

## Fifth Mandate

Practise Prema Yoga – The practice of unconditional pure love as taught by Bhagawan Sri Sathya Sai Baba

Swami has shown us that *Premayoga*, the path of love, is the way to reach this goal. This is the fifth mandate. The first *vahini* Swami wrote was *Prema Vahini*. Swami said, “For this age of Kali, the easiest and best path is the path of love. God is love. Live in love”. He also says, “Start the day with love. Fill the day with love. End the day with love. This is the way to God”. Swami has shown us how to live in love. To live in love, we have to put love in action through service and sacrifice.

There are approximately 2,000 Sathya Sai Centres in 126 countries conducting service in the fields of education, healthcare, and community service. There are thousands of Sathya Sai volunteers and devotees all around the world who perform selfless service. Service helps Sathya Sai volunteers to achieve transformation of the heart.

The mayor of Houston, Texas, USA declared Swami’s *Mahasamadhi* Day, April 24, as Universal Love and Unity Day. The Ministry of Social Services has given an award of excellence to the Sathya Sai Organisation in Haiti for doing selfless service to needy children since the massive earthquake in January of 2010. They declared the Sathya Sai Organisation to be one of the five best service organisations that served in Haiti after the massive earthquake in 2010.

In summary, the five mandates are:

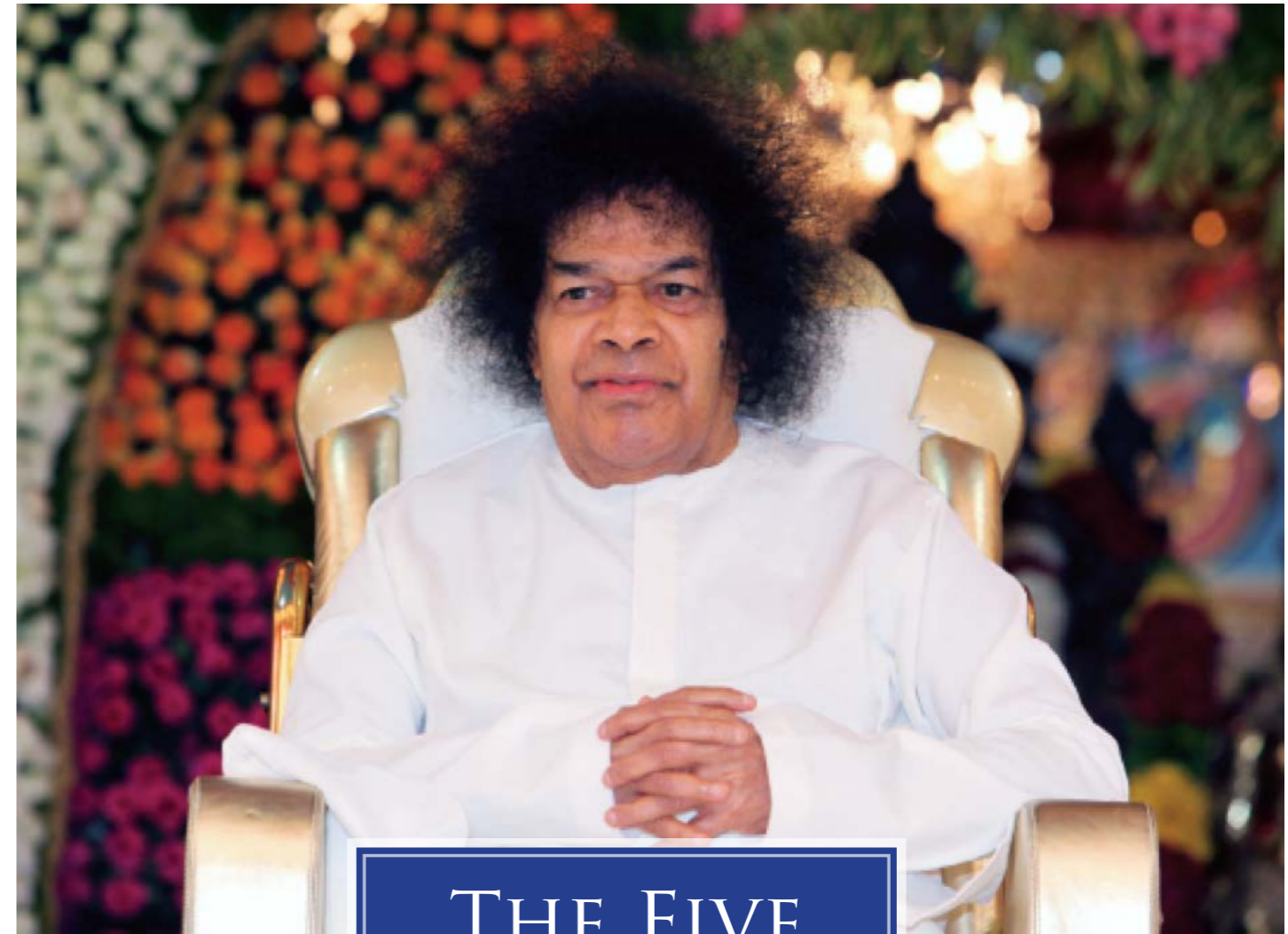
1. Bhagawan Sri Sathya Sai Baba is our Guru, God, and Saviour.
2. Bhagawan Sri Sathya Sai Baba’s Divine teachings are the essence of all scriptures.
3. Puttaparthi is the holiest of holy places and pilgrimage to this holy land will sanctify our lives.
4. Bhagawan Sri Sathya Sai Baba’s divine legacy – Participation in the Sathya Sai Medical and Educational Institutions, and the Organisation is a great blessing and opportunity.
5. Practise Prema Yoga – The Practice of unconditional pure love as taught by Bhagawan Sri Sathya Sai Baba.

