



Love in Human Nature

*Rita and Robert Bruce*

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## **TRANSFORMATION OF THE HEART**

**By Rita Bruce**

### ***TRANSFORMATION***

***Transformation is God's game***

***Realization is our gain***

***Self-indulge and you will find***

***Upon your death you've wasted time***

***The only question we must ask***

***When are we going to take up this task?***

As the rivers of life carry us on our current of destiny flowing through the caverns of our inner journey, over the barriers of boulders, washing our egos with the polishing sand and pebbles, transformation is taking place. On its journey, the river passes the mountain peaks, crevasses, valleys, meadows, and forest. Sometimes resting in a pool to soak up the pictorial scenes that have been traversed on this moving, stirring, rippling journey, to reflect on the experiences of learning in one's lifetime. But how to judge the depth of the water, the shallowness of consciousness, the unconscious levels being affected while not aware?

Transformation within us escapes our consciousness blinded by our own ignorance, the bends and turns, swirling around the everyday events, picking up the grit of the river bed, clouds the purity of judgment. The memory of the journey is but a small view compared to the view seen from the top of the Atmic mountain. Therefore, I will announce to you my limitations concerning this subject before I begin.

Transformation is defined as "to be changed". It does not state the nature of change. It could be for the good or not so good. But for us on the Spiritual Journey of life, transformation usually implies transformation from sub-human to human to divine, from selfishness to selflessness, from worldly attachments to un-conditional love in search of our Divine heritage.

It started in 1968, finding myself still unhappy even though "The American Dream" was being fulfilled. I had a husband that promised to bring happiness, his good career that promised to bring happiness, children that promised to bring happiness, a beautiful home that promised to

bring happiness but why was I feeling emptiness? The American Dream did not bring the results that were advertised.

*Sai Baba says, “Real happiness lies within you.”*

*I ached inside wanting fulfillment, desiring to find peace, joy, understanding, acceptance, recognition, and above all love. I looked for love in need fulfillment. You give me what I want and I'll give you what you want. If the need is not met, the relationship has failed. We seek unconditional love from one another, yet who is able to give it? This was the reality that jolted and broke my illusion of the American dream.*

*There was a vacancy of love in my life starting with myself, my husband, children, family, friends, even the priest at my church. Everywhere I looked people were hurting for love. My thoughts churning to discover answers, as I screamed out to God that I wanted to find “Pure Unconditional Love”.*

Sai says, **“Love is the scarcest article today!**

Where was this love that Jesus came to teach? What is the truth of our existence? What is the purpose of life? My existing Catholic belief system was shaken from the core. Being pulled into a cavern of unknowns, spiritually being awakened from the darkness of ignorance.

This is the state of my conscious beginning on the spiritual path and this is the state in which I meet the greatest teacher of this age, Sri Sathya Sai Baba. There is little resemblance of this young woman age 31, with this one.

Somehow, this Divine Master transformed my life through His Wisdom of Truth, His Living Example of Pure Love, and my experiences of troubled waters and shining new discoveries.

Knowingness comes to each of us through experience. God's Omnipresence is seen in the lack of our ability to correct a difficult situation in our life. When we have an empty pantry, yet food comes to us, when we have an incurable illness that is miraculously cured, when the hand of a stranger touches us in our time of grief. These moments of no self-control assure us that there is an existence of a power higher than our own. These moments of desperation give us the opportunity to witness the Omnipresence of God. I too, had experiences like this. They gave me the opportunity to know that God exists. Not only to know that God exists but that God is in human form, the form of Sai Baba.

In 1968, I was told that Jesus Christ, the Lamb, was on earth in human form. One early morning while meditating, 7 years later, I was told that I would be given a sign to prove that my inner voice was indeed the same teacher as God on Earth. I was told to visit a young newly married couple that I knew that morning to receive this sign. They knew nothing of the meditation or the sign but almost instantly upon arrival gave me a painting. The sign was this huge painting, a yantra, done by the husband, the artist. He told me while painting he would see my name and Sai Baba's all over it. I asked who was Sai Baba? He said, “A Holy Man in Indian.” I have a

book. The inner voice told me to read the book. They had no need for it at this time, and gladly gave it to me.

In this book, "The Holy Man and the Psychiatrist" there was a discourse being given by Sai Baba on Christmas Day 1972. Baba said that when Christ was merging in the supreme principal of divinity, He communicated some news to his followers, which has been manipulated and tangled into a conundrum. The statement is simple:

***"He who sent me among you will come again, and he pointed to a lamb. The lamb is merely a symbol, a sign. It stands for the voice: 'Ba-Ba'; the announcement was of the advent of Baba. His name will be Truth, Christ declared. Sathya means truth. He wears a robe of red, a blood red robe. He will be short with a crown of hair. The lamb is the sign and symbol of love. He who sent me will come again."*** Sai said that ***"Ba-Ba"*** is this Baba.

The tears of joy flowed from my eyes because I had found the Lamb, Ba-Ba, that I was told was on earth years before. All I could feel inside was a joyful release as I spoke, "I have found Him." This God in human form was also my inner teacher whom I had spoken and listened too for years. From that moment there was never any doubt that Sai Baba is God. This truth has been confirmed to me over and over again in this life. God was on earth in human form.

Sai Baba told us in our first interview, "I am God, You are God, We are both God. The only difference is that I know it and you do not." This became the theme of our journey. "We are God." This is our purpose in life to discover our real identity, not to identify with our human role subscribed to us based upon our karma but to realize that we have unlimited potential.

Can we really understand the transformation that begins in us when we understand there is a God, and we too can attain this same state of divinity? No. But this gave me a great sense of well-being and purpose for my life. Just knowing that through my effort I could attain self-realization, transformed me forever.

