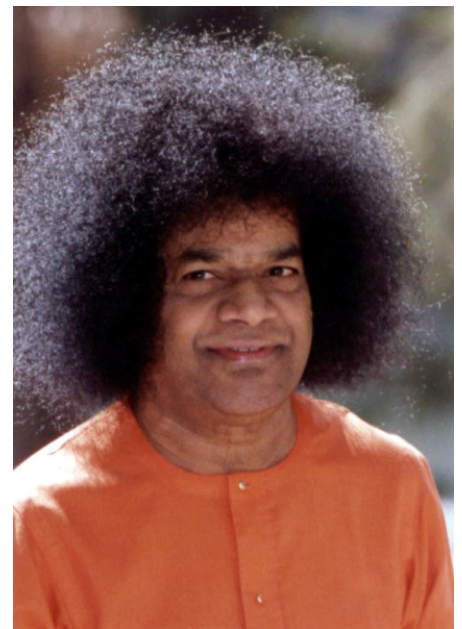


Om Sri Vasantha Saiesaiya Vidmahe
 Radha Roopinyai Deemahi
 Tannoh Vasantha Prachodayath

A body full of Hearts !!!

The creation is My body. When the entire creation becomes filled with hearts, then only will your Prema be realized. No one can realize your Prema. Only if they become like you, can they realize it. You want everyone to become you and shower Prema on Me. Heart means Prema. A body full of hearts means a body full of Prema; only then can your Prema be understood. I too will only understand when My body is full of hearts.

- Swami about Amma



Om Sri Sai Vasantha Saiesaiya Namaha

All should only think of God, like me

All should spend their lives crying for God, like me

All should become liberated souls, like me

All in the world should only speak truth, like me

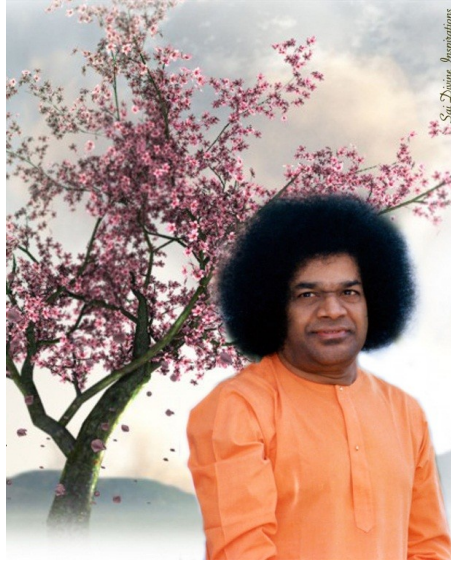
All should be like me: not hiding, twisting or changing truth

All should marry God, like me

To get rid of the “ i ”

Through the path of sadhana man awakens and realizes that he is only an instrument. He says, **“I am nothing. You are everything. You are the doer. Whatever action I perform, I offer the fruits to You. You experience the fruit.”** This is the highest state. Man must attain this state. I have nothing in this world to call my own. I am only an instrument. I have finished my duties and have left all behind. For the sadhaka who reaches this state, God becomes the One who experiences.

An example. A person works for a company. One day the owner tells him that his employment with the company has come to an end and to please go. The man leaves the company and hands over all the accounts and says, ‘Before I leave please make sure everything is correct’. He then leaves the company.



Feelings - The Root Cause ...

- ∨ As thoughts arise, we can discriminate whether they are good or bad, but feelings cannot be comprehended in this way. Feelings burst forth spontaneously from within and cannot be hindered or tempered.
- ∨ All feelings should be directed towards God; these will bestow good fruits. These feelings alone liberate one from the cycle of birth and death.
- ∨ The sensation of touch is the root cause of birth. To

Bee & a Monkey

There was a wonderful flowering plant. Many flowers had beautifully blossomed on it. A bee came, saw the flower and said, “Oh flower, how attractive you are! Your color is also very beautiful. How enchanting is your fragrance!” Then the flower replied, “Oh bee, thank you very much, what can I do for this? I will do one thing. I will give you my honey, you take it.” Then the bee sucked the honey from the flower and happily flew away. One monkey who was watching this ran over to the

plant, plucked the flower, crushed it and threw it down and went away.

