

# *Satsang with Om Baba*

*(24 January 2017)*

## **The Joy of Simplicity**

Welcome everybody to the Satsang

I want to make a question. What is the means of happiness? To have more or to have less? This is a question everyone should ask himself. How will I be more happy, by having more or by having less?

This question is a turning point. Because all ordinary humans they understand that to be more happy, I need to have more. I need to have more wealth. I need to have more customers. I need to have more friends. More recognition. More “likes” on my Facebook. A faster car. A bigger house. More big family. More children. More grandchildren. More great-grandchildren. The bigger the family the better. The more wealth, the better.

In this way, the ordinary human being spends his whole life going for more and more and more. Filling up the space around him and inside him. Filling up his house, filling up his storeroom. Filling up his heart. Filling up his mind. Filling and filling, but never fulfilling. He keeps on filling and filling but he's never fulfilled. And instead of getting fulfilled, he gets rather suffocated. Suffocated physically, suffocated mentally, suffocated energetically. Being constantly stressed, being constantly worried, that he might lose all the things he has. Is this happiness? This is misery. This is the main source of misery.

There was a very intelligent man in history who liked to accumulate more and more and more. His name was Francesco. He lived in Assisi in Italy. He was the son of a very rich merchant. He was a merchant of cloth so in his house, there was always the finest cloth brought from the best places in Paris. The finest horses, the most beautiful jewels and decorations. The finest people in Italy, perhaps. The most beautiful ladies and the best pizza in town. Everything was present except for happiness, except for peace. Everything was there in abundance except for fulfillment.

So Francesco, he felt that by gathering more things, he would find this fulfillment. By organizing more fascinating parties, he would find this happiness. So he was famous for his extraordinary parties.

Then one day, he had a vision. In his vision, he saw an extremely beautiful lady. He was overwhelmed. He was paralyzed. He was breathless. When he came out of the vision he couldn't stop thinking about this form that he saw. Until now with all the wealth of his father, with all the amazing parties, with all the enjoyment, he couldn't find fulfillment. He was still empty. But that which he saw in his mind, it was a hope for fulfillment. For the first time, he felt hope. He got a glimpse of fulfillment.

The days passed and he could find no peace. He thought about how he could find this lady. He was praying in secret, “Oh Lord, may I meet this lady again.” He slowly lost his appetite. He lost his interest in the parties. He lost interest in traveling to Paris. He was just thinking about this lady. One day he had the same vision again. By Divine Grace, she appeared again in his mind. His heart experienced something he had never experienced before. He experienced perfect peace. A pure bliss. Fulfillment.

He asked the lady in his vision, "Who are you? What is your name? Where can I find you?" And a voice sounded inside him - a big, booming voice from above. He said to him, "Her name is Poverty. She will be your wife and she will bring you to supreme happiness."

St. Francis, he understood or he half understood in the beginning. He started going to the poor people and giving charities to them. He experienced an inexplicable joy inside. The joy of giving was much greater than the joy of taking. He had never thought about this. He went and visited the sick people and he took care of them. The joy of taking care of others was so much superior to the joy of being taken care of.

He started having a glimpse of the Supreme and at a certain moment he understood. "I cannot just take care of them. I have to BE one of them." And full of delirious joy, he went back to his room. He took all his things and he threw them out of the window. He was so much overtaken by joy that he took also his father's things and threw them out the window. Of course, his father almost threw him out of the window as well - actually he threw him out of the house. And Saint Francis was very thankful for that. He took off all his clothes and he went away naked, without anything.

He became the very famous 'Poverello', 'the little poor man of God'. He started living without anything; he was never keeping anything, not even a second cloth. He was not accepting money, just some bread perhaps to eat. He was not accepting even a blanket in the winter. Just one cloth, that's all. He had nothing. Nobody can have less than what he had. But he had so much bliss. So much overwhelming happiness. No other person was as blissful as he was. His God-intoxicated poems are very famous in the Christian world.

He was working out in the field and the sun was falling on his face and he said, "Thank you Lord, for the Brother Sun that gives us light and warmth and such a delight." Have you ever been thankful for the Brother Sun? Have you ever experienced supreme joy by simply the sun shining on you?