If we fulfil these mandates, our lives will be sanctified. We have experienced the pristine, divine love of Bhagawan Sri Sathya Sai Baba, who is the incarnation of love, the embodiment of love and love walking on two legs. Let us resolve to reach the *summum bonum* of life, the realisation of our divine nature in this very lifetime.

If not now, when? If not us, who?

JAI SAI RAM

Lovingly in the service of Sai,  
Narendranath Reddy M.D.,  
Chairman, Prasanthi Council



## THE FIVE MANDATES

Swami has repeatedly said, “God is beyond name, beyond form, beyond time, beyond space and beyond change”. He is eternal. He was with us, He is with us, and He will be with us forever. We should never forget that He is our eternal companion. We should not limit Him to the human form.

The *nirguna, niraakara Brahman* (formless, nameless Reality) in His infinite compassion and love comes down in human form from age to age. The purpose of this descent of God (Sathya Sai Avatar) is for the ascent of man.

### The Three Divine Gifts

Whenever the Lord comes, whether it be as Rama, Krishna, Jesus, Buddha, Shirdi Sai, Sathya Sai—He grants us the following three divine gifts: *Nama* (name), *Roopa* (form) and *Leela* (divine play). He has a sweet, beautiful name, Sathya Sai. By chanting His name we can redeem our lives. The second divine gift is an enchanting divine form. The more we see Swami, the more we want to see Him. By contemplating on the divine form, our life becomes sanctified. The third beautiful gift of the Divine is His *leelas*, His divine play. We delight in stories of His divine sport.

We should always remember how blessed and fortunate we are to have been contemporaries of the loving Lord Sai. In the First World Conference on 17<sup>th</sup> May 1968, Swami revealed a great truth about His divinity. Swami said, “In this human form every divine entity, every divine principle, that is to say, all the names and forms attributed by man to God are manifest. Never let any doubt distract you”. We should always remember this profound declaration like a *mantra*.

### Swami's Omnipresence

During my travels around the world, I have met several devotees whose love for Swami touched me deeply. I was in Russia in May 2013 and one of the devotees told me about an incident that happened during a service activity. An elderly lady in her eighties saw a picture of Swami while being served. She had never heard of Swami, nor had she ever seen Him. As soon as she saw the picture she started crying and repeating “He is God. He is God”. Jesus said, “Blessed are those who have seen Me and believe in Me. But more blessed are those who have not seen Me and believe in Me”. She is a blessed soul.

After having experienced this pristine divine love, what is our duty? How can we express our gratitude to Him? Swami says, “Man minus gratitude is equal to animal”. Therefore it is imperative that we express gratitude to Bhagawan and we can do this by practising the following five mandates.

