

Vedic Principles  
for  
Meditation



Om Sri Sai Ram

Om Sri Sai Vasantha Saiesaiya Namaha



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# Vedic Principles for Meditation

(based on the book  
'The Principle of Becoming God')

by  
Vasantha Sai

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## Introduction

Life is as feelings are. It is feelings that continue age to age, birth to birth. Feelings centered on God help one to gain freedom from the cycle of birth and death. This book carries this timeless message of the Vedas.

*Swami, I do not know anything, You asked me to write from Feelings - Root Cause to Feelings - Creation and said that they are the Principle of Becoming God. Please bless me to write well.*

Vasantha Sai

## *About the author...*

Sri Vasantha Sai was born in the remote south Indian village of Vadakkampatti, Tamil Nadu. From her early years she did intense penance to unite with the Lord. Her life shows how the individual soul yearns to attain oneness with God. All her many books emerged in the light of her great love and reverence for Bhagavan Sri Sathya Sai Baba. Sri Vasantha Sai now resides in Mukthi Nilayam Ashram in Royapalayam village near Thirumangalam, Tamil Nadu. The Ashram is the abode of the pillar of Truth, the Mukthi Stupi.



## VEDIC PRINCIPLES FOR MEDITATION

### Feelings - Root Cause

**“Freedom is touching God with pure love. To touch the world is attachment.”**

◇ As thoughts arise, we can discriminate whether they are good or bad, but feelings cannot be comprehended in this way. Feelings burst forth spontaneously from within and cannot be hindered or tempered.

◇ All feelings should be directed towards God; these will bestow good fruits. These feelings alone liberate one from the cycle of birth and death.

◇ The sensation of touch is the root cause of birth. To remove touch feeling, one should lose body consciousness.

◇ As devotion increases, body consciousness diminishes and Prema, the pure love for God becomes the body.

◇ Prema bestows one with the wisdom that God is in all; the One has become many.

◇ The body of Prema touches God with wisdom and Truth is born. This is eternal bliss, true bliss, great bliss!

◇ Prema feelings for God help to withdraw the five senses from worldly pleasures. We realize that all desires and feelings are false – feelings for God alone are true.



◆ We must live pure lives sacrificing all. We should offer every sense, the mind, intellect and body to the Lord, keeping nothing for ourselves. This is how we can touch the Lord. This is the meaning of touching Truth. To touch Truth, we should become Truth.

◆ Prema does not know shame. It cannot be touched by anything or anyone. It is not dependent on anything. It is ever free.

◆ When we are filled with love for God, feelings like anger, hatred and jealousy do not touch us.



## Feelings – Bondage

**“Desire to attain God sets you free. Desire for worldly things creates bondage.”**

◊ What is birth? It is only the continuation of the previous birth.

◊ It is feelings that continue age to age, birth to birth. Name and form may change, but feelings remain the same.

◊ Unfulfilled aspirations, desires, attachments continue in the next birth.

◊ Attachment towards husband, wife, children, money post, etc is the cause for birth.

◇ Our present life is due to the feelings, impressions that we have accumulated in the previous births.

◇ Feelings bind us to worldly relationships; they are the cause for rebirth. If feelings are tied to God, then it becomes Atma bandha, the bondage with the Self; this paves way for liberation.

◇ All our relationships are false, Maya. They are perishable. If we attach ourselves to perishable relationships, we are pushed into the ocean of worldly life.

◇ Feelings alone are responsible for bondage or freedom.

◇ The highest dharma of man is to attain God. Only actions that are performed with this goal can be said

to be dharmic. All else is adharma, unrighteousness.

◇ God alone is Truth. Attaining Him is our only dharma.

◇ We can attain immortality only if we sacrifice. Through sacrifice alone liberation is attained!

◇ Turn all feelings and thoughts towards God. This is the bond with Truth. It is the only eternal bond, the bond with wisdom.

◇ Purity becomes dharma. Due to purity, dharma enters all actions.

◇ How are we to live? It is in our hands, not Gods!



## Feelings – Wisdom

**“Following the spiritual teachings in thought, word and deed leads to discrimination and wisdom. Mere bookish knowledge is useless.”**

◇ The fear of death is due to body attachment. Attachment to the body is the cause for birth, it gives rise to worldly relationships.

◇ Who is related to whom? Where were these relatives before birth and where are they after death? We must contemplate in this way and understand fully what is true and permanent.

◇ God alone is permanent and true, all else is perishable. The wisdom that God alone is eternal must arise in us.

◇ We should establish the feeling that our only friend is God; our only relation is the Lord. We must clearly know this and realize all else is Maya.

