

2. Who are you?

Body - Mind - Spirit

When you know who you are, you will have some inkling of who I am.

Uncertainty about who you are is self-deception on a scale so vast its magnitude can hardly be conceived. Your very existence tells you who you are. Wkbk 139.3

You are God / You are Everything

1. I am God, I am God, I am no different from God. Sai Baba
2. I am God. You are also God. The difference is, I know it and you do not know it yet. It is this I have come to tell you. Sai Baba
3. I am Sat – Chit – Ananda (existence – consciousness – bliss) Sai Baba
4. I've come to tell you that you and I are exactly the same. Sai Baba
5. No idol (anything you hold outside yourself) can establish you as MORE than God. But YOU will never be content with being LESS. T29.VII.9
6. Man expanded to infinity is God. Man minus ego is God. Sai Baba
7. What is the Will of God? He wills His Son have everything. And this He guaranteed when He created him AS everything. T26.VII.10
5. Jesus answered them, Is it not written in your law, I said, You are Gods? John 10:34
6. You are Gods; you are all children of the Most High. Psalm 82:6
7. He that loves not, knows not God, for God is love. John 4:8

Where did you come from?

1. I placed my knowledge in your mind when I created you. Sai Baba
2. You were created to walk the earth with your heads held high your spirits soaring. Sai Baba
3. God created man, and man invented God. Sai Baba
4. God created His Sons by extending His Thought and retaining the extensions of His Thought in His Mind. T6.II.8
5. God created man in His image and likeness. Genesis 1:27
6. Only the creations of light are real. T1.I.24
7. You are an idea of light in the Mind of God. Ideas leave not their source. ACIM

Body is Temporal

1. Body is like a water bubble. Sai Baba
2. The body is like a garment, which is shed when it is no longer needed. Sai Baba

3. I am not a body, I am free, for I am still as God created me. Wkbk 205.1

4. God did not make the body, because it is destructible, and therefore not of the Kingdom. The body is the symbol of WHAT YOU THINK YOU ARE. It is clearly a separation device, and therefore does not exist. T6.V.A.2

5. The mind returns itself to its proper function only when it WILLS to KNOW. The ability to perceive made the body possible, because you must perceive SOMETHING, and WITH something. This is why perception involves an exchange, or a translation, which knowledge does NOT need. The interpretive function of perception then permitted man to interpret the body as HIMSELF.

T3.IV.6

6. Whenever you attempt to reach a goal in which the body's betterment is cast as primary beneficiary, you try to bring about your death. T29.VII.4

Mind is Eternal

1. Mind (with ego) is like a mad monkey. Sai Baba

2. Die-mind (ego within the mind must die). Sai Baba

3. Mind is a gift of God. Sai Baba

3. I placed my knowledge in your mind when I created you. Sai Baba

6. You are mind, in mind and purely mind. Wkbk.158

7. The body is a limit imposed on the universal communication, which is an eternal property of mind. But the communication is INTERNAL. Mind reaches ITSELF. It is NOT made up of different PARTS, which reach each other. It does not go OUT. Within ITSELF, it HAS no limits, and there is nothing OUTSIDE it. It encompasses EVERYTHING. It encompasses you ENTIRELY; you within it, and it within you. There IS nothing else, anywhere or ever. T18.VI.8

4. Mind is responsible for both bondage and liberation. Sai Baba

5. Any guru who stultifies your Buddhi, your innate power of discrimination, instead of encouraging you to seek, examine and believe, is a danger to mankind. For the Buddhi is the only instrument for realization. SSS VI p. 300

8. The mind is a very powerful creator, and it never loses its creative force. It never sleeps. Every instant it is creating, and ALWAYS as you will. T2.VII.9

9. Even in mis-creating the mind is affirming its Source, or it would merely cease to be. This is impossible, because the mind belongs to spirit, which God created and which is therefore eternal. T3.IV.5.10,11