### First Mandate

#### Bhagawan Sri Sathya Sai Baba is our Guru, God, and Saviour

The first mandate is always to remember that Bhagawan Sri Sathya Sai Baba is our *Guru*, God, and Saviour. In His first *bhajan*, “*Maanasa Bhajare Guru Charanam Dusstara Bhava Sagara Taranam*” Swami assured us that He will take us across the ocean of *samsara* if we hold on to His lotus feet.

As Sai devotees we must hold onto His feet with unflinching faith until our last breath so that our lives are redeemed. Unfortunately, nowadays some people are going to various *gurus* in various parts of the world and also to various people claiming as mediums and subtle bodies of Baba. They are not real *gurus*. They are like the blind leading the blind, misleading innocent devotees.

### Second Mandate

#### Bhagawan Sri Sathya Sai Baba's divine teachings are the essence of all scriptures

The second mandate is to implicitly follow Swami's message and to practice His teachings. Because of His infinite compassion and love, Swami has given over fifteen-hundred discourses. Swami himself wrote the *Vahini* series, starting with *Prema Vahini* followed by *Gita Vahini*, *Bhagavatha Vahini*, *Ramakatharasa Vahini*, *Jnana Vahini*, *Dharma Vahini*, *Prasanthi Vahini*, *Sathya Sai Vahini*, and others. These books contain pearls of wisdom. Never before has an *Avatar* written in this way for the benefit of humanity. Therefore, it is our duty to study these teachings, contemplate on them, and, most importantly, put them into practice in our daily lives.

### Third Mandate

#### Puttaparthi is the holiest of holy places and pilgrimage to this holy land will sanctify our lives

The third mandate is to go for pilgrimage. Muslims go to Mecca. For us, our *Punyabhumi* (holy land) is *Puttaparthi*. By coming to this holy land of Puttaparthi all our past *karmas* are washed away. Puttaparthi is the place where the Lord chose to take birth. This is the place where He walked amongst us, blessed us, talked with us, joked with us, and sang with us. This is the holiest of holy places. Swami in one of His discourses said, “This place will be like Shirdi and Tirupathi”. Every stone, dust particle, bush, and tree in this holy land is saturated with Swami's love and blessings.

### Fourth Mandate

#### Bhagawan's Sri Sathya Sai Baba's divine legacy – Participation in the medical and educational institutions, and the organisation is a great blessing and opportunity

The fourth mandate is the divine legacy. Swami has established many institutions. He established educational institutions, providing education from kindergarten to post-graduation, completely free of cost. God Himself was Chancellor of this university. When the International Sathya Sai Sports Centre was inaugurated by Swami in November 2006, the President of India, His Excellency Dr. Abdul Kalam made a wonderful statement. He said, “Millions of students graduate from thousands of universities from around the world. But these few-hundred students who graduate from Sathya Sai University are of the highest character and beacons of light for humanity”.

There are educational institutions, Education in Human Values programs, and SSE programs all over the world based on this same principle. Outside of India there are 31 educational institutions and 37 schools in thirty-eight countries around the world. The Sathya Sai School in Canada was ranked number one among 4,700 schools, both public and private, in the province of Ontario.

Swami established medical institutions—Temples of Healing. Swami's hospitals provide primary-to-tertiary care, comprehensive health care and preventive health care, all completely free of cost. And most importantly, this health care is delivered with love and compassion.

As His children, it is our responsibility, whether in India or overseas, to support His institutions by giving our talent, time, energy and other resources. These are the institutions which Swami conceived; for which He laid the foundation stone; and which He inaugurated, visited and managed. This is the divine legacy which we inherited from our divine parent.

Swami gave His sacred name “Sathya Sai” to the Sathya Sai Organisation. To be part of His divine mission and to serve in the Sathya Sai Organisation is a sign of His grace. Only those whom Swami has chosen can serve Him. He has been preparing His devotees over many lifetimes to do His work and to be instruments of His love. Swami clearly defined the purpose of the Sathya Sai Organisation in His historic divine discourses given during the first All India Conference in April 1967, and at the First World Conference in May 1968: “The purpose of the Sathya Sai Organisation is to make us realise our divine nature and that we are the Atmic reality”.