



SAI PREMA VAHINI

INTERNATIONAL NEWSLETTER GKS GROUP

Initiated by Sri Gopala Krishna Baba

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**Sri Satchidananda Sadguru Sainathaya Namaha
Sri Sai Gopala Krishna Babaya Namaha**

By Mr. Devudu Sadshivu

This article for 'Sai Prema Vahini' is penned at the instance of our Beloved, Respected and Revered Sri Sai Gopala Krishna Baba. The order came to me in a unique way, which I would like to share with you all. After an exemplary and exhilarating experience on 24 July 2002, Guru Poornima Day at the Girinagar temple, I had returned to Hyderabad with the blessings of Sri Sai Gopala Krishna Baba, and a copy of the first issue of Sai Prema Vahini, which had been released at the Amrita Hastha of our Gopala Baba.

On 29 July 2002, I was perusing through Sai Prema Vahini, when a sudden thought struck me, I should share my very special experience on 24 July 2002 at the feet of our Gopala Baba with all readers of Sai Prema Vahini because the experience was extraordinary. It was a passing thought at that moment and I did not give

I was stunned at this message.....

much attention to that then.

But, on 30 July 2002, barely 24 hours later, at around 10.00 PM I had a call from Sri Hrishikesh from Bangalore, conveying the message that Gopala Baba wished I should contribute an article for Sai Prema Vahini for the 6 November issue, which happens to be our Gopala Baba's birthday. I was stunned at this message, converting a Prerana He created in my mind the previous night into His Wish, an order to me. It was His abundant love and affection, which gave me this opportunity to be at His service. But what should I write? I again left the choice to Him who has ordered me to take the pen and write. This is His thought, His subject and His mind that is writing this. He is dictating my mind and guiding my hand to write. I am an instrument to hold the pen.

I read the following story in a magazine sometime ago:

Prema Swarupa Vahini

Embodiments of Love,

- Welcome everybody do not exclude anyone.
- To the society never do any harm, only warm.
- Jealousy is a bad root, which spreads like cancer; it should be extracted right from the beginning. Always look inside if there is a small trace of jealousy while you still can take it out.
- Visit your neighbours once a month, and ask them if they need anything or if the need any help.

Sri Gopala Krishna

-Sri Krishna lay ill. His pure tender body was inflamed with fever. The fever kept on mounting. No drugs or charms had any effect. Mother Yashoda, felt deeply worried and she said to Krishna, "Shyama, my darling! We have tried everything within our power, but your fever keeps on rising. You, my child, are the Lord of the three worlds. Won't you tell me what will make you well again?" Sri Krishna smiled

and said, "Ma, only one thing will cure me". "What is it my child? Tell me, that I may procure it without delay." And Sri Krishna said, "Mother, bring me the dust of the feet of someone who loves me dearly and apply it on my forehead and I shall get well." "That is easily done!" said Yashoda, "The whole town is full of gopis and gopas who love you

dearer than life itself and soon I shall bring what you need."

Yashoda goes out. She enters the house of a gopi who loves Shyama with a deep spiritual love. The gopi feels happy to meet Yashoda. "Welcome, Mother!" says the gopi, "Tell me, is there anything I can do for you?"

Yashoda explains to her the situation and asks her for the dust of gopi's feet. As the gopi listens to this strange request, the colour of her countenance changes. "Mother!" she says, "you know well that there is nothing in this world that I would keep from my beloved Shyama. I would gladly lay down my life for his sake. But this, I can never do! For it is laid down in the scriptures that a

Whoever gives the dust of her feet to the Lord is dragged to hell.

devotee goes to hell if the dust of his feet touches the forehead of the Lord. This I can never do mother!"

Yashoda moves from house to house. She meets gopis and gopas - all lovers of the Lord. They all tell her that if Sri Krishna wants their heads, they would gladly sever them with their own hands and place them at his feet. But, they will never commit a crime for which the penalty is hell. At last, Yashoda meets Radha. To her too she makes the request and Radha says to her, "Mother! All

that I have belongs to Shyama. Take what you will, the dust of my feet or the crown of my head. All, all is consecrated to the Lord!" Surprised Yashoda says "But, Radha, do you know what it means? Whoever gives the dust of her feet to the Lord is dragged to hell." Yashoda now knows that Krishna's fever was only His Leela and after that day no one questioned why Radha was so dear to the Lord. When one develops such a love for Him, that person becomes Him. But that love should become an obsession, the desire intense and how that should be?

