

GROUP: IV

VALUE: Love

SUBVALUE: True Love

SPIRITUAL PRINCIPLE: “The principle of Love is that you need to ask your Beloved Lord in what lies His happiness and implicitly follow those words. It is NOT imposing on Him what brings joy and happiness to you”

QUOTE:

- True love Does Not Seek Any Return – Swami
- Medicine= Loving Swami. Proper Diet = Following Teachings” – Radio Sai
- True love doesn't happen right away; it's an ever-growing process. It develops after you've gone through many ups and downs, when you've suffered together, cried together, laughed together.
- Ricardo Montalban

OPENING: Three Aums

DISCUSSION

“We love you Swami!” We have uttered these words countless number of times to Bhagawan. But today, we will discuss what exactly we mean by the term ‘Loving Bhagawan’. Is it loving just His physical form? Is it following His message? Or does it have to do with living His message?

Every day, we do whatever Swami wishes us to do; We wake up in the morning, chant His name or a prayer. We try to attend SSE class . We also take part in poojas occasionally. We do all of these because we love Bhagawan. So is this what we mean by loving Bhagawan or is it something more than this? It is important to deliberate on this because many a times we find a dichotomy, where people say ‘I do what Swami says. Is there something more that is expected of me? Does it mean that we have to literally live His message throughout our lives?’ **In short, let’s aim to find out the purport of the words ‘We love you Swami’.**

The following incident might shed some light. It took place in n the Trayee Brindavan during the Trayee sessions. Bhagawan was sitting on the *jhoola*(swing) and in His inimitable style said, “So boys, do you love Me?”

In response, there was a thunderous chorus, “Yes Swami, we love You!”

Bhagawan’s reaction, however, was very different. Nodding in disapproval, He said, “No, my boys don’t love Me, My boys only like Me.”

Everybody wanted to now know the difference between ‘loving’ and ‘liking’ Bhagawan.

And then Swami went on to explain this in a very beautiful manner, He said, “You have a dog at home and all along you pet the animal and caress it, you give it a bath and want to play with it, feed it, etc. But do you really follow the dog through every



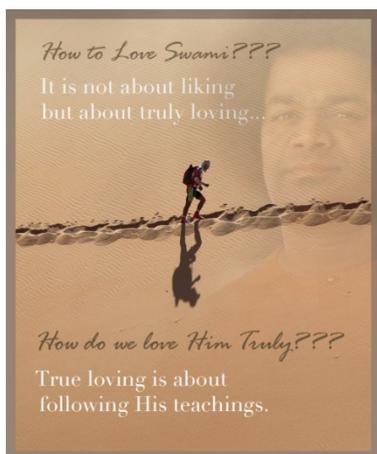
moment of its life. Wherever the dog runs, do you run behind it? No, you don't. Then, how can you say whether you like or love the dog?"

Swami said something that probably hurt a lot of us. He said, "My boys like Me too in the same manner. They want to be with Me & they want to feed Me & see Me happy but don't want to follow what I say."

And then He said: "To love Swami is to follow Swami." Liking God is something very limited; it is selfish and narrow-minded and indicates an act of self-interest. On the other hand, loving God is when you love Him for His sake. You follow His message. The approach is selfless and unlimited.

What are the different kinds of Love?

a. True Love – Following Swami every step of the way – at all times and at all places.



True loving is to follow Bhagawan's teachings through every moment of your life, and not just when you are within His immediate vicinity or when you are at the center or when you attend SSE or WHEN IT SUITS YOUR CONVENIENCE. Unless and until we have made a sincere and systematic attempt to put into practice what we have learned, we will be like the people who enjoy the food in recipe books alone and not what is placed on the plate.

b. Selective love



We show love when we are at the center, or in Parthi, or when things go your way, when your desire is fulfilled, when your parents say yes to what you like etc. Instead of limiting the love to a few aspects of devotion, it must translate into everything that we do in our daily lives.

c. Deceptive love

Talking of stories, I am reminded of a very humorous one that Bhagawan narrates. There was this learned person who used to narrate the story of Lord Rama every day to a spiritual gathering. His discourses used to extend to long hours. The devotees would assemble around him, listen and then move away as and when they wished. But there was one lady who would stay there right till the end of the talk. The master was thrilled that at least one devotee



was touched by his narration and cared to stay till the end. On the final day, he told her, “Mother, I’m really so happy that you have been sitting until the end of my talk. At least my narration has touched one woman among all the other devotees.”

The woman looked at him very puzzled and said, “Master, what are you saying?” He said, “You see, you are the only person waiting until the end of this narration.”