The world is like this. The bee saw the splendor of the flower and began to wonder about its beauty. It praised the flower. To repay the bee, the flower gave its amrith. In the same way, if you think the entire creation is like this flower, praise it and see its beauty, it will give you amrith. God’s amrith overflows filling the entire creation. If we recognize this, it is Amaratwa, immortality. However, like the

monkey, if we crush and experience, then we will suffer in the cycle of birth and death.



In the same way, when the time comes for you to leave this world, you tell God, “Please make sure I performed all the duties assigned to me correctly. Nothing belongs to me. *I came here empty handed; I will leave with empty hands.*” It is in this way we settle our life’s accounts.

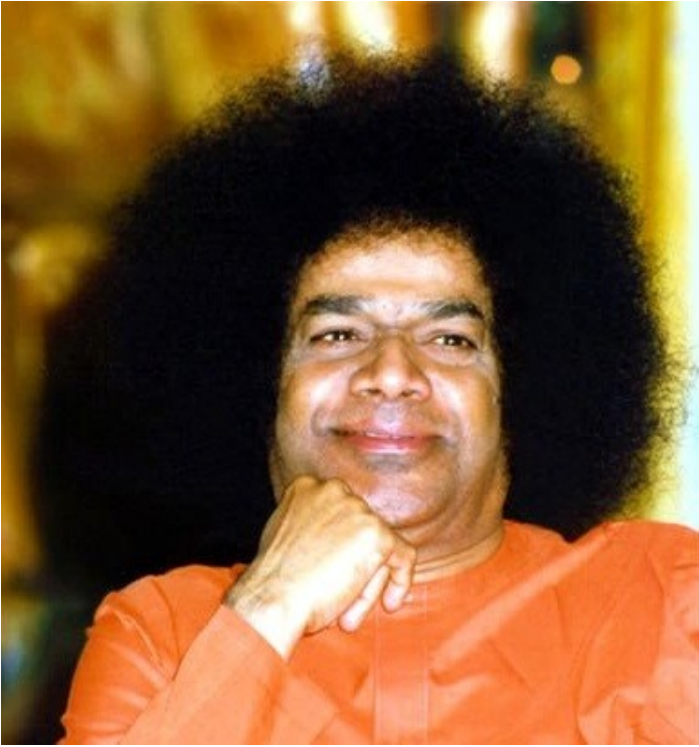
This entire creation is only God. One should feel, ‘Whatever duty God gives me, I will perform efficiently, offering all the fruits of sadhana to Him’. If you think in this way, the ‘i’ will cease to exist in you. God experiences the creation, which He has created. This is the basis of the Sathya Yuga. God, who is in the state of witness, becomes the Bhoktha. God, the One who experiences in everyone and everything.



remove touch feeling, one should lose body consciousness.

- ∨ As devotion increases, body consciousness diminishes and Prema, the pure love for God becomes the body.
- ∨ Prema bestows one with the wisdom that God is in all; the One has become many.
- ∨ Prema feelings for God help to withdraw the five senses from worldly pleasures

Echoes of Devotion - Where are you ... Swami, Where are you?



*Where are you.. Swami where are you,
My little Vasantha is waiting for you
Her beautiful eyes in search of you
Where are you.. Swami where are you*

*She is bound by the love for her children
She promised them to feed her food
But this separation makes her cry and cry
Where are you... Swami where are you*

*She is you and You are she
Why then hide your form from her
I promise to eat only the food she gives
Please come back and give us bliss
Where are you... Swami where are you*

Jai Sairam,
Rukmini

A Falcon's visit to the ashram

A pure heart sees God everywhere. Truth is reflected back to the one who is Truth Itself. Here is a small example:

From Amma's diary, March 12th 2012:

In the morning, when we were returning from the Viswa Brahma Garbha Kottam, a bird flew past us, as though being chased. It flew inside the prayer room in Suddha Satwa. When we got there, we saw it was sitting on top of Swami's picture. We all saw it and marveled at the falcon's presence. It was like the celestial bird, which has come to the Ashram many times before. It stayed for half an hour. After we showed arathi, it left.