Read this story: Once, a Bhaktha approached Sri Ramakrishna Paramahansa and asked him how one should feel towards God to get Him. Sri Ramakrishna told him a story:

A shishya (disciple) went to his Guru and asked him how intense one's love should be to obtain God. The Guru took the shishya to the waters and when they were in the water held his head and pushed it down the water, struggling as the shishya did, he could not get his head released from the hold of the Guru. After some time the Guru lifted his head out of the water and asked him how the Shishya felt when his head was under water. Shishya replied, "I was struggling to get a breath of air. I had no other thought except the one, to come out of water and get a breath of air." Then the Guru said, "That is how your love for God should be. Only when you can develop such an intense desire for Him and develop

But can one develop such a love? Yes, it is possible but only with the grace of a Guru, blessings of a Guru and constant practice.

such a love for Him, with no other thought except for Him, then and then only He will be yours."

But can one develop such a love? Yes, it is possible but only with the grace of a Guru, blessings of a Guru and constant practice. There shall be no place for any other thought except for Him. The effort should be relentless. Sri Krishna stresses this point in Bhagavad Gita twice (9-34 and 18-65). Only then, when such a love engulfs everyone, it becomes universal love. But to develop such a love one should start at the root, oneself. Love for everything, everyone in the world: Chetana-Achetana, Chara-Achara.

This is the message that was spread and is being spread by all Saints and Mahatmas, past or present, like Kabir, Chaitanyadeva, Meera, Shirdi Sai Baba, Sathya Sai Baba, as well as all scriptures, all religions. We in our daily life have heard, hear or read of many people, ordinary or extraordinary, who have won even their staunch enemies by their sheer love. With such a universal love around where is the place for hate? This is the sort of love that is now being spread by our own beloved Sai Gopala Krishna Baba, from his abode of love at Girinagar, Bangalore. It has been spreading its love roots everywhere, even abroad.

My own experience here may not be out of place. I had heard only of a young man who had sacrificed his all and renounced everything to build a Shirdi Sai temple at Girinagar, Bangalore. Being one, having faith in Shirdi Sai Baba, I was motivated to visit this Shirdi Sai Baba temple also. Accordingly I had made my first visit at

which time our Gopala Baba was not there. That was not very long ago.

During my second visit it happened: I saw a man in the temple as I entered and stood spell bound seeing him. He attracted me like a magnet. His compassionate, bewitching, all winning smile, His benevolent but compelling looks, His soft soothing voice which simply exceeds love, love and love and all this in a very calm, affectionate, loveable atmosphere of a temple. Then and there I decided that I should not miss an opportunity to be with Him. And every time I have met Him I have experienced the same feeling. He literally imprisoned me with his love and I have no intentions of coming out of this 'Love net'. I am positive that this is the feeling of everyone who has met him. He is really a "PREMA VAHINI", spreading Love everywhere.

Come All! Let us jump into this 'PREMA VAHINI', drink from it to our hearts content and carry his message of Love to one and all, wherever we are and wherever we go.

I conclude these few lines with an Upanishad saying:

"May He protect us both; May He nourish us both;
May we both work together with great energy;
May our studies be thorough and fruitful;
May we never hate each other",
Om Shanti Shanti Shanti

**Sri Satchidananda Sadguru Sainathaya Namaha.
Sri Sai Gopala Krishna Babaya Namaha.
Sri Sainatha Prasada Siddhirastu.**

Dear friends,

By Bas & Dineke Koot

Three years ago we heard for the very first time about Swami Gopala Krishna Baba and we were really keen to learn more about Him. Luckily we were allowed to help last year to prepare Swami's visit to Holland, and we liked it so much. What love and beauty developed in all who were participating.