◇ Feelings emerge first. These give rise thoughts. The moment a thought appears, we should inquire and discriminate whether it is good or bad. We must cut bad thoughts before they are put into action; otherwise, we become victims of suffering.

◇ Wisdom is incomplete if it has not been put into practice.

◇ Feelings, thoughts and discrimination focused on worldly things lead to knowledge.

◇ Feelings, thoughts and discrimination focused on spiritual goals lead to wisdom.

◇ Only by touching God, can we experience permanent peace. How to touch the divine...through wisdom. Touching the divine with wisdom gives bliss

◇ Even one's stubborn nature can be used to attain God. Feel, 'I must see God here itself right now!'

## Feelings - Truth

**“The maya of the world hides the Truth. Realize the truth that the One appears as the many.”**

◇ When our feelings are turned towards God, they become Truth. When they are turned towards the world, it is untruth.

◇ It is only through the constant practice of trying to transform oneself that Truth is revealed.

◇ God's true form is Truth. We cannot see this with our physical eyes. We should become nameless and formless, only then can we have the vision of Truth.



◇ How does one become nameless and formless? First body consciousness should be removed. The 'I' should vanish. Once the 'I' is destroyed, the identification with the name and form goes.

◇ We can realize Truth when we remove the thought, 'I am the body'. Then every feeling becomes Truth.

◇ Truth shines forth from a pure heart.

◇ What is the vision of Truth? It is to feel permanent peace and bliss. This peace does not come from any outer source or object.

◇ To know that peace lies within oneself is True knowledge.



## Feelings – Bhava

**“Experience divine bliss through the nine paths of devotion to God. Worldly relationships cause pain and suffering.”**

◇ We can dedicate our feelings to God in many different relationships. This is Bhava.

◇ Feelings are expressed according to the relationship. When these feelings are directed towards God, they become devotion.

◇ We should learn to see God in everyone, performing all actions in thoughts of Him.

◇ When we perform every action in thoughts of God, an incredible power is generated.

◇ As you think, so it becomes. One can connect all with God through imagination.

◇ Do not think it is wasteful to imagine. You aspire for your son or daughter to become a doctor or engineer. Being a worldly aspiration, it may or may not be fulfilled. But if you aspire for God and keep your imagination centered on Him, it will surely come true.

◇ There is a special happiness in imagining about God.

◇ Morning to night, if we dedicate our feelings to God, it is akin to performing twenty-four hour pooja.

◇ The quality of our devotion is a direct reflection of the state of our mind.

◇ Life is, as feelings are.

## Feelings – Sacrifice

**“Dispassion for the world destroys all desires and makes one empty. Bearing others burden creates more and more worldly karma.”**

◇ Wealth, status, popularity, family, relationship – all these are perishable. Only sacrifice is permanent in this world as it bestows the eternal state.

◇ Prema and sacrifice are like two parallel lines. Sacrifice thrives through Prema and Prema grows due to sacrifice.

◇ Practice small acts of sacrifice and see for yourself the happiness that you derive.

◇ The only way to secure real peace is through the path of sacrifice.

◇ Sacrifice arises from dispassion. When one is firmly established in the Truth that God alone is real and all else is Maya, dispassion will automatically come.

◇ We have to free ourselves from Maya. We have to sacrifice all. We should not have a single desire.

◇ Sacrifice is the key to Truth.

◇ Mukthi will only be attained by sacrificing everything. There is only one way to liberation- Sacrifice! Sacrifice! Sacrifice!



## Feelings – Creation

**“A sadhaka ends his sadhana with Feelings-Sacrifice; being freed from rebirth he attains liberation. I am different. I attained the state of Jeevan Muktha and sacrificed it for the sake of the world. Praying for Universal Liberation, I offered all to God and made myself empty; this sacrifice gave me the power to create a new world of love and peace. This is Golden age, Sathya Yuga”**

◇ God and His creation are not different. They are one.

◇ One should love the Creator and also His creation.

◇ God is all pervasive. Not only human beings, but also animals, plants, creepers, stones, sand, all are His forms.

◇ Truth can be experienced in every day life by seeing God in the creation.

◇ Form + Name + Relationship = Bondage.

◇ A name and form attracts us, love begins. Love is firmly rooted in relationship. This is why love is expressed for our family and relations.

◇ All relationships are temporary and unreal. Wisdom is knowing that God is our true relation. This gives eternal bliss.

◇ Like the water drop that falls off the lotus leaf, we should lead detached lives, not allowing anything to touch us.

◇ One should empty oneself of all desires. Truth is filled in an empty vessel.

◇ Prema for God should expand until we see Him in all His creation.

