



Contents

(Introduction and Quotes without pictures)

Introduction	Page 2
What is Divine Love?	Page 3
God is Love, Man is Love	Page 4
Love is the Basis of All Spiritual Paths	Page 5
Love Leads to Union with God	Page 6
Love is the Ultimate Power	Page 7
Love God with Devotion	Page 8
Love God in All	Page 9
Love with Your Whole Heart	Page 10
Develop Love Daily	Page 11
Love Through Selfless Service	Page 12
Uplift Humanity with Love	Page 13
Live in Love	Page 14



Introduction

What is Divine Love? How do we honor, nurture, and express this Love in our lives? What is its power? How do we express it in the world? Sathya Sai Baba's guidance on these matters is itself filled with Love. He often begins discourses with the salutation, "Embodiments of Divine Love..." He sees Love as our nature, as we are sparks from the Divine fire, seeds from the Divine tree.

Who is Sathya Sai Baba? What is the Sai message? There are countless books on Sai Baba's life and teachings, and we invite you to delve into them if you feel so inspired from this book.

For now, Sai Baba's own words best answer these two questions...

I have come to light the Lamp of Love in your hearts, to see that it shines day by day with added luster. I have not come on any mission of publicity for any sect or creed, nor to collect followers for any doctrine. (Discourse, Nairobi, July 4, 1968)

Love all religions. When one practices his religion with faith, there can be no hatred in the world for all religions are built on Universal Love. (Sathya Sai Speaks, IX:88ff)

There is only one religion, the Religion of Love. There is only one language, the Language of the Heart. There is only one God, Who is Omnipresent. (Sathya Sai Speaks, VIII:173)

I have come to tell you of this Universal unitary faith, this Spirit Principle, this Path of Love, this Dharma of Love, this Duty of Love, this Obligation of Love. (Discourse, Nairobi, July 4, 1968)

Understand that the purpose of life is to know the Embodiment of Love, namely God, through Love, and to demonstrate through your own Love that you have known God. (Sathya Sai Speaks, IX:216)

Start the day with Love. Spend the day with Love. Fill the day with Love. End the day with Love. This is the way to God. (Sathya Sai Speaks, VIII:195ff)

Sai Baba's life demonstrates this Love in every way. He is the grand example, the most capable guide to Love. He encourages us with every word.

Love alone can reveal the Divinity latent in all. Love is God. Live in Love. Love! Love! Become what you truly are — the embodiment of Love. (Sathya Sai Speaks, XI:14ff)

Love, because it is your nature to Love, because you know nothing else, because you cannot act otherwise than Love. Expand yourself, take in all! (Sathya Sai Speaks, VII:510ff)

Scatter the seeds of Love in dreary, desert hearts. Then, sprouts of Love will make wastes green with joy, blossoms of Love will make the air fragrant, rivers of Love will murmur along the valleys, and every bird, beast, and child will sing the song of Love. (Sathya Sai Speaks, VII:300)

Love does indeed blossom from the heart. And each of Sai Baba's teaching are love blossoms direct from the Divine Heart.

May your heart be a fertile field in which you experience, and radiate, the deep peace and joy of Divine Love each and every moment.



What is Divine Love?

- #1 *What is true Love? Pure, unselfish Love towards all living beings, considered as embodiments of the Divine, with no expectation of reward, is true Love.* (Sanathana Sarathi, June 1985:117ff)
- #2 *Love does not seek anything in return. Love knows only to give, not to receive. Such Love is free from fear. These are the basic features of true Love.* (Sanathana Sarathi, August 1988:212)
- #3 *That which does not change is only one — it is Love. All relationships come and go - all are passing clouds. Only one thing is permanent, and this is Divine Love.* (Discourse, December 25, 1995)
- #4 *Love is of two kinds: natural love is one which expects something in return. Divine Love expresses itself in loving service without expectation of any return.* (Sanathana Sarathi, January 1986:44ff)
- #5 *Love alone equals Love. Love is the result of Love. Love is the taste of Love. Love makes no differences or distinctions between 'mine' and 'thine.' It is extremely selfless.* (Sathya Sai Newsletter Vol 15, No.2:22ff)
- #6 *Life itself is Love. They are not two, but one. Love is the very nature of life, as burning is the nature of fire, or wetness of water, or sweetness of sugar. Love is the fruit of life.* (Sathya Sai Speaks, XI:222ff)
- #7 *Only the Love that is unchanging and shines brightly always in the heart is true Love. It is unaffected by joy or sorrow, praise or blame.* (Sanathana Sarathi, December 1988:313)
- #8 *Love as thought is Truth. Love as action is Righteousness. Love as feeling is Peace. Love as understanding is Non-violence. Love is the common denominator.* (Sanathana Sarathi, Feb 1985:37ff)
- #9 *Expansion is Life. Expansion is the essence of Love. Love is every urging and surging for expression and enlargement. Love is God. Live in Love.* (Sathya Sai Speaks, VII:324ff)