This year, I (Dineke) got the chance to go to India in January and was able to meet Swami in His own temple. The confidence that He takes care of everything became

Now God is very attainable for me and that gives me a feeling of safety.

stronger day by day. I was allowed to go to India again in July and my experiences became even more intense. Swami showed me that He corrected what was wrong. At first it reminded me of my strict Roman Catholic upbringing, with the threat of hell and purgatory and fear entered my heart, but it disappeared and now I only feel all the love that He gives. Now God is very attainable for me and that gives me a feeling of safety. Both times, January as well as in July my husband (Bas) stayed at home. We called each other two times a day. This way we didn't miss each other that much. Before I left Holland I had purchased two notebooks, one for each of us, and in these books we wrote our daily experiences, he in Holland and me in India. Often I wrote in the temple

while Swami was present. Later, at home when we read our notebooks it turned out that lots of the feelings that we wrote on the same day were identical.

After returning from India I had many questions and sometimes I felt confused, but I could always turn to Kannaiah and the other GKS family members. Now, especially the week after the symposium, a week full of team spirit and love, I feel extremely happy and that is because of Swami.

During the whole week He was there. He walked through the hall, He was there with the cooking and eating, He was there in the forms of uncle Ram and Bharathi, P.K. uncle, Bob LeVine and Sitama, Humza and Father Bertus.

Now I give the pen to my husband so that he can tell you some of his experiences.

When Dineke was in India in January, I had some beautiful experiences, often with double feelings, with one leg in India and the other in Holland. Once I felt I was in India and got the feeling that I was travelling with Dineke to Puttapparthi. That feeling became so strong that I ac-

Baba was next to me and Swami was next to Dineke.

tually saw the scene before me, even though I've never been there. Like that I once felt her presence next to me in a very vivid way.

When Dineke went to India for the second time (on my insistence), the experiences were even more intense and powerful. This time I read a lot about Sai Baba and dreamed away while listening to bhajans. These were beautiful moments. But the most beautiful moment was when I was dreaming away one evening on bhajan music when suddenly I felt myself surrounded by this wonderful sweet scent of jasmine. It was so strong that it tickled. Shortly after that a gentle breeze stroke my face. I looked around but there were no flowers with the scent of jasmine at all and it was totally windless. It was such a moving experience and I felt so happy.

Baba was next to me and Swami was next to Dineke.

Love from Bas and Dineke from Heemskerk, Holland.

GOAL OF MY LIFE

By Gourang Hoskote

The very fact of being with Gopala Baba and amongst the brothers and sisters of the GKS family, if one were not to understand the 'Goal of Life' it would be a great pity. The moment we understand the importance and uniqueness of this life and the events that have unfolded in each of our lives, it will be clearly evident what is the reason for us to be in this world. My goal of life changed and bettered with every phase of my life. Today even when I briefly glance in my past, I understand that even the downs were ups and a part of the path in the glorious trip to reach perfection.

At the outset let me convey in brief, the scenes that open up as the flashback for the story of my life. There was a gap of 13 years between my elder brother and me. I came into being when my Mother was 40 years old and so there was very little that she could do to run

around with me. My eldest brother and myself have stayed together for less time than my parents-in-law and me. My parents passed away when I was but 24/25 and so that way I have been alone almost all through. My marriage was decided and the girl was approved of by my best friend as an ideal partner. Swamiji says that He 'got the Madam for me' and I suppose that is absolutely true, because everything that happened between us was to push us to the peak of spirituality and happiness. There is nothing that I can complain about.

Usually the 10th grade is the time when everybody starts deciding what is to be done and the so-called 'Goal of Life'. My goal was to get in Baba's college and stay there in the hostel. Swami (Bhagawan Baba) had come to Bombay and my father nervously asked His permission to put me in His college. Swami very queerly said: "Please apply, please put him there" I had not tried in any other college and so if I did not get the admission I would very surely miss a year. I got into the college and there the 'Goal of Life' was to be physically close to Swami. That would not happen very frequently, but most of the times I saw Him in dreams. I was there for 5 years and had learnt most of my good values in life.