She replied, ‘No, no, the mat on which you are sitting actually belongs to me. I’m just waiting for you to finish, so I can pick up my mat and leave.’”

When is Swami’s work the highest priority and when it is NOT?

You will also find people who say 'we love Swami' and are ready to sacrifice their personal time, family and professional engagements, money and what not in the name of commitment to Bhagawan’s mission. But they must also remember that they have to balance their rules in life. There are certain commitments that an individual may have towards his or her family and profession that must not be compromised in the name of Swami’s work. In fact, Swami has often said that all work is His work.

Love means following Swami. But that is not enough. Following Swami must lead to Transformation It cannot be more evident that the words ‘I love Bhagawan’ would require the devotee to follow His teachings in every sense because that is what ultimately makes Swami happy.

The following incident in 2005 in Kodaikanal illustrates it. Typically after a round of tea in the afternoon, the boys would have a session with Bhagawan. At the end of it He would say, “All of you now go for *bhajans*.”

During that particular session as He was asking us to leave, He said, “So, does everybody like *bhajans*?”

Boys replied, “Yes Swami.” Then, in a humorous tone, Swami said, “So much devotion, oh, so much devotion you all have.”

And as He got up, Swami said, “I don’t want your devotion, I want transformation.” I think He meant that devotion does not come on a Thursday or a Sunday evening or only when you attend SSE.

How can devotion transmute into transformation? Swami has said that the river of devotion should flow between the banks of duty and discipline. Even devotion must be regulated in the disciplined channel and this calls for training the mind for **applying the brakes**. **In modern times, we all have become inflicted with an addiction to speed.**

We want everything to move fast. We seek instant gratification. This is why the young generation, always bubbling with energy, enthusiasm and passion, is reminded to be careful and more self-controlled when they get

restless. **Self-control is synonymous to applying the brake;** it may seem to be contradicting the freedom, the intense speed with which one wants to achieve his ambitions but it is this self-control that stops the individual from taking the short cuts that are more often than not the wrong cuts of life.

We must train our mind to apply the brakes when and where required in order to avoid the accidents. We need to strike a balance between the accelerator and the brake - this is the spirit behind the word 'self-control' that ultimately leads to transformation. This is how our devotion can really transmute into transformation.

SWAMI'S SIMPLE LESSON: It was one of those periods when Bhagawan was very unhappy with His students and stopped talking to us for days. We ultimately reached a breaking point and decided to seek Bhagawan's mercy. All of us got together as a team and when He came out for *darshan*, we rushed to Him, held onto Him and said, "Swami, please forgive us, please forgive us."

Bhagawan gave us a strict reminder about discipline and said, "All are watching, don't do this." Gradually, our refrain of "please forgive us" became "please Swami, please Swami". We kept saying that over and over again.

And then, beautifully, Swami punned on our words. He said, "What are you saying 'please Swami, please Swami'." He said, "**You 'Please' Swami, then automatically I will talk to you.**"

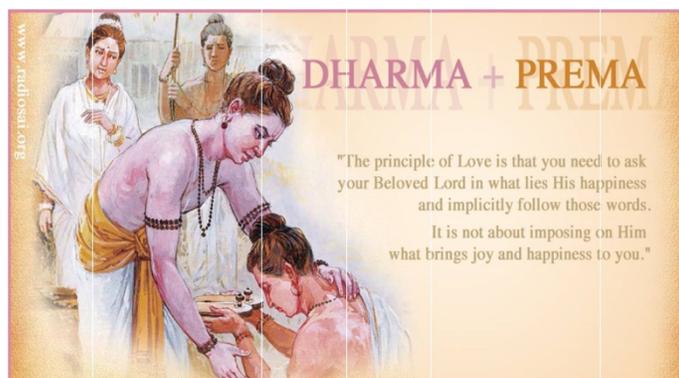
Love is like Medicine - Following Swami's message is like following the diet prescribed for your sickness.



When a patient goes to a doctor, it's always these two things that he prescribes to make the diseased healthy. While he needs to take the medicine, he must invariably follow a controlled diet.

Bhagawan says the medicine is like loving Swami but the diet is about following His teachings. **Then He says, "So if you, the patient, who is suffering from this ailment of *samsara* (worldly existence), needs to get healthy you must a) love Bhagawan and b) follow His teachings.**

Which is more important? Love (Prema) or Right Action (Dharma)



In the Ramayana, Lord Rama himself defines what love truly means for God. We all know the episode where Lord Sri Rama leaves for the forest to serve out his exile & Bharata pleads with him to return and rule Ayodhya.