God is Love, Man is Love

- #10 *God is Love — Full of Love, the Embodiment of Love, the Splendor of Love. God is where Love is — Love expressed as sympathy, charity, reverence, affection, sacrifice.* (Sathya Sai Speaks, V:310)
- #11 *Prema (Divine Love) is God, God is Prema. Prema has no trace of selfishness; it is not bound by motives. Prema is the crucial support, for it is the very breath, the sole purpose of life.* (Sanathana Sarathi, Feb 1985:37ff)
- #12 *Where exactly does God reside? God is everywhere in all beings. Really speaking, God is Love, and Love pervades everywhere. There is no being without a trace of Love.* (Sathya Sai Speaks, X:297ff)
- #13 *Like the glow of the flame in a fire, like the rays of the sun, like waves in the ocean, Divine Love is the basic quality of a true human being.* (Sanathana Sarathi, June 1985:117ff)
- #14 *Love is present equally in all human beings as the one effulgent Divine quality. This Love may be expressed in different ways, but its nature is the same.* (Sanathana Sarathi, April 1989:85ff)
- #15 *God is Love dwelling in your hearts; so the Kingdom of heaven is within you. When you realize this truth, your life will sing the music of Love.* (Prema Dhaara, 17)
- #16 *God is bound to you by the closest bonds of Love. God is the nearest, the dearest, the most loving, the most eager companion and kinsman for man.* (Sathya Sai Speaks IX:15ff)
- #17 *Love towards God must be witnessed by Love towards man, for man is the visible manifestation of God. Love is in all. Love is of all. Love is all.* (Sathya Sai Speaks, VI:90, 134)
- #18 *Love alone can reveal the Divinity latent in all. Love is God. Live in Love. Love! Love! Become what you truly are — the embodiment of Love.* (Sathya Sai Speaks, XI:14ff)



Love is the Basis of All Spiritual Paths

- #19 *Love all religions. Forms of worshipping God differ, for they are shaped by time and place, but Love is the basic content of all the forms.* (Sathya Sai Speaks, IX:88f)
- #20 *What is religion? It is Love. When one practices his religion with faith, there can be no hatred in the world, for all religions are built on Universal Love.* (Sathya Sai Speaks, IX:88f)
- #21 *Be like Jesus. Jesus was a person whose only joy was in spreading Divine Love, offering Divine Love, receiving Divine Love, and living on Divine Love.* (Sathya Sai Speaks, XI:13)
- #22 *Spiritual discipline is the cultivation of Love. Be full of Love; taste the exhilaration that Love can confer. Let everyone see you exuberant with light and joy.* (Sathya Sai Speaks, X:93)
- #23 *In the Divine Path, there is no chance of failure; it is the Path of Love. When you give expression to your innate Divinity, it takes the form of Love.* (Sathya Sai Speaks, VIII:114, 138)
- #24 *Love can be experienced only in a mind flowing with Love and a heart filled with Love. The essence of all spiritual disciplines is contained in Love.* (Sanathana Sarathi, October 1991:253ff)
- #25 *There is no use in acquiring all kinds of knowledge and performing prayers and meditation if there is no Love in the heart. It is Love alone that can save the world.* (Sanathana Sarathi, November-December 1985:330)
- #26 *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.* (Discourse, November 23, 1996)
- #27 *Live in Love, live with Love, move with Love, speak with Love, think with Love, and act with Love. This is the best and most fruitful spiritual endeavor.* (Sathya Sai Speaks, XI:118ff)