10. You are much too tolerant of Mind-wandering, thus passively condoning its mis-creation. T2.VI.4

11. Be the master of the senses. Sai Baba, Summer Showers 22-5-90

Spirit is Eternal

1. You are Sat-Chit-Ananda. Sai Baba
2. Devotion is Love of the purest and noblest variety. Such Love is the breath that sustains Life, that supports the **soul** in the effort to merge in the Super **Soul**. Sathya Sai Speaks, IX:15ff
3. The body has been described as the temple of God. In this temple, Love is enshrined as the **Spirit**. Such sacred and pure Love can dwell only in a pure heart. Sanathana Sarathi, September 1989:226
4. God created Souls so He could depend on them BECAUSE He created them perfectly. God and the Souls He created ARE symbiotically related. They are COMPLETELY dependent on each other. T2.III.5
5. Except a man be born of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is Spirit. Marvel not that I said unto you, You must be born again.” John 3:1-7
12. Don't you know that you yourselves are God's temple and that His Spirit resides in you? I Corinth. 3:16
6. The one who joins himself to the Lord is one Spirit with Him. I Corinth. 6:17
8. Man is free to believe what he chooses. What he DOES attests to what he believes. T1.III.2
9. The Spirit is willing. The flesh is weak. Matt. 26:41
10. Be perfect as your heavenly Father is perfect. Matt. 5:48
7. I and my Father are one. John 10:30
11. Most of the abilities man now possesses are only shadows of his real strengths. The soul knows, loves and creates. These are its unequivocal functions. T3.IV.1

The body can be used for a sacred purpose

1. Ordinary body - used for a sacred purpose. Sai Baba
2. Give the body to the Holy Spirit to use as a means of uniting your minds. T8.VII.4
3. The ego SEPARATES through the body. The Holy Spirit reaches THROUGH it to others. You do not interpret your brothers' bodies, AND YOURS solely as a means of JOINING THEIR MINDS and uniting them with yours and mine. This interpretation of the body will change your mind entirely about its value. Of itself it has NONE. If you use it ONLY to reach the minds of those who believe they are bodies, and teach them THROUGH the body that THIS IS NOT SO, you will begin to understand the power of the mind that is in both of you. T8.VII.2

4. In the service of uniting your mind with the Holy Spirit, the body becomes a beautiful lesson in communion until you are again aware of your Communion with God. This is how God makes you aware of your Unlimited Mind, Which you want to limit to a body. T8.VII.3

Ego Resides in the Mind

1. The only thing that comes into man from without is ego. Sai Baba
2. Into eternity, where all is one, there crept a tiny mad idea, and the Son of God remembered not to laugh. T27.VIII.6:2
3. Ego was a man made attempt to perceive himself as he wished rather than as he is. T26.X.4
4. DO NOT BE AFRAID OF THE EGO. It DOES depend on your mind, and as you made it by believing in it, so you can dispel it by withdrawing belief FROM it. T7.VIII.5

Reunite Mind and Spirit

1. The mind DID divide itself when it willed to create its own levels AND the ability to perceive them. But it could NOT entirely separate itself from the Soul, because it is FROM the Soul that it derives its whole power to create. Even in mis-creating, will is affirming its source, or it would merely cease to be. This is impossible, because it IS part of the Soul, which God created, and which is therefore eternal. T3.IV.5
2. Freewill is the attribute of the mind, NOT the Soul. The Soul always remains changeless, because it never leaves the sight of God. UT p. 14
3. Only Mind can create. Spirit is perfect forever. T2.V.I
4. In the teachers manual of A Course In Miracles the question is asked: How many teachers are needed to save the world? The answer to this question is— one. One wholly perfect teacher, whose learning is complete, suffices. He who was always wholly spirit now no longer sees himself as a body, or even as in a body. Therefore he is limitless. And being limitless, his thoughts are joined with God's forever and ever. Thus does he share God's Will, and bring His Thoughts to still deluded minds. He is forever one, because he is as God created him. ACIM Teacher's Manual
5. You do not need any special type of penance or meditation. Meditate on Love. Fill your **mind** with Love. Let such steadfast Love be enshrined in your heart. Divine Discourse, November 23, 1996
6. Truth, Right Conduct, Peace, Love, and Non-violence... Render service to society with these principles in your **mind**, and with broad-minded dedication to the well-being of all. Sanathana Sarathi, Feb 1985:37ff

Love All ~ Serve All