Sai Baba taught me that through this effort, we gain the grace of God. He taught me that there is no higher calling than to Love God with your whole heart, your whole body, and your whole mind, your whole being. The path of devotion is the quickest and easiest path to attain self-realization. Therefore my transformation began with this knowledge.

Sai Baba says, ***"Be attached under all conditions to the source, substance and sum of all power: the Lord. And then you can draw from that source all the power that you need. This attachment is called bhakthi."***

The journey since then has given me the opportunity to wage a battle on my desires. To wage the war of surrender to God's will. To wage the war of ego acknowledgment when it is God who is the doer. To wage the war on fear, anxiety and worry knowing these don't exist in Divinity. To wage war on my physical, mental, and emotional suffering that was due to my identity with the physical body.

In the last thirty years Sai Baba has given me many opportunities to practice His teachings as well as discover the secrets of truth sheltered within them.

I would like to share with you an example of His teaching method to me. One month after He identified Himself to me, I became ill with inner ear dizziness. I was so dizzy, as if on a rocking boat on a stormy sea, unable to use my eyes, too weak to speak, and bed-ridden. I was in bed for several years.

*Sai Baba says, “You cannot see me, but I am the Light you see by. You cannot hear me, but I am the Sound you hear by. You cannot know Me, but I am the Truth by which you live.”*

The Lord got my attention. It was my time to shut down my outer life and concentrate on my inner life with Him. This illness taught me so many things. I learned to dialogue with the inner God more intensely than before. Mostly pleading with Him to remove this horror. But nevertheless it forced me to focus on Him.

*Sai Baba says, “The first thing you have to do, to impress upon your mind the reality is to recite the name of God and dwell on His Glory in the mind.”*

Each morning, I would lie on the floor by the altar and plead with Him to release me from this illness and I would serve Him always. I continually would call Him, visually pulling on His robe as a small child holds onto their mother’s skirt. I would call out “Baba, Baba, Baba” chanting this mantra most of the day.

On my first trip to Prashanthi three years later, Baba began walking towards me while looking into my eyes saying, “Baba, Baba, Baba” in a tone of voice, like a child calling mama, mama, mama. This simple act told me that the Omnipresent God was with me all the time.

This illness taught me to be comfortable with silence and stillness, a definite stranger to me. It taught me to adjust to life in bed, living with the unknown of no recovery. Surrender or acceptance was too great a leap for me at this time but I was forced into adjustment. It taught me to pray and focus on God. This illness removed all my visible images of wife, mother, and friend because I could no longer play these roles. It was frightening to me at first because I felt that I had lost my human identity. My ego felt naked and shaken. These roles were the only identity I knew. Without them, I felt that I did not exist. It was a psychological death. The spiritual path had become serious, intense, and overwhelming and many times I wanted to stop and rest because this journey was far too hard and difficult.

*Sai Baba says, “For the bird in mid-ocean flying over the dark, deep blue waters, the only resting place is the mast of a ship that sails across. In the same way, the Lord is the only refuge for man who is swept by storms over a restless sea.”*

This single experience in my life was bursting with opportunities to change, change, and change. It taught me to listen to the God within. It taught me to cherish health as the most priceless jewel man can have. It taught me that the mind continuously comes back to pain no

matter how many times one surrenders it to God. For me to ignore this horror of nauseating dizziness was impossible. Sai Baba the masterful designer of my life extracts more growth from a single situation than ever seems humanly possible.

**Sai Baba says, “Renunciation means give up; do not grasp in clenched fists. Release; do not bind and get bound.”**

In 1979, Sai Baba told me that He would cure this illness. He slowly improved the condition but final cure did not come till 20 years later. I know without His intervention, I would still be in this state. Did this experience transform me? Unmistakably. He is the master of all masters, a relentless teacher. But if we truly seek self-realization, than let us give ourselves to the highest Universal teacher.

Transformation is changing unwanted behavior into un-conditional love. To make this transition we need dedication, discipline and devotion. At the end of this journey are the welcoming gifts of bliss, and no rebirths. Keeping this in our consciousness is a worthy motivator.

**Sai Baba says, “Do not tell me that you do not care for that bliss, that you are satisfied with the delusion and are not willing to undergo the rigors of sleeplessness. Your basic nature, believe me, abhors this dull, dreary routine of eating, drinking and sleeping. It seeks something which it knows is has lost, santhi, inward contentment. It seeks liberation from bondage to the trivial and the temporary. Everyone craves for it in his heart of hearts. And it is available only in one shop: contemplation of the Highest Self, the basis of all this appearance.”**

When we remove the karmic junk imprinted on our subconscious that clutters up the mind, we find that the inner channel to God has no barriers. We become a vessel of love that flows from the God within.

The perfect example of pure love is seen everyday in the life of Sai Baba. He speaks with soft, sweet love. He listens with devoted attention. He is a continuous act of selfless giving. He moves as a gentle breeze, floating as if suspended not leaving any imprint of self. He treats all beings equally with love. As I watch Him in darshan, He inspires me to be like Him.

This journey of my life is still flowing down the river, not knowing what twist or turn, is ahead. But with all certainty, I can say, **“He is guiding me, all the way home to His ocean of love.”**

**Sai Baba says, “I have a task to foster all mankind and ensure for all of them lives full of bliss. I do not belong to any place; I am not attached to any name. I have no ‘mine or thine’. I answer, whatever the name you use. I go wherever I am taken. This is my very first vow. For me the world is something afar, apart I act and move only for the sake of mankind. No one can comprehend my glory, whoever he is, whatever his method of inquiry, however long his attempt.”**