And in the evening, he was full of delight by the light of the moon falling down upon him. "Thank you Lord, for the Sister Moon. And thank you Lord for the Sister Water. And thank you Lord, for the Brother Fire. Thank you Lord, for the Mother Earth that takes care of all of us, that so much selflessly keeps on offering to us. We trample upon her, we use and misuse her, and she constantly, like a perfect mother, keeps on offering to us, sustaining us, supporting us." Have you ever been thankful to the Mother Earth? Have you ever felt her love? Have you been thankful for the flowing water and the beautiful, shining fire?

One time, St. Francis was very sick. In fact, most of his life, he was very sick. So one certain disciple came to him and asked him, "Oh, Master, you heal so many people, why don't you just say a prayer to heal yourself?" St. Francis said, "You don't understand, my son." And he went down to the floor and he kissed the floor. And he said, "Thank you Lord, for the Sister Disease. For the Sister Weakness, because it is because of this gift that I can have humility and can turn my eyes toward you." Have you ever been thankful for the gift of disease?

Just before he died when he was in a very bad physical condition, he saw Death come to him. What do you think he did? "Go away, go away!" No. He said, "Thank you Lord for the Sister Death that gives us freedom and brings us to you."

Having many-many things, he was not happy with anything. Having nothing, he was happy with everything. So I ask you the question again. What is the means of happiness, to have more or to have less?

If you are not sure about it, you can make an experiment.

You can visit some very rich people that are considered to have many-many things. If you don't know people like this, you can find them on YouTube. And using your intuition, feel, do they seem happy to you? Do they inspire you somehow? Do they inspire in you happiness? Do they give you a sense of fulfillment. Now do the same experiment perhaps visiting some monks. Perhaps in a monastery or in an ashram here in India. Some monks that have nothing. Ask yourself, does this inspire in me some sense of fulfillment, some sense of happiness? Who has more, the millionaire or the monk? By your own observation, by your own common sense.

Many people that are here are practicing meditation. I believe, I want to believe, most of you. And I very much hope after this Satsang season, more of you will practice meditation. Many of you have experiences, some inexplicable joy, some joy that is not based on an event, some joy that flows naturally from within. Now, when you did have that experience, how many people were with you? In your mind. How many people were with you? How many objects were with you in your meditation? How much food was in the meditation? How many beautiful works or hobbies were in the meditation? If you try to remember and you actually remember, you will see that there was nothing at all. Exactly at the moment that you became free from all attachment, to anything, people, objects, duties, exactly at this moment, your happiness was at the maximum.

Many scientists today as well as many rishis, sages, say that in deep sleep we have the maximum happiness. Deep sleep means there are no dreams. There is nothing, in fact. There is no mother, no father, no wife, no husband, no kids, no friends, no boss, no customers, no objects, no food, no gadgets, no nothing. And yet we are at the peak of bliss. There is nothing there from our ordinary life that gives us joy, yet our happiness is at its maximum. The same thing that we experience in deep sleep, the same thing we experience in deep meditation. There is nothing and yet the bliss is at its maximum. What is the teaching of that? What do you understand out of this?

The joy of the Self, the Bliss of the Self is not depending on any external object. It is something simply natural that flows from inside. It is the nature of the Self to be blissful. Why do we keep on covering that bliss with things and ideas that are just empty? If we will not cover that bliss, it will be there, evident, present. This is a very simple understanding that some people have understood and they have become monks. I don't say to anybody to become a monk. You cannot change your destiny. Simply, if you get that very simple understanding, that by having less there is more happiness, your life will be transformed.

In other words, to stop running after the more, to stop running after anything actually and by starting to appreciate what you already have. Which, by the way, is much more than what we need. Nobody here can say I don't have what I need. We have much more than what we need. So happiness is not trying and struggling to increase this. Happiness is simply to stop and appreciate it. Can you follow me? If again we have something more than what we need, it is very conducive to happiness to share it. If we have two pieces of cloth and our brother or sister has no cloth, it will give us very great happiness to share it.

My master, Guruji Maharajji, when He was about my age, He was traveling all over India offering Satsangs. He, alone, was gathering in this way food for the whole ashram. He was by himself feeding an ashram of 200 people. He was traveling with a only one piece of cloth. How many? One!

It is the discipline of the Swami that everyday he must wear a fresh cloth. So that means that everyday he was waking up in the morning, he was taking a shower, he was washing his cloth and he was waiting for it to dry in order to wear it. He was just wearing his small towel around him. Sometimes it was the rainy season and it would take many hours to dry. He was drying it with a clothes-iron. It was something highly inconvenient, you understand.