After graduation the 'Goal of Life' was to get settled in life - financially and socially. There was a huge war of values and conveniently I gave up the values taught to me in the hostel. Through His grace I raised in financial and social security and for a long time the 'Goal of Life' did not seem to change much. At this moment Gopal Maa came in my life and lovingly reminded me of my past. He said that I should not do something that Swami would not like. He was erasing all wrong values and consolidating the correct ones. Many of my bad habits had been stopped and it was as if there was new birth for me. I realized that the opportunity that I had with Swami was mis-utilized by me in the past and the same should not happen again. This was a second chance and I was determined to make the best of it. Gopal Maa one day asked me: "What do you want?" I could not say anything; I just was shedding tears of Joy and Bliss. He said to my wife "See, Original Gourang". It was a home coming to my 'Mother' and I did not want to leave her

If I could lose myself in this trivial pursuit, surely I could achieve the same in my pursuit of GOD.

side at all. The 'Goal of Life' had changed, now my 'Goal of Life' was to be with my Mother all the time no matter what.

An incident happened near to the 75th birthday of Sai Baba. We had come back from Bangalore and I had resumed office as usual. This is an incident that I have never revealed to anybody, as it is very personal and a bit awkward to relate, however I shall reveal it to all my brothers and sisters for their benefit. I had a dirty habit of reading newspaper in the toilet. I always thought that I would be ahead of others in gaining the knowledge of the market and so I did not want to waste the precious moments of the morning. I suddenly realized to my horror that in spite of me having spent considerable time in the toilet I had forgotten to close the door and all this because I was going through my precious newspaper. It occurred to me that if I could forget everything in this pursuit that I could not be conscious of the state of my

body, what if the same were to happen to me in the pursuit of GOD.

If I could lose myself in this trivial pursuit, surely I could achieve the same in my pursuit of GOD. If I had the same intensity, then, GOD's grace could be available so easily. I quietly closed the door and prayed to Swami: "Swami will this life also be a waste?" At any cost I did not want this life to be wasted. All at once my 'Goal of Life' changed. The goal was not to waste this life. I cannot say what the goal of life was specifically then because frankly I did not know what was to be achieved.

So I asked a preliminary question to Swami "Swami, what is my status and what is it that has to be achieved?" and the answer was got by me the same day. Kannaiah, a brother of ours from Holland, had come to Pankajbhai's house and we had all gone to meet him. Doctor Kutar, one of our elder brothers who constantly helps us, met my wife. I did not know him personally and so it was quite surprising when he told my wife: "Tell Gourang, he is very near to realization". She asked him if he wanted to meet me personally, he declined and asked her to convey the message. Since then this message became the 'Goal of Life'. That was thunderbolt and the energy from that bolt is still driving me in the correct path. Swamiji then immediately sent me a personal letter, which mentioned that if I had to reach him then I would have to give Love to all around me, wherever I went. That gave a new meaning and direction. With the help of my brothers and sisters I began to climb the Everest - the achievement of human 'Goal of Life'.

The endeavour to achieve MY 'Goal of Life' continues.....

In case the reader of Sai Prema Vahini feels the need to react in any way –personal or written-please do so. The main purpose of the newsletter is to establish a dialogue with God and thus with oneself and others.

Big ego, small ego.....

By Anton Zwaga

Before I can tell or write anything about ego I will first have to find out what ego actually is. Ego is an essential part of mankind, the moment he is born. It's present in this mini person just as real as character, qualities, good and bad characteristics and, although not that clear for everybody, a soul. As far as I know the phenomena ego is only present in human forms and not in animals or plants. Denial of the presence of ego in a person is just as absurd as negation that he or she has character, qualities or characteristics. What will be the use of ego for mankind? For many the value of character, qualities or characteristics is more obvious than the value of ego.

Primarily a baby will not come forward with it's ego. For the time being the child will be satisfied using the top of it's voice drawing the attention of it's mother, or anyone else for that matter, when it's hungry or feels uncomfortable and demands attention (love). The remedy 'ego' is not yet needed or tested. As the early life progresses the child will expand its view and possibilities and tries to find out what the limitations are. Conscious or not, the parent will now lay the foundation for the use of the ego

by the child. When the child acts funny or comes up with something 'new' the parent will react enthusiastically and the child will be awarded with a smile or encouraging words. The reward of this good conduct will stimulate the child to repeat this kind of behaviour without the notion of good or bad. It just feels good for the child.