Love Leads to Union with God

- #28 *God is Love; so, you must become Love in order to merge with Him. God is beauty, so be beauty. God is compassion, so be compassionate.* (Sathya Sai Speaks, VIII:55)
- #29 *By means of Love, one can approach God and stay in His Presence, for God is Love. When one lives in Love, he is living in God.* (Sathya Sai Speaks, VII:422)
- #30 *When you become transmuted into Love, the Lord, who is the embodiment of Love, will reveal Himself to you, awakening your higher consciousness in the flood of Universal Love.* (Sathya Sai Speaks, IV:121)
- #31 *The relationship between you and God is Love alone. Nothing else can be called Love. All other things that come in between are passing clouds; they are just attachments.* (Discourse, December 25, 1995)
- #32 *Above all, be conscious of the truth that you and God are bound by Supreme Love. If you feel this acutely, then the journey will be quick and the goal can be won.* (Sathya Sai Speaks, IX:113 Indian edition)
- #33 *You must fill yourself with the feeling that God is in you, beside you, around you, and with you. When you love God with this consciousness, the Love results in Self-realization.* (Sanathana Sarathi, January 1986:3)
- #34 *Liberation happens when you love every being so intensely that you are aware of only One. Soak your heart in Love. Then you attain God soonest.* (Sathya Sai Speaks, VIII:64)
- #35 *Be born in Love, die in Love, live in Love. This means, emerge from God and merge in God; be the wave on the Ocean of Love.* (Sathya Sai Speaks, VIII:37ff)
- #36 *Grow in Love, expand that Love, practice Love, strengthen Love, and finally, become Love and merge in the Illimitable Love, which is God.* (Sathya Sai Speaks, VIII:1ff)



Love is the Ultimate Power

- #37 *Love sustains. Love strengthens. Love is the urge behind all adventures, all sacrifices, all success. When Love is the lever that operates the mind, only good can result.* (Sanathana Sarathi, October 1988:254ff)
- #38 *Divine Love is strong and steady enough to leap over all obstacles, confront with equanimity all changes of fortune, and defeat all attempts to delay or deviate.* (Sathya Sai Speaks, XII:227)
- #39 *Fill your heart with Love; then, the words coming out of your heart will be full of vitality and power. There is no power more effective than Love.* (Sathya Sai Speaks, IX:68)
- #40 *Love begets Love. Love will have only Love as reaction.. Shout 'Love' and the echo from the other person's heart will be 'Love.'* (Sathya Sai Speaks, VIII:37ff)
- #41 *When you love even the one who has harmed you, his heart is bound to change. Do not allow your love to be affected in any way.* (Discourse, November 23, 1996)
- #42 *Love, at its highest and sincerest. This Love, when you cultivate it, will remove the weeds of anger and of malice. It will blossom into peace and calm.* (Sathya Sai Speaks, VII:274)
- #43 *If there is any defect in your Love, it should be removed only through Love. Love begets Love. Love can be understood only through Love.* (Sanathana Sarathi, October 1991:253ff)
- #44 *Live with Love, in Love, for Love. Then, the Lord who is the embodiment of Love will grant you all that you need in spite of your not asking for anything.* (Sathya Sai Speaks, V:25)
- #45 *There is no strength superior to Love. Where Love is, there everything is. You must live in God, and live in Love. Then everything will be right.* (Sathya Sai Speaks, XI:290)



Love God with Devotion

- #46 *Love of God is the means and the goal. The Divine is in everyone, but to realize it, there is only one way. It is to cultivate intense Love for God.* (Sathya Sai Speaks, XVI:115ff)
- #47 *Can there be anything more lovable than God, who is Beauty, Strength, Glory, Fame, Splendor, Wisdom, in their fullest bloom?* (Sathya Sai Speaks, V:310)
- #48 *Happiness will come in the same measure as your love for God. Immeasurable happiness can be obtained through loving God without limit.* (Discourse, December 25, 1995)
- #49 *The love you have towards material objects, name, fame, wife and children, etc., should be sanctified by being subsumed by the more overpowering Love for God.* (Sathya Sai Speaks, VI:4ff)
- #50 *Devotion is Love, unsullied by any tinge of desire for the benefit that flows from it, or for the fruit or consequence of that Love.* (Sathya Sai Speaks, III:199)
- #51 *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)
- #52 *What matters is the intensity of feelings. God submits only to the power of the devotees' Love. Without Love, all forms of worship are of no use.* (Sanathana Sarathi, September 1997:229)
- #53 *True devotion really means installing the Divine in the heart and enjoying the bliss of that experience. Winning Love through Love is the vital aspect of devotion.* (Sanathana Sarathi., November 1986:226ff)
- #54 *Your devotion has to be expressed as worship of every one, as a living embodiment of Divinity. See God in every one. Practice that broad, inclusive type of Love.* (Sathya Sai Speaks, VIII:18)



