

## DISCRIMINATION – CEILING ON DESIRES

Five elements, the human body and Cosmos are related. Desires change the thinking pattern and combination of five elements in human system. Discrimination and detachment are essential to still the mind. Mind can be steadied by the mastery of senses and unwavering detachment. When mind is stilled peace reigns and bliss prevails. Determination leads to detachment. It involves awareness of basic blemishes in all material things – “*Nithya Anithya vasthu viveka Vicharam*” the longing of the senses for the experience of sound, touch, sight, taste and smell has to be turned inwards. The real struggle is internal withdrawal of senses into the mind and making them ineffective through the exercise of intellect.

What is the desire? Desire is explained as an unsatisfied appetite, a craving, a longing eagerness to obtain. The mind is a bundle of desires. If you remove the thread one by one, the cloth disappears. Likewise if you remove the desires one by one, the mind ceases to exist.

*“Life with desires is man*

*Life without desires is God”- Baba*

*“Desire not the world*

*and God will love you.*

*Desire not what others have*

*and others will love you”- Holy Quran.*

Then what is desire and how to control desire? Desire is nothing but mind’s craving for something. This emanates from thought. Thought is projected by the mind. So the root cause of desire is mind. When a desire is born, the mind builds up thoughts of pleasing the senses and urges the man to act for selfish reasons. Man caught in the web of desires forgets his goal and moves in opposite direction, ie. attachment. Our ancient sages analysed this aspect and concluded that a person who controls his mind is a real human being, and those under the control of the mind are not human beings.

Our Masters:

We are under the tight grip of senses (masters). These masters form a family called “Selfishness” consisting of a mother and her five children. The mother is desire. When we desire something intensely and don’t get it, two children are born. They are anger and jealousy. But if we get what we crave, a third child arrives, that is “attachment”. As attachment grows stronger, another one is born. ie. “greed”. As greed is satiated, the fifth child “conceit” is born. These six demons – *Karma, Krodha, Lobha, Moha, Mada* and *Matsarya* are the masters who rule our lives and we become selfish individuals.

Swami has given a very clear method to annihilate the mind. He suggested "Ceiling on Desires" programme:

1. Ceiling on Money
2. Ceiling on food
3. Ceiling on time
4. Ceiling on energy

In this “ceiling on desire” program, Swami listed money first, presumably because the amount of money that we have at our disposal determines how we manage the other three categories of food, time and energy. Swami observes that poor are more fortunate than the wealthy since they have less money and hence less opportunity to waste money.

Swami says, “*In the day to day life, everyone requires money. But it is something like wearing a shoe. The shoe must be of correct size, if it is too big, you will not be able to walk comfortably. If it is too small, you will feel uncomfortable. Hence excess of money or shortage of it is a problem.*” The power of intelligence must be used to avoid the mis-use of money for money is “*devivaswaroopam*”. Waste of money is due to:

- a) Sense of sight: advertisements in newspapers, TV, magazines influence us to spend
- b) Sense of hearing: we get information about goods through radio, friends and neighbours.

These influence our expenditure.

- c) Sense of smell: This leads us to be extravagant.
- d) Sense of taste: influences spending, e.g. aroma of baked bread, onions being fried, or coffee brewing.

Waste of food: “*Annam Brahma*” Never waste food. Apart from the food taken through the mouth, the other kinds of foods are taken through the eyes, ears, nose and skin should be examined. By saving food, you can distribute to the poor. This is *narayanaseva*. Waste of time: Swami pointed out everyone in the world has exactly the same amount of time at his or her disposal. We all have 24 hours each day. If any of it is wasted, it is gone for ever. Never to get back.

Baba suggested how 24 hours a day is to be spent.

6 hours for individual needs.

6 hours for service to others.

6 hours for sleep.

6 hours for worship.

Time is all powerful. It is not subject to anyone. All are subject to it. What are thieves of time?

- a) Worrying
- b) Talking about one’s problems to another, either in person or over the phone.
- c) Day dreaming, a useless activity that many people indulge in excess.

Waste of energy: Unlike time, everyone does not have equal amount of energy. It varies a great deal in different persons. We should also avoid wasting water, electricity, petrol and so on. Thereby we can conserve world’s natural resources. Too much talk results in wastage of energy. Energy can be saved by reducing unnecessary and excessive talking. We have limited energy. Eye cannot view anything situated more than 20 feet. The normal capacity of ears: they hear at 40 decibels, they cannot withstand more than 80 decibels. The fleeting nature of time: As Adi Shankara puts it;

*Dinayaminyou Saayam Praatah*

*Shishiravasantow Punaraayaatah*

*Kaalah Kreedathi Gachchtyayuh*

*Tadapi Na Munchathyaasaavaayuh.*

Night follows day and day follows night; summer follows winter and winter follows summer; thus time marches on, engulfing us and making our lives shorter. In spite of this we cling to our desires. As long as mind – the embodiment of desires exists man cannot understand anything about the Self. Man cannot experience the bliss of the Self as long as the mind exists.