Even before the child has reached the age that the phenomenon ego can be explained to him it's clear to him that certain behaviour will draw attention. Now we get to the core of the ego use: drawing attention with behaviour that differs from the middle group. Preferably; better, greater, more beautiful or more interesting. Often for children (or adults) it doesn't matter whether the attention is positive or negative. The fear to disappear in the 'grey background' is far greater than the possible disadvantages from the latter. The use of the ego is stimulated right from the beginning of ones life. All together the question remains: what is wrong about ego? It's a perfectly natural and an ever-present element in men!

Super-ego

The answer to the previous question should be: exaggeration. However, when is it exaggerated? Very few people will blame a film actor for presenting his ego extremely. It's his 'job' and fits his profession. The same with politicians and other people whom grateful benefit from this ego exploitation. In this communicative society we find innumerable examples; listen to the radio, watch television and movies, read the papers and Internet. Very few will find it odd when they profile themselves in this way, even when it's obvious for everyone that it's all make-believe. This media also shows us clearly that this ego created image is nothing more than a balloon, an illusion that can disappear in a second and leave them with nothing of any real value. The main target appears

The fear to disappear in the 'grey background' is far greater than possible disadvantages from the previous.

to be: draw the attention to obtain financial benefits and/or status and prestige.

Sub-ego

The subtle or sub-ego is actually the hidden form of ego. Look how good or liberal I am for my fellow man. Look how spiritual I am, how devout and humble. Look how beautiful I can tell or write about everything I know. Of course there is absolutely nothing wrong if you would come out in the open with sharing, spirituality, devotion or exchange of knowledge. The pitfall will open the moment one does it with the intention to flatter and stimulate the ego by pretending to be bigger, better and more interesting. Often it's enough to blow up ones ego saying someone is good or important. Next thing; ego takes over the control. Similarly here the sub-ego is only used to draw attention with extraordinary behaviour. For a while it can be a substitute for matters or feelings in which one feels neglected. A painful lesson is visible the moment one will see the lack of real (spiritual) value in this conduct.

I will not dare to judge the super- or sub-ego in terms of good or bad. However, from experience we learned that exploiting the ego is an obstacle for people on the path to what they really want to accomplish. When the balloon bursts and nothing is left of the illusion, only disappointment

remains. The extreme forms of ego show to others how tricky the ego can manipulate your good senses. The spiritual Teacher or Guru sets an example and shows us not to place the ego in the foreground. The ego is present in mankind but it will vanish into the background if one helps others with unconditional love and compassion, if one is spiritual from within the soul, devout and humble to his Creator from his real core and with true conviction, without conditions, pretension or make-believe. The GKS family will have to show what we stand for by practical applying the norms and values given by the Teacher. Releasing the air from the ego-balloon is very much desirable.

Jai Sai Ram.

Gopala Baba

By professor Subbaramaiah

I write these lines with fear in my heart. I am trying to do the "impossible". Probably this was the reason why Sri Aurabindo categorically refused to give permission to his devotees and others to write his biography. "Neither you nor any one else knows anything at all of my life; It has not been on the surface for men to see." said Sri Aurabindo. When the celebrated Hemandpant, the marathi biographer of Sainath Maharaj of Shirdi, sought the latter's permission to write his life story, the answer he got was: "My own tale I shall narrate myself and thus I shall fulfill the wishes of my devotee (to write my life-story). He should subdue his ego and offer it at my feet. Baba said further, "when ego and conceit are totally resolved, leaving not even a trace behind, it is then that I will dwell in him, writing the book with my own hand."

The readers may now appreciate why the first two sentences are written.

I invoke the name of Sri Gopala Krishna Baba, to make me fit both within and without, so that he can himself write this note directing me from within. Sri Gopala Krishna Baba's biography in English is on the market; A Spanish version is ready for publication. Probably it is but the beginning for other European languages to follow the Spanish example. This saint of Sai Mandiram Girinagar, Bangalore was born some fifty years ago in a large family in Bangalore. The young Gopi (shorter form of Gopalakrishna) good looking and active knew more than any one else why he had taken birth. His divine consciousness marginalized all other aspects of life. He was a friend, devotee, admirer and worshipper of several Gods and Goddesses offered to him by the family custom and tradition. In this play, his interest was unmatched. His skill in arranging for the various types and forms of worship was inborn. As a garland stringer, as a wick maker for oil lamps, his hands and fingers were gifted. The expectations of a large middle class family did not bother Gopalakrishna; He was busy otherwise, with his Gods and their worship.

