



## Teachings of the Eastern Masters

"When the mind, intellect and sense organs are drawn to the enjoyment of sense objects, think of Me first, and offer them to Me bit by bit.

"That the senses will remain without being attracted to the sense objects is never possible, so long as this world lasts. But if they are offered to God, the attachment to them will be naturally weakened.

"When a desire is roused, let it be only about Me. When you are angry, direct that anger towards Me. Ego, obstinacy should all be directed similarly at My Feet by the devotees.

"When lust, anger, ego and other such natural propensities are provoked furiously, make Me the target and direct them at Me...all these tumultuous passions will merge in My Form, or they will become one with Me as they rest at My Feet.

"When such a practice is formed, the passions become feeble on their own...the Guru, God, appears in every sense object; or rather, every sense object is adorned by the Guru's form.

"In ever so slight an enjoyment of a sense object, the thought that God is near us, will at the outset give rise to the consideration of the worthiness, or otherwise, of the enjoyment of that object. That object, which is not suitable or worthy, will be discarded naturally. The addict thus becomes free of his addiction; the mind becomes disgusted with such undesirable sense objects, once it is turned away from them with constant practice."

## Commentary

A common theme in the spiritual process seems to be that as people become established in their practice and steeped in Silence and Pure Knowledge, they are hard on themselves for having "bad" or "negative" feelings, thoughts or reactions to circumstances. If we were truly "spiritual," we would respond to everything with perfect equanimity, right??

I love this passage from Shirdi Sai Baba's teachings because He gives us a "how-to" guide for dealing with all aspects of the human experience. He compassionately assures us that all flavors of feelings and thoughts are a natural part of having an individuality. It's part of God's show. So rather than beating ourselves up for having a "negative" reaction (e.g. anger) or an "unspiritual" feeling (e.g. sensual desire) and consequently trying really hard to get rid of those reactions/feelings, we should direct it at His Feet, direct it to God. Of course within the "blue" we need to manage our reactions and feelings appropriately and respectfully. However ultimately we are His problem, and He is manifesting as this individuality and its experiences exactly for the highest Good.

Having a "bad" feeling does not separate us from Him; rather, every reaction and feeling, whether it is perceived to be positive or negative, can be used to continually refer back to God, to renew our remembrance of and relationship with Him. He will manage or diffuse those feelings and thoughts as is appropriate for our highest Good. This practice also aids in strengthening discrimination, as God is present to us in every decision about what desires we will act upon, and over time naturally draws us to more coherent desires and actions (e.g. the Good over the comfortable).

Today's quotation is from the Shri Sai Satcharita, Chapter 24, v. 46-56.

Love,

Erin