So there were some richer disciples who would say, "Maharajji, I cannot see you like this. Here, take a second cloth. So you can wear the one and wash the other and you always have a cloth to wear. Maharajji was saying, "Thank you." He would take the cloth and go away. After a time, He would come back. Again, one cloth. Again they were giving Him a second cloth. "Maharajji, you need a second cloth. Please keep it." "Thank you. Thank you." He was going away. Coming back – one cloth. So one time, a certain disciple told him, "Maharajji, I'm not so rich to buy you always new cloth. Please keep the second cloth that I got for you." Maharajji said, "In many places that I go, many people do not have even one cloth. How can I keep two?"

Maybe some of you will think this is something ascetic. It has nothing to do with asceticism. This is the science of bliss. This is the way to live a divine life, a divine and blissful life.

There is no need to have just one cloth but at the same time, we don't need to have 30 or 40 dresses. You don't need it. It will not add to your joy. It will just be a burden mentally, physically and psychologically. On the other hand, it will be a wonderful opportunity for joy to share what you have.

The discovery of the Self is a process that has more to do with taking out things than taking in things. It has more to do with being free from things and ideas than to accumulate more. Discovering ourselves is simply coming back to what we already are. There is no benefit to covering what we are with unnecessary ideas and wealth and belongings. There's no need for this. By rather emptying ourselves from unnecessary objects, unnecessary relations, unnecessary duties, what we are becomes more evident. It's very simple common sense.

By removing the mud that is around the diamond, the diamond is revealed. By removing all the false ideas that are around our heart, the diamond of who we are is revealed. By removing unnecessary possessions, unnecessary wastes of time and energy, we simply turn our attention toward the essential. Then the essence becomes more evident by itself.

So what Saint Francis has done is a very great teaching. It's in fact the same thing that Jesus did. Saint Francis and Jesus Christ did the same thing exactly. They followed the process of removing, taking out things, so the natural beauty shines by itself. We can just take out the mud, take out the covers. So the journey of self-realization is a journey of freeing oneself of what's not necessary.

Some people ask, do I need to be a sannyasin? Well, it's not up to you. As we said before, it's up to the destiny. But, what is necessary is that during the meditation, you must be a sannyasin. When you sit for meditation, maybe one hour, two hours, five hours, ten hours, as much as you want...during this time, you must be a sannyasin. You must give up everything for even one hour, maybe just twenty minutes, for this time you must give up everything. For this time that you focus to find what you are, you must forget what you are not. For this one or two hours per day, you must forget your family, you must forget your work, you must forget all your duties, you must forget your hobbies, you must forget your boss and your customers, you must forget your own body, you must forget all the information you have accumulated. Give it up. Leave it behind. Renounce it. Forget and give up the past and the future.

Give up all ideas you have about yourself, even the most basic ideas. I am a man or I am a woman, give it up. This is just a false idea. I am from Russia, I am from Greece, I am from America. What you are in neither from Russia, neither from America, or any country.

So you must give up the false idea. You must give up the idea I am a mother, I am a father, I am a child. I am a husband, I am a wife. Even a human being.

You must give up this idea. I am beautiful, I am ugly, I am fat, I am thin, I am old, I am young, all this must be renounced. All ideas about yourself must be renounced and simply stay as what you are.

And this is not an idea.

*It is our own undeniable existence.  
It is pure existence without any label.  
It is vast existence without any limitation.  
It is vast and it is unchanging.  
It is constantly there.  
Our pure essence. Our pure Self.  
That Self is peace. That Self is bliss.  
That Self is Truth. That Self is Fulfillment.*

It doesn't need anything else. It is perfectly fulfilled as it is. We just need to remove the mud around it so it can shine with its natural splendor. We just need to remove all the junk around it.

For this reason, my dear ones, happiness is with the less. Burden is with the more. Confusion is with the more. Delusion is with the more. Worry and stress is with the more. That's why the intelligent people, they choose less. And if you're brave enough, you choose nothing. Because you don't need it. If you cannot choose nothing the whole day through, choose nothing for one, two hours per day.

Choose nothing and be everything.

*Om Shanti Shanti Shanti*

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