We looked on the internet and found that **the falcon symbolizes the spiritual relationship with the higher forces** and has the same symbolism as the eagle and hawk.

In meditation, Amma asked Swami:



Vasantha: Swami, what is the bird?

Swami: As you are writing on the Govardhana Giri and Vadakampatti, it has come. At that time, Indra got angry and showered rain, now Indra, My friend has made Vadakkampati tank full of water.

In the Dwapara Yuga, Indra had opposed Krishna and for this Krishna lifted the Govardhana Giri hill on his little finger. As Indra has now become Swami's friend, to whom Swami reveals His feelings, Indra's rain has filled water in the Vadakkampatti tank for the first time. In this

way Amma has made the connection between Dwapara Yuga and now. This is how she is making everything perfect with the eternal principles of love & truth.

This is a glimpse of the play of purity, selfless love and Pure consciousness.

Om Sri Sai Vasantha Saiesaiya Namaha

Prema Vahini

E-Newsletter from Mukthi Nilayam

Mukthi Nilayam
Royapalayam Village B.O
Tirumangalam S.O
Madurai-Virudhunagar Road,
Madurai Dist. Pin:625 706
Tamil Nadu, India

Phone: +91-4549-320593
E-mail: mukthinilayam@gmail.com

www.vasanthasai.org
www.mukthinilayam.org



She is waiting many births

*She is waiting many births
Telling Krishna's name
Yet, she cannot see any way
To see Him on this Earth
She is telling Krishna's name.*

*With one foot He measured the sky,
Now His feet are performing many wonders
Yet, He forgot to measure this girl.
He renounced her Prema,
She is telling Kanna's name.*

*He melts her heart like water
She garlands Him with the water of her tears
How much she suffers?
Why can He not understand her state?
Telling Kanna's name again and again.*



Radha's Madhura Bhakti



Radha alone possessed Madhura Bhakti, sweet love and none else. She would think of Krishna and forget herself at once. She lived in the feeling that Krishna was her husband and she was His wife or that Krishna was the Master and she was His servant. Both are one. He is the Supreme principle, Paramatma and she was the manifested nature

(Prakrithi). **She had no other thoughts other than that of Krishna on her mind.** Whenever she saw the blue colour, she would call out Krishna's name. If it were a tree, she would go and hug the tree. Always, in everything, she could see nothing else but Krishna. She continuously chanted Krishna's name and craved to listen to His flute. She desired to hear Krishna playing His flute in the last moments of her life. Do you know how sacred is the sound of Krishna's flute? The complete essence of the Vedas has formed into the melody of the flute. This essence is as pure as cow's milk. So, to bless Radha,

Krishna arrived in her final moments. He asked Radha what she wanted as her final wish. Radha said, "Krishna! Since long, I have nurtured You in the lotus of my heart. Then, the waters of love evaporated gradually. Then I nurtured you with tears flowing from my eyes. Even the tears dried up. Now, how am I to nurture You? I am only left with the sound form of Yours, that is Your name, and I am nurturing that in me

*Sing O Krishna!
Please say some nectarine words
To my heart's content O Mukunda!
Extract the essence of Vedas
Turn it into the sound of God
Pour it into the flute
Give it the shape of a song,
Sing O Krishna!*

She closed her eyes. A flame emerged out of her and merged into Krishna. Thus, she proved that Madhura Bhakti means unity of two souls. How could she reach this state? Steadfast devotion, pure love and selfless heart - these three are the reason for that. Radha offered her body, mind and heart to the Lord fully and finally became one with Him.

— Swami

Om Sri Sai Vasantha Saiesaiya Namaha