

yourselves, by sharing; you empty yourselves by grabbing. Your eyes give you away easily; look upon all without the guilt of lust or scandal; speak to all, of all, with love, blooming out of adoration; let your hands give; never take what is not yours. Treat the distressed, the diseased, the old, the helpless, the child with great respect, and intelligent consideration.

Lead simple lives; do not develop an attraction for high life, gaudy outlandish dress and manners; invite the reverential attention of those who need service. Test every gesture, every mannerism and every whim of yours, on this touchstone: Will this win the approval of Baba?

Dharmakshetra 7-1-1971



Bhagawan being received by Bal Vikas children at the S. R. P. F. ground at Goregaon

7(VI). SADHANA FOR OFFICE BEARERS

A life of Sadhaka involves the dedication of all acts to God, the offering of whatever one does or thinks or speaks at the Feet of God. You can do this only when you are aware always of the Presence of God, in and around you. Your awareness must not deviate for a moment from God. The mind must revolve round one centre, God. Your concentration must be strong and steady.

Concentration can be mastered in Dhyana, and this will lead to disinterestedness in the results of one's actions, for the actions are not one's own, but God's. The results too are not, one's; they are God's. When you become detached from the fruits of your actions, though intent on action (offering to the Lord your skill and energy), then, You attain peace of mind, Prasanthi. If, however, you cultivate attachment to things of the world, land and houses, bank balance and insignia of power, then, Dhyana fails.

You are Office-Bearers and so, you have the responsibility to carry out in actual practice, in your own lives, the rules, restrictions and recommendations laid down by me. I warn you against falling prey to exhibitionism and display; there are many who desire that others must admire and applaud, and so, they do Japam or sit in Dhyana, where many will be seeing them. Their innermost



Bhagawan being received at Sathya Deep

All the pains and pleasures man experiences are the results of his own actions and not due to any act of the Divine.

The three great enemies of man are kama (desire), krodha (anger) and lobha (greed).