Love God in All

- #55 *To see God in everything, to love everything as manifestations of God, and to offer everything to God as an offering of Love — this is the way of Love.* (Sanathana Sarathi, Feb.1986:31ff)
- #56 *If you view things with Love, with a loving heart, the whole world, the whole creation, will appear to you as a reflection of Love.* (Sathya Sai Speaks, XI:99)
- #57 *Love helps you to see God in everyone, everyone as Divine. The universe is not false; it is not a trap. It is the splendor of God, His reflection.* (Sathya Sai Speaks, VIII:66)
- #58 *Wherever Love is evident, take it that it is God's own Love. When the human heart melts at the suffering of others... believe that God is present there.* (Sanathana Sarathi, May 1992:94)
- #59 *Love probes silently into the innermost recesses of all personalities around it to discover the seat of God, that Love may blossom therein.* (Sathya Sai Speaks, VII:488ff)
- #60 *Love yourself for the God that is embodied in you. Love others for the God that is enshrined in them, that speaks and acts through them.* (Sathya Sai Speaks, VII:488ff)
- #61 *When you love God, you will have Love towards all because the Divine is in everyone. Pour out Love, whether it is returned or not, whether it results in success or not.* (Sathya Sai Speaks, VIII:1ff)
- #62 *The spark of Love in you has to be cherished and fed so that it may reach God. Then, you love the God in all beings, and the God in all beings responds with Love.* (Sathya Sai Speaks, VII:272)
- #63 *God is the source of all Love. Love God. Love the world as the vesture of God, no more, no less. Through Love, you can merge in the Ocean of Love.* (Sathya Sai Speaks, VI:230ff)



Love with Your Whole Heart

- #64 *Your heart is inherently filled with Love. Every cell in the human body is filled with Love. It is this micro-cosmic Love that fills the entire Cosmos.* (Discourse, November 23, 1996)
- #65 *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)
- #66 *Really, God is delighted to reside in your heart. Keep the heart pure, unsullied by vice. Let the rays of Love illumine it.* (Sathya Sai Speaks, IX:60)
- #67 *Love can grow only in a well-ploughed heart; it has to be prepared by means of constant repetition of the Name of God.* (Sathya Sai Speaks, VII:13)
- #68 *The trials and turmoils, the search and sorrow — these are the same in quality for all. The responsive heart listens to these with sympathy and answers with Love.* (Sathya Sai Speaks, VII:45)
- #69 *When you fill your hearts with Love, you will have no ill-will towards any one. Cultivate the faith that the Divine is in everyone.* (Sathya Sai Speaks, XVI:115ff)
- #70 *There is a language of the heart that all can understand, and would like to hear. When heart speaks to heart, it is Love that is transmitted, without any reservation.* (Sathya Sai Speaks, VII:45)
- #71 *Love sees with the heart and not with the eye. It listens, not through the ears, but by the tranquility of the heart. It speaks, not with the tongue, but out of compassion.* (Sanathana Sarathi., April 1993:104)
- #72 *Love grows with every gift of Love. The heart that pours out Love is ever full. God is there as Love; you are only drawing on God when you are sharing Love with others.* (Sathya Sai Speaks, VII:460)



Develop Love Daily

- #73 *Start the day with Love. Spend the day with Love. Fill the day with Love. End the day with Love. That is the Way of Love.* (Sathya Sai Speaks, VIII:88)
- #74 *Love has to begin with a great yearning for the Light. The yearning will draw down the Light. The Love will grow of itself, and by inevitable alchemy turn you into Gold.* (Sathya Sai Speaks, II:6)
- #75 *Meditation means offering the flower of Love to the Divine. In the rose plant of our body, there is the rose of sacred Love emitting the fragrance of good qualities.* (Sathya Sai Speaks, XVII:35)
- #76 *Change your vision and the world will appear accordingly. Shape yourself as the embodiment of Peace, Love, and Reverence. Then you will see all as Love.* (Sathya Sai Speaks, VII:252ff)
- #77 *Emerge from meditation as a person charged with Love! Emerge from devotional singing with a greater measure of Love!* (Sathya Sai Speaks, VIII:58)
- #78 *Saturate the breath — as you inhale and exhale — with Love. Saturate each moment with Love. Fill every word of yours with Love.* (Sathya Sai Speaks, IX:84ff, revised Indian edition)
- #79 *Fill every act of yours with Love. Let no one suffer the slightest pain as a result of your thought, word, or deed. Let this be your spiritual