

## **SPIRIT OF SACRIFICE IS THE HALLMARK OF A TRUE DOCTOR**

If you look to Me, I will look to you.

*“Forbearance is the real beauty in this sacred land of Bharat. Of all the rituals, adherence to truth is the greatest penance. The nectarous feeling in this country is the feeling of love towards one’s mother. Character is valued far higher than the very life itself. People have forgotten the basic principles of this great culture and are imitating Western culture. Alas! The Bharatiyas are not aware of the greatness of their cultural heritage just as a mighty elephant is not aware of its own strength.”*

(Telugu poem)

Embodiments of Love!

*Man is born in action, is sustained by action and ultimately merges in action. Action is the cause of pleasure and pain. Truly speaking, action is God for man*

(Telugu Poem)

Man by and large considers himself to be healthy and tries to lead a happy life. But in fact there are 326 diseases which haunt man day in and day out. Excessive vaata, pittha and sleshma (wind, bile and phlegm) are responsible for various diseases. vaata gives rise to 80 types of diseases, pittha to 82 types and sleshma to 164 types. Such being the case, how can man enjoy a healthy life? Only when he develops Atmic Consciousness and distances himself from the adverse effects of vaata, pittha and sleshma can he be healthy.

For the past one month, you could not see Swami. What is the reason for this? It is because of the indisposition of this body. I have neither taken upon Myself the illness of anybody nor has it emerged from this body. Today, I am revealing the truth to you.

*The body is made up of five elements and is bound to perish sooner or later,*

*but the indweller has neither birth nor death. He has no attachment whatsoever. Truly speaking, the indweller is verily God Himself who is in the form of the Atma.*  
(Telugu Poem)

Man is always concerned about his health. He has become a victim of various ailments as he is steeped in body consciousness rather than Atmic principle. It is very essential for man to realise that diseases underscore the need for getting rid of body consciousness.

You are all aware of the fact that Swami fractured His hip and it was in three pieces. The ball in the hip was in two pieces. The pain was so excruciating that it cannot be described in words. It was impossible to move this way or that way. It pierced the body as if it were an electric shock. But, I was unaffected by it. I underwent all this suffering only to demonstrate that one should not be attached to the body. Instead, one should develop Divine consciousness. **I am not this body.** Body consciousness leads to untold suffering. One has to get rid of body attachment in order to enjoy peace and happiness. What is this body composed of?

*“This body is a den of dirt, and prone to diseases; it is subject to change from time to time; it cannot cross the ocean of Samsara. It is nothing but a structure of bones. O mind, do not be under the delusion that body is permanent. Instead take refuge at the Divine Lotus Feet.”*

(Telugu Poem)

*Dehabhimana* (body consciousness) will disappear once you develop *Daivabhimana* (Divine Consciousness). The first step in spiritual path is to keep body consciousness under check. You are subjected to misery as you are immersed in body consciousness. Body consciousness and Atmic consciousness are inversely proportional. Nobody can escape the consequences of karma (action). Karma is the cause for birth and death. The Bhagawad Gita declares:

(Man has right over action but not over the fruits of action). *Karmanubandheeni Manushya Loke* (human society is bound by action).

Man should develop Atmic consciousness and plunge into the field of action without aspiring for the rewards. Dharmaraja, eldest among the Pandavas, was the very embodiment of righteousness. Yet, he had to undergo the ordeals in the court of King Virata as a result of karma. “*Were not the mighty Pandavas compelled to go into exile and lead a life full of troubles? Did not emperor Harischandra, having lost his kingdom, become caretaker of a graveyard?*” Everyone is bound to face the consequences of his or her action. However, man does have the capacity to escape from the consequences of karma. He has become weak as he is unable to harness his innate potential due to body attachment. Having assumed a human body, one cannot escape from suffering. Body is momentary like a water bubble.

I was all smiles when I was being taken to hospital. Many doctors surrounded Me at the hospital. They were anxious. I told them not to worry. “This body is not Mine. It is yours. You can do whatever you deem fit to this body. I have no pain whatsoever”, I assured them. I came back after three hours. I was full of smiles. A true spiritual aspirant is one who undergoes difficulties with a positive frame of mind. Do not care for the suffering of the body. Suffering is quite natural to human body. One has to face suffering with *Atma Balam* (will power).

Today, being Doctors’ Day, doctors have to set an ideal by infusing courage and conviction in patients. Doctors, after putting in lot of efforts, have been able to find remedies for various ailments. But, there seems to be no end to diseases. There are many doctors all over the world. But, the number of patients and ailments are on the rise. If there are two doctors for a family, there are four patients! Patients outnumber doctors. Man’s lifestyle and habits are responsible for this spurt in diseases.

After the surgery, I was able to walk within a short span of three days. The reason being I have no body attachment. I see all of you with Atmic consciousness and hence am blissful. I teach everyone, “My dear! don’t fall a prey to body attachment; develop Atmic consciousness and lead a blissful life”.

Your *Aananda* (bliss) is My *Aahaara* (food) and *Aarogya* (health). You call a person healthy when all his limbs are functioning properly. All the organs of My body are functioning effectively.

Physical afflictions are temporary like passing clouds. **Life is a Challenge, Meet It; Life is Love, Enjoy It; Life is a Game, Play It.** You have to play the game of life in the right spirit. I have been doing the same. I have absolutely no pain. Generally, the pain arising out of hip fracture is unbearable. But, I am unaffected by injury to any organ of the body, leave alone the hip. Suffering arises when you identify yourself with the body. I have no pains since I have no body attachment. I take delight in your love. Your prayers are responsible for My speedy recovery. In all the corners of the world devotees have been praying intensely. Through prayer you can achieve the impossible.