While his friends, brothers and sisters went to school to get themselves qualified to seek entry into the labour-income market, Gopi looked beyond and utilized his schooling not for worldly knowledge but spent hours together in the school library going through books about spiritual leaders and spirituality. He went to meet Sri Sathya Sai Baba at Whitefield, Bangalore and at Puttaparthi. He went where he was wanted. Sri Sathya Sai Baba lost no time in recognizing his devotee. "What do you want?" Sri Sathya Sai Baba asked the young seeker. With no hesitation what so ever, the apprentice replied with natural humility, "You Sir,

none else, nothing". Such meetings are momentous, one manifestation acknowledging another. A meeting of Gods and saints a transfer of power as they say. Who is bothered about energy if it is not power; if power doesn't flow and function?

Saints manifest themselves on earth with only one purpose: To make men realize themselves. Since no man is like another, what is good for Paul need not be so for Peter. For this individualized instructions saints like Gopala Krishna Swamy manifest. An interview with Sathya Sai Baba a few years later and the divine conversation between the two of them shall remain an incommunicable

"He who chooses the divine has already been chosen by the divine."

secret. If they have used the language of deep, all encompassing silence, it can be understood only when we attain proficiency in that language.

The 'Guru-Shishya', the teacher-disciple relationship is not a one-way movement. They are the two poles of a same energy. In fact, they are parts of an indivisible force. Sri Gopala Krishna Swamy had found it is proper to remain immobilized in his own self. He went nowhere. On a fateful afternoon, 23-11-1991, when Sri Gopala Krishna was deeply submerged in a state of bliss, a voice in Telugu beckoned him "Come here". Sri Sathya Sai Baba was standing there at the corner. It wasn't a distant voice of one's imagination. It was Sri Sathya Sai Baba, standing in his flowing robes and bent forward to grace Gopala Krishna. Into the cupped palm of Sri Gopala Krishna Baba, the Chandramouleswara linga, materialized then and there in his presence, Sri Sathya Sai Baba placed it, with the instruction regarding the mode of worship and its efficiency. Most of us are drawn to a saint mainly through the change in consciousness he effects through what are called as 'miracles'. To the saint it is as normal as it is natural. But our levels of perceptions are different. The subtle change he brings about in our habits, in our modes of thinking, in our desire patterns, and in our inner wishes and their direction, is hardly noticed even by the beneficiary. It is hard for us to pierce through the outer coating of body consciousness. The miraculous cures he has performed and a host of other benefits he has given to eager seekers is a daily event with him. The overseas devotees and the spread of his influence and leadership into other parts of the world too are not surprising. They are all parts of his divine play.

How can such a being be portrayed in words by a poor mortal? Why he has come to this world, what he would do to the world and mankind? Answers to these questions are generally referred to as "divine play". One grasps them according to ones lights and one's state of inner development. I have read somewhere that "He who chooses the divine has already been chosen by the divine." If that is true, the readers of this note may have already been noticed by the divine grace of Sri Gopala Krishna Baba.

The story of the "White Horse" Shwetashva
Chapter 1: Aimless Life and the Awareness of choice.

Life is an opportunity take it, is a very significant statement made and repeated by some people. Very few have asked this very basic question as to why is it so. Life existed even before and will continue to do so hereafter, why then should it be specially referred to as an 'opportunity' and why should anybody jump at it. On deeper thought Human life has been deemed so because opportunity is an 'evidence of choice'. It presents an option before the object and the object is supposed to choose or decide. Decision is a facility available to the intellect and only human beings have the enhanced ability to decide and choose. Hence a human being is called an intelligent being. **'What are the choices?'** one may ask. I will come to that point a little later.