If mind is not annihilated, man has to face the following consequences.

1. So long as the mind is there, desires will not leave you.
2. So long as you have desires, the false notion of “I” and “mine” will not leave you.
3. So long as the feeling of “I” and “mine” are there, *Ahamkara*, the wrong identification of yourself with the body, will not leave you.
4. As long as *Ahamkara* does not leave you, ignorance (*Agnana*) will not leave you.

Mind made up of desires is the basis of ignorance.

#### THE PROCESS OF FREEING OURSELVES FROM BONDAGE

As mind is bundle of desires, we have to purify the mind. Three kinds of impurities affect the mind. They are (a) *Mala* (b) *Vikshepa* (c) *Avarana*. The dirt covering the mind of man consisting of many offences committed by man knowingly or unknowingly, not only in this life but also in previous lives. The imprint of these offences is carried by ‘*chitta*’. The dirt carried by the *chitta* is technically called as ‘*Mala*’.

I. *Mala* prevents us from having a clear image of the *Atma*.

How to cleanse the mind covered by *Mala*? It is through (a) *seva*, (b) regulation of food, (c) regulation of living habits.

II. The second impurity covering the mind is “*vikshepa*”. *Vikshepa* is the constant wavering of the mind. This impurity can be removed through (a) meditation, (b) prayers, (c) nine modes of devotion.

III. *Avarana* is the third distortion of mind. *Avarana* is like a thick cloth covering the mirror of the mind. *Avarana* hides the reality – *Atma*, and makes one identify oneself wrongly with the body. *Avarana* is made up of *arishad varga*, six internal enemies of man. They are *kama*, *krodha*, *lobha*, *moha*, *mada* and *matsaryam*. The best way to remove *avarana* is to develop love for God. We should live in love.

Suppression of desire will not yield fruits. Substitution of desire also will not be successful.

Spiritualisation will be the most powerful and the easiest technique. Turn all your desires, thoughts and senses towards God – and pray to God – “Oh! God, I am very weak! I have nothing, I know nothing, I am nothing. As I turn towards You, You walk up to me, take my hands firmly and grace me to reach Your Lotus Feet.”

Excess desires make our lives miserable and we may have to meet miserable death too. If we desire our Swami we will have a safe journey towards Sai – Bhagawan. Here I’d like to give an anecdote given by Swami.

A father having two sons, went to the beach. As desired by the children he carried the younger son on his shoulder and held the hands of the other son. Both of them were watching the waves. The elder son enjoyed the sight of the waves and started clapping his hands, while doing so, he left his father's hands. He was carried away by the waves. The younger son was very safe.

**Dr. Vijayalakshmi (Tamilnadu, India)**

### **DISCRIMINATION - THE INNER INSTRUMENT - COD**

I'm going to give you maybe the Western version of discrimination, and ceiling on desires, for us to understand a little bit about what this discrimination is. Because it's this discrimination which makes us different from the animals. It is an integral part of our being. So, I would like to share with you, for a few moments, my thoughts on these five inner instruments of the body. It might help us to understand where this discrimination comes from, because its inside us, we are born with it.

The first part: The gross body, it's the *Annamaya Kosha*. The value associated with that is right action. Its associated with the element of earth, it is concrete. It is expressed through the body. The next 3 parts are the very subtle parts of us, that we are born with. The breath, the energy life force, is the *Pranamaya Kosha*. This is associated with the value of love and the element of air. It flows as an undercurrent in all the instruments and purifies us. The next subtle part is the mind and emotions, is the *Manomaya Kosha*. And we have two values associated with that, so Swami tells us, the value of Peace and Love. And the element is water. The water, Swami says flows down, and so it is associated with the mind. Our mind is inclined to flow down. Now the next part of us, the discrimination part is the intellect. This part is our conscience, that tells us what is right and what is wrong. It is associated with the value of Truth. This is God, we were born with this. The value associated with this is Truth. It is associated with the element of fire. Fire goes up, and consciousness goes up. Finally, the causal body which follows us around from birth to birth. This is associated with the value of Non-Violence, the element of ether and is the experience of Divinity which fosters the 5 Human Values.