Embodiments of Love! Gradually give up body attachment. Develop Atmic consciousness. Atma alone is true and eternal. Atma is our life. Everything else is a passing cloud. Today we are celebrating Doctors' Day. This is the day when doctors rededicate themselves to the alleviation of suffering. There are very few doctors who discharge their duties with a spirit of sacrifice, keeping the welfare of patients as their sole objective.

Dr. Sundareshan took great pains to ensure the well-being of Swami. He was monitoring Swami's progress every moment. I was telling repeatedly, "Sundareshan, I am all right, do not worry". But he would not be satisfied. He would keep on enquiring about My welfare; whether I had pain in any part of the body. He is equally concerned about the welfare of other patients too. When one of our college students met with a motorcycle accident, Dr. Sundareshan used to monitor his progress day in and day out. He used to make frequent visits to Puttaparthi without taking any rest just to treat that patient. If all doctors in the world were to be like Dr. Sundareshan, there would not be any disease at all. Today diseases are on the rise because doctors have become money-minded.

One day, nine years ago, after having a head bath, I wanted to dry My hair. One of the American doctors had lovingly presented a hair-drier to Me. When I was trying to use the same, the power supply was cut off. It was restored when I was having a close look at the drier. Consequently, a sudden gust of hot air ripped

through My eye damaging the retina. I was least perturbed. One eye is sufficient to see this wide world.

(God has a thousand heads, eyes and feet).

Dr.Hemanth Murthy (ophthalmic surgeon) pleaded with Me to undergo an eye operation as well, along with the hip surgery. The damaged retina, which was removed from My eye, was as dark as charcoal. Since then I am able to see clearly with both My eyes. With such doctors around, any surgery can be performed successfully. Eye surgeons like Dr.Hemanth Murthy and orthopaedic surgeons like Dr.Sundareshan are few in number in this world. Such doctors should be given all encouragement and support. Even the government is unable to provide the necessary infrastructure. Consequently the doctors are handicapped and are unable to give their best. Doctors' Day is being observed to encourage and motivate these doctors. However skilled a doctor may be, he cannot discharge his duties diligently unless he is provided with proper equipment. Swami's intention is to support and encourage such doctors by providing the necessary facilities.

Health and education are the two most important aspects of life. One can put knowledge into practice only when one has good health. Embodiments of Love! In today's world many people are suffering for want of proper medical facilities. It is your bounden duty to help the suffering humanity. Only then will the country prosper. **Money comes and goes; Morality comes and grows.** Today many doctors are commercializing the field of medicine. Such doctors are sinners of the worst kind. He is a true doctor who aspires for the well-being of the patient. We have to encourage such noble doctors.

Embodiments of Love! One has to take good care of one's health with proper food and habits. There are many poor people in our country who lack the basic necessities of food, raiment and shelter. Who will take care of them when they are afflicted with diseases? Our hospitals are doing yeoman service to suffering humanity. Do not think that I am lavishing praises on our own hospitals. You can

see it for yourself when you visit these hospitals. If you go to our General Hospitals and Super-Speciality hospitals, you will find a number of poor people being treated for various ailments **totally free of cost**. Elsewhere, the Super-Speciality hospitals are established with commercial motives. They collect fees even to check the temperature of a patient. How can the poor afford such costly treatment? Doctors should render free service to patients to the extent possible.

Embodiments of Love! Doctors should serve the poor with spirit of sacrifice. There is no greater service than this. God is the sole refuge of the destitute and the forlorn. As man is the embodiment of God, it is his primary duty to help the destitute and the forlorn. Medicine should not be commercialised. It is meant to promote heart to heart and love to love relationship between doctor and patient. A true doctor is one who realises this truth and conducts himself accordingly. One with commercial outlook is not a doctor at all. In fact, he is a patient himself! Spirit of sacrifice is the hallmark of a true doctor.

The doctors who are working in our hospitals are endowed with that spirit of sacrifice. Dr. Savitri and others are working tirelessly day in and day out in our General Hospital. I often tell them, “take proper care of your health in the first instance. Only then can you serve the patients more effectively.” How can you look after the patients if your health is spoiled? Our Principal in his speech mentioned the axiom: *Vaidyo Narayano Harihi* (doctor is verily God). Being the very embodiment of Lord Narayana, doctor should serve everyone. God is ever engaged in service.

(one attains merit by serving others and commits sin by hurting them)

One need not be a doctor in order to serve others. One should help his fellow beings to the best of his ability. We have established hospitals at various places like Puttaparthi, Bangalore, Alike, Muddenahalli, etc. I feel very happy to see the doctors working there with great dedication. We have opened a hospital in Alike quite recently, which is catering to the needs of many poor patients. I am thrilled whenever I see their happy faces. Their happiness gives me immense strength.

Only through service, can one become the recipient of Divine Grace. Life is

meaningless if one does not participate in service activities. **The best way to love God is to serve God.** You should aspire for the welfare of all and follow the path of Love and Service. Only then will your life find fulfilment.

There is a General Hospital at Puttaparthi. There is one more at Whitefield. Amazing cures are taking place in these hospitals. It is the happiness of the patients that gives Me happiness and health. If you aspire for the health and happiness of Swami, look after the patients well. Patients, welfare must be your topmost priority. Serve them with dedication. Service to patients is service to God. There is no service higher than this.

Celebration of doctors' day will be meaningful only if service activities are undertaken with dedication and not merely by donning grand attire. As you are aware, Dr. Savitri and Dr. Santha are doing yeoman service in our General Hospital here. Several other doctors also come from city regularly and render voluntary service.

(The programme concluded with singing of the National Anthem)