Fundamentally, ask any person what it is that he wants in life and in all probability the answer would be 'Happiness' or 'Satisfaction'. The goal of life may vary from being wealthier than your neighbour or friend or brother or your ideal, to looking most beautiful, to being the most loved one in the family or the friend circle etc. Thus man looks towards attaining something that he does not possess. He also feels that by possessing that which he so desires he will be satisfied. But no sooner has he possessed whatever he has aspired for, he sets a new goal for satisfaction and happiness. Little does he realize that what he is ideally looking for is actually the underlying feeling of 'contentment' and 'happiness'. There is ideally nothing wrong with this feeling but then, when man has the right to feel happy and exult at achieving his goals he should also be ready to face the downs of life. This is the patch, which he prefers not to mention in his story line. It hurts him and he becomes despondent. However, there is a way, to be always on the high and I am sure that every body would surely jump at the idea of getting a few tips at being so. Aren't you tired of being despondent and sad? Thus the 'Choice' that we had been asked to make earlier is between the options of being Happy forever or being happy and sad intermittently.

This is the choice that the 'intelligence' of the man is supposed to make. By this, one should not think that one will be able to alter the situations in life. Because they are the result of the past activities. But one can surely acquire the ability to be 'Absolute Happiness and Contentment' under all circumstances and in all situations. This state is called as the state of 'Samadhi' or 'Sama' meaning 'equal' and 'Dhee' meaning 'mind' or a state of mental equilibrium or poise.

Happiness is a state of mind and so every mind has the recipe for 'its' happiness. What is happiness for you may not be so for somebody else. We expect, that whatever we wish happens, because when it fructifies we are happy and this expresses our love for some thing or some object in life. A householder expects a rise in emoluments to be able to provide happiness for his family because of his love for his family. Even a selfish man expects something for himself because of his love for himself. The love of the mother towards her children is called 'vatsalya' and it is expressed because they are 'her' children etc. Thus man undergoes activity out of expectation and because of his love for some object.

Thus all acts are expressions of love and ideally are attached to certain expectations. We even 'desire' to breath because of our Love for ourselves and with the expectation of living. Thus expectations also are instrumental in definition of the quantum of happiness in our life. Thus it follows that lesser the expectation, lesser is the chance of being dejected. This is not philosophy this is the practical truth. One should spend some time in life to understand these basic rules of life.

I too was a trigger-happy goal setter, wanting to gun down the targets in life and with every exultation came the desire to hit the next target. I was like the wild White horse - 'Shwetashva' which had neither direction nor guidance and moved about aimlessly in life in pursuit of greener pastures. Once the pasture that was being grazed upon dried up or was finished I would flee to next one. The fear of fodder not being available was constantly there in my mind. More than enjoying the present moment, I was always in the worry over the next meal. Whilst grazing thus I met my master, my Guru, he tried to calm me and train me, but I was always in flight. To be honest, I was always in the fright of my freedom being curbed. My master was very nice but I had no faith in him. He would not have kept me in bondage, he would have allowed me to roam freely on his big ranch but I had to be under his jurisdiction and to be or not to be bound was 'my decision'. I had to walk in His ranch all by myself and let myself be bound. It was for the first time that there was a 'clear' choice in front of me and I

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had to choose.

Never before has anybody stated that bondage is freedom and freedom is bondage and I am sure that all the readers would love to point that out. Only on careful thought will one realize that bondage and freedom were not to the situations in life. It is always to the vagaries of life that one is bound to and is free from. Only a Guru or a perfect Master will have the ability to 'bind' you in His Love and set you free at the same time. It is only then that you are in His jurisdiction and His benign Love. Having surrendered everything to Him, He in turn takes care of you and provides for your welfare.

The Horse or Ashva is the noblest of all animals and is also the most graceful of all the beings. The gait of the horse is that which delights the mind the most. By nature the horse is very wild and unruly or 'chanchala'. By repetitive coercing and training the horse is then transformed into an animal of Grace. This signifies that even the most unruly of characters can be made to present a very serene picture. Amongst the beasts the transformation of the horse is the most evident one and hence I feel that my transformation is something that is as phenomenal and miraculous as that of the horse. Hence I choose my pen name - 'White Horse' or 'Shwetashva'. The story that ensues is the story of my positive transformation towards achieving a status that has made me Happy and Content forever.

Shwetashva (White Horse)

To be continued.....