

## Important Principles of Life ...

In his book Sandeha Nivarani, Bhagvan sathya Sai Baba tells briefly about the principles we have to follow in our lives. Bhagavan related to a devotee that Parvathi had told Shiva that chanting of Vishnu's 1000 names took too much time and was difficult to remember. So, she requested Shiva to give her the essence in one single name.

As she has asked, I will also briefly tell the important principles to be followed by man.

### 1. Believe **Prema is the breath of life.**

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### 2. Believe that love is Paramatma, which perceives everything equally.

### 3. The same Paramatma exists in everyone in the form of love.

### 4. Those in pursuit of eternal bliss should not pursue sensual pleasures.

5. Only Truth should be followed as the life giving breath. Just as a lifeless body rots and gives a bad smell within a few hours, in the same way the **life without Truth will be unfit for life** and will be filled with a 'foul' smell.

6. Believe there is nothing more supreme than Truth. There is nothing precious than Truth. There is nothing sweeter than Truth. Truth is eternal.

7. Truth alone is God who gives protection from everything. There is no protector higher than Truth. God the embodiment of Truth gives His Dharma to those having true speech and a heart melting with love.

8. **All living beings should be loved with full compassion.** One should behave in a selfless manner.

9. It is necessary for everyone to have control over the senses, be ever virtuous and maintain a detached attitude.

10. **Four Don'ts**: Speaking ill of others, talking about the wrongs and defects of others, backbiting, speaking more than required. These are the defects relating to speech.

Eradicate ill feelings as they arise.

11. **Five Sins** performed through the body - Murder, robbery, cunningness, drug addiction, meat eating. Those who want to lead a noble life should avoid all these things.

12. **Eight Offences** of the mind Kama(Desire), Krodha(Anger), Lobha (Lust), Moha (Delusion), Jealousy, Comfort, Hatred and Ego. One should not be jealous of the prosperity of others and should not trouble others.

13. We should be happy at others happiness.

14. Feel compassion for those in poverty and misery and pray for them. Help them. By doing this, the love for Bhagavan will grow.

15. Patience alone will give a man, his required strength.

16. Those who want to be blissful should always do good.

17. One should overcome anger with love, attachment with discrimination, untruth with truth, evil with good, and greed with charity.

18. Do not reply to the evil words of evil people. Get away from them. Do not have any links with them. This alone will do you good.

19. Seek out the holy company of good people, even by sacrificing your own pride.

Do not find faults with others.

20. The man, who brings several nations under his domain, is praised as a king, but a **person who controls his senses is praised as the Lord of the Universe.**

21. Whether good or bad the result of the Karma done by a man, will certainly reach him. It cannot be altered.

22. **Eradicate ill feelings as they arise.** Otherwise, it will make life a hell.

23. By bearing with fortitude both troubles and losses, strive to reach the eternal Satchitananda.

24. Observe silence if you are angry. Chant the name of God. Try to avoid the things that make you angry again and again.

25. From this moment onwards, leave all bad habits. Do not delay or postpone it. They will never give happiness.

26. Consider the poor as 'Daridra Narayan' (seeing the form of God as the poor) and share your food with them. Make them happy at least for that small time.

27. Treat others as you expect to be treated yourself.

28. Repent for the wrongs and sins, which you have committed out of ignorance. Pray to God to bless you to follow the right path always. You will get strength and courage from it.

29. Do not allow near you objects or comforts, which may destroy your desire to reach God.

30. Give no room to cowardice. Be always in your blissful state.

Do not talk about God to those who have no devotion.

31. Do not feel elated when people praise you. Do not feel sad when people find fault with you.

32. If one of your friends hates another and quarrels with him, you should not make it a big issue. Instead, you should **try to restore their old friendship with love and sympathy**.

33. Do not find faults with others. Instead, find out your own faults. Pluck them by the roots and cast them away. **It is better to investigate and find a single fault in yourself than to find a hundred faults in others**

34. It is all right even if you do not do a sacred or good work, but do not do a work of sin or a bad work.

35. Do not get angry if others point out your faults. It helps you to eradicate your faults. Finding the faults of others in return is of no use. Do not feel sad, even if you do not have the fault, which others point out in you.

36. Even if you get some extra time, without wasting it in gossip, spend it in meditation or in service to others.

37. Only a devotee can know God. Only God can know a devotee. Others will not know. Hence, **do not talk about God to those who have no devotion**. There is the chance that your devotion may decrease because of such talk.

38. Even if you cannot or will not do any Punya or good deeds, do not conceive or carry out any Papa or bad deeds.

Give up all doubts regarding the Guru and God.

39. Whatever people may say about the faults you know are in you, do not get emotional over it. Try to correct them yourself, even before others point them out to you. Do not harbor anger or bitterness against persons who point out your faults; do not retort by pointing out their faults, but show your gratitude to them. Trying to discover their faults is a greater mistake on your part. It is good for you to know your faults; it is not good to know others' faults.

40. **Whenever you get a little leisure**, do not spend it in talking about all and sundry but utilize it in meditating on God or in doing service to others.

41. If anyone speaks to you on any subject, having misunderstood it, do not think of other wrong notions, to support that stand. Grasp only the good and the sweet in what he says. True meaning is to be appreciated as desirable, but giving wrong or many meanings only hampers Ananda.

42. If you desire to cultivate one-pointedness, do not, when in a crowd or bazaar, scatter your vision to the four corners on one and all. See only the road in front of you, looking around just enough to avoid accidents to yourself. One pointedness will become firmer if one moves about without taking one's attention 'off the road', avoiding dangers, and not casting eyes on others forms.

43. **Give up all doubts regarding the Guru and God.** If your worldly desires do not get fulfilled, do not blame it on your devotion; there is no relationship between such desires and devotion to God. These worldly desires have to be given up sooner or later and Bhakthi has to be acquired some day or other. Be firmly convinced of this.

44. If your Dhyana or Japa does not progress properly or if the desires you have entertained do not come to fruition, do not get dispirited with God. It will discourage you even more and you will lose peace. **During Dhyana and Japa, do not be desperate or discouraged.** When such feelings come, consider it the fault of your Sadhana and endeavor to correct them.