Lord Sri Rama had a great lesson that he wanted to impart at that moment but He did that through King Janaka. During this whole argument that went on between Rama and Bharata, King Janaka played the role of a judge. When it was time for the verdict to be pronounced, King

Janaka said, “When there is a conflict between *dharma* and *prema*, where Bharata represents *prema* (love) and Rama represents *dharma* or right conduct, it is always love that wins over *dharma*. In other words, *prema* wins over *dharma*.”

Listening to this, all the people of Ayodhya erupted in joy thinking that ‘yes, this is the verdict and Lord Sri Rama will come back because Bharata has won his argument’.

But as usual, in His inimitable way, Rama gives a smile to Janaka, and King Janaka continues, “But *prema* too has its own *dharma*. Even love has its own *dharma* but what is the *dharma* of love?” He goes on to explain, “The *dharma* of love is that you need to ask your beloved Lord in what lies His happiness and implicitly follow those words. It is about not imposing on Him what brings joy and happiness to you.”

Hearing this, we all know that Bharata immediately submitted himself to Rama after having realized what true love means. He agreed to rule the kingdom of Ayodhya on behalf of Lord Rama because in that lay the joy and happiness of Lord Rama.

The message that He gave was loud and clear - that we are really not concerned about Bhagawan’s happiness but in the name of love we are more concerned about our own state of joy at the sight of Baba.

As Swami always says, ‘If you love somebody, you must actually make that person happy rather than look for your own happiness’.

Who is important – Swami or His Message?

When one of the students told Swami “I love you”. Swami said “you need not love me but love my teachings”. Following His teachings with love and devotion leading to your transformation MUST be our ultimate goal. Swam once said “I DO NOT want your devotion but your transformation. Devotion comes and goes but transformation comes and stays”.

To sum up our discussion- “When we love Swami – that is it is not about liking but about truly loving. And, true loving is about following His teachings. Again following His teachings should not be just limited to following His instructions on paper but one that leads to individual transformation.

DISCUSSION QUESTION

- 1. How do you align your act with Swami’s teachings?**
You watch TV, play games, postpone your home work, spend a lot of time on FaceBook and then you give excuse that you do not have time to Swami’s work or come to SSE. Is that correct?
How will you gauge your actions?
- 2. What are some ways we express our love for Parents?**
- 3. What are some ways we express our love for Swami?**
- 4. As you have gone through Balvikas (or even just growing up), what things have made your love of Bhagawan stronger?**
- 5. Do you feel closer to Swami as time goes by?**
- 6. What are some steps we can take to go from liking to loving Swami?**

7. Are we disciplined in our approach to studies – not procrastinating, putting in our best effort, planning etc?
8. Do we really not have time to attend SSE?
9. Which category of Love I am following?

SIMPLE THINGS TO PRACTICE

- Spend time with Him every day. No matter what happens in your day, make time for Him.
- Take a walk with Him beside you.
- Save a seat for Him in your car or class.
- Think of Him before you do your homework, tests, etc. Ask Him for His input and guidance.
- Pray to Him. You have 24 hours. You can spare 5 minutes in the evening and 5 in the morning.
- Be aware / conscious of the things our minds get hooked on a daily basis. How can I improve?
 - Keep a log of the minutes on Facebook.
 - How many minutes you spend on watching TV?
 - How long do you play video games?
 - What percentage of the text messages that you sent/received were important/necessary?
- How do we show our love for people we love? How does the love we feel for others differ from the love we feel for Swami?
- Invite Him into your life by feeling as if He is included in everything you do.
- Begin to talk to Him constantly in your heart. It will begin as a one-sided conversation, then become a two-sided conversation between you and He.

ACTIVITY

1. Click the following to watch the video where Swami warns us against three bad habits.
[Swamis Bday Message 1994.mp4](#)
2. Listen to the audio where implicit obedience of Swami's teachings proves beneficial.
http://ensaiyclopedia.org/SSE/complete_lessons/group4/loving_vs_loving_radio_sai/Student_Russia.mp3
3. True love is making others happy. Listen to the story of Shaya*
[Wayne Dyer.mp3](#)

AFFIRMATION

1. BEFORE I DO ANYTHING I PROMISE TO STOP AND ASK SWAMI **“Will you approve my actions?”**

**Oh Lord, forgive me for I am not what I ought to be,
Thank you Lord for I am not what I used to be.**

2. ALWAYS CARRY the **“AAA”** card every step of the way.
 - **A**wareness of Swami's teachings
 - **A**ccept the weaknesses or shortcomings
 - **A**ttempt to close the gap between shortcomings and Swami's teachings.

References

- This lesson plan was based on the study circle discussion from Radio Sai.
- *The story of Shaya was taken from the talk given by “Wayne Dyer” in “Power of Intention”