I'd like for us now to look and compare to determine how we are different from the animals. What makes us different from the animals? Swami says: *"the wrong desire is God, overshadowed by Maya, Discrimination is God not overshadowed by Maya"* Remember that it is this discrimination, this truth part of us that makes us different from the animals. If we look in the middle of this diagram, we see what we have in common with our animal friends. Love is present, We have a connection with family. Unsteadiness and waywardness we get from the monkeys, so Swami says. Foolishness, a relic from sheep, as both enjoy sensual pleasures. So, let us go to the animal field and look, Swami tells us that in the animal the divine force is 15%. In the human the divine force is 80%. The animal can never be free of its natural state. The human, can rise himself to union with God. And look what the animals have, you could have fooled me because I think we have a lot of this too. This is common in animals: jealousy, hatred, ego, cruelty and anger are all animal qualities. But, sacrifice, love, compassion, and forbearance are human qualities. Animal has no discrimination, human has discrimination. So lets see One more description of discrimination from Swami. We should lead our lives within limits, not only that but we should have discrimination. We should decide whether a thing is good or bad, whether it is right or wrong. This type of discrimination is NOT found in animals. Among all species, human life is rare. So, lets take a look at the ceiling on desires.

Swami says regarding food: by wasting food you are wasting Divine Energy. Let's look at some of the

harmful habits regarding food. Greed, gluttony, pride, equating our worth with our powers in the kitchen, or our ability to provide lavish banquets, laziness, sloth, eating. Excessive food can make the body sluggish. False security: using food as a substitute for love or contentment. Fear, worry, may seep in when we think we may not have had enough. All these negative qualities go with food. Let's go to the next one, money. Swami says "Don't waste money, God is wealth, and misuse of money is evil, and a sin as well" Let's look at some of the negative qualities of money. Consumerism, arises from lack of contentment stimulated by all forms of advertising media, and encourages rapid and wasteful depletion of our resources. Greed is using more than we need, sometimes through ignorant habit. Irresponsibility, is when we ignore conservation and wise use of the earth and all our cohabitation.

Laziness is not wanting to do the work, or take the necessary steps to change wasteful habits, eg learning to reduce, reuse, and recycle. The next area, don't waste time. Wasting time is wasting God. Let's see some of the harmful habits regarding time. Laziness and sloth, again, and not wanting to work or to carry out our responsibilities in life. Impatience is wasting time and also energy, preventing us from giving our full and reverent attention to the responsibilities at hand. Idle pursuits, gossips, idle talk and entertainment are waste of limited amount of time and energy we have available to us in life. One thing that makes us all equal, we all have the same amount of time. Escapism, over-sleeping, daydreaming, using time to avoid responsibilities, negative criticism, complaining, wasting time that can be used in examining and correcting our own faults or building positive habits. Worry, self-pity, regret, fear, anger, and resentment. Oh boy! These cause paralysis and block the natural flow of time and energy. And the last energy. People waste their energy by indulging in bad thoughts, bad looks, bad hearing and bad action and idle talk are some of the harmful habits regarding energy. They use up both time and energy. Gossiping, backbiting, criticism, stress, use up tremendous amount of energy. Anger, in a single bout uses up more energy than is provided by three months supply of food, so our Lord tells us. Irritation, frustration, results from the desire to control a certain situation. So, we are human and our next step is God!

*I am God, I am God, I am no different from God*

*I am the Infinite Supreme the One Reality*

*I am Sath Chit Ananda Swarupa*

*I am Om Tat Sat Om*

*I am Love, I am Truth, I am Peace Eternally*

*I am Bliss, I am Delight, I am Ever Pure and Free*

*Fear and Grief can never touch Me*

*I am Om Tat Sat Om*

**Berniece Mead (USA)**

**CEILING ON DESIRES (COD)**

**ENERGY**

PEOPLE WASTE THEIR  
ENERGY BY INULGING IN  
BAD THOUGHTS, BAD  
LOOKS, BAD HEARING  
AND BAD ACTION.

Sathya Sai

**TIME**

DON'T WASTE TIME,  
WASTING TIME IS  
WASTING GOD.

Sathya Sai

**MONEY**

DON'T WASTE MONEY,  
GOD IS WEALTH AND  
MISUSE OF MONEY IS  
EVIL AND A SIN AS WELL.

Sathya Sai

**FOOD**

BY WASTING FOOD  
YOU WILL BE  
WASTING DIVINE ENERGY.

Sathya