◇ In the beginning the mind should be focused on a single form, this is Prema. When Prema expands to encompass the world, it becomes Universal Love.

◇ Feelings are vital on our journey to reach God.

◇ Pure feelings reveal Truth. With one pointed devotion, we can hear the voice of God.



◇ One should develop a mind that will not be touched by anybody or anything. This is the thoughtless state where there are no impressions. This is Mukthi; this is Truth.



## The Five Elements

**“Feelings that are externalized for worldly things pollute the five elements...feelings for God purify them.”**

◇ The five elements are directly related to the five senses. If we are not pure, the five elements will lose their purity. Therefore, each one of us must purify the five senses and bring harmony to the five elements.

## SPACE

Pure thoughts make man God; impure thoughts make him a beast.

Our feelings and thoughts become vibrations. Space is filled with vibrations. These vibrations are the cause for all that happens in the world; the good and bad.

Let us fill the space with good thoughts and purify the space.

## AIR

Negative thoughts and bad qualities spoil the atmosphere and make the air poisonous.

Love purifies air and sanctifies the earth.

## FIRE

Fire's nature is to purify. It carries our prayers and acts as a messenger between man and God.

The mind follows where the eyes go, this gives rise to desire; desires pollute the element of fire.

Sight is purified by seeing God everywhere. When our sight is pure, fire is purified.

The fire of wisdom burns illusion.

#### WATER

**Just as water cleanses the body, Truth cleanses the mind. Speaking truth gives inner purity.**

If we speak truth, it purifies water. If we speak untruth, it will pollute water.

Truth is God. We can attain God by speaking truth.

Living in union with God is true gratitude.

## EARTH

Our feelings and thoughts affect the earth. If we purify our feelings, the earth will be purified.

How to purify feelings? Do your duty in this world without attachment. Want God alone... He is pure selfless love. Sow the pure seeds of love within yourself.



## My Prayer

God is infinite compassion. He has taken birth to transform man to God. This is a rare opportunity. Bhagavan Sri Sathya Sai Baba has given the essence of the four Vedas, scriptures and epics in four letters, LOVE. He says, "There is only one religion the religion of Love... show love to all. I will liberate you from the cycle of birth and death."

Knowing Swami...

My mouth has spoken only truth, only  
His glories, nothing else.

My skin has not touched anyone other than Swami. My feelings have touched only God, nothing else.

My nose knows only the divine fragrance, nothing else.

My eyes have seen only Swami, nothing else.

My ears have heard only about Swami, nothing else.

In the beginning of sadhana, seeing the world as Maya, one should turn within. After attaining the vision of God, he should see the entire world as God.

My entire life is filled with God; I have connected all with God. Though I lived a family life, I lived with the

feeling that I was living with God. All the feelings that arise from me are for God. I have lived life as you have, like an ordinary person. I was born, grew up, studied, married, had children and a family; everything was the same, only feelings were different. Though we perform the same household duties, I have done mine with the feeling of doing all for God. I did everything as an offering to God and attained this state. I have not fallen from the sky. I am an ordinary village woman. I only turned all my feelings and thoughts to God. Due to the difference in feelings, this ordinary Vasantha has been transformed, like iron that is turned into pure gold. If you turn all

you feelings to God, you can also become pure gold. This is the principle of becoming God.

My fervent prayer is that all live life immersed in God:

Let your mouth speak only Truth,  
only of the glory of God.

Let your skin only touch the Lord, skin  
means touch feeling.

Your feelings should touch God,  
nothing else.

Let your nose know only the fragrance  
of the divine, nothing else.

Let your eyes see only God, nothing  
else.

Let your ears hear only God and  
about God, nothing else.

Jai Sai Ram



## Other Books by Vasantha Sai

- 1.Liberation Here Itself Right Now Pt-1
- 2.Reincarnation of Radha
- 3.Radha Krishna Sangamam
- 4.Prema Nivarana Sai
- 5.Liberation Here Itself Right Now Pt-2
- 6.Sai Gita Pravachanam
- 7.Liberation Here Itself Right Now Pt-3
- 8.Brindavan Satsang
- 9.Bliss Bliss Bliss
- 10.Bliss Bliss Bliss, Pt-2
- 11.May 27 to May 27
- 12.Miracle Maya
- 13.Gita Govindam Again
- 14 Prema Sai Premavatar
- 15.Beyond the Upanishads
- 16.The Mukthi Stupi - Sceptre of Truth
- 17.Prema Sai Avatar Pt-2 Beyond the  
Vedas, The Supreme Absolute
- 18.Principle of Becoming God

'Truth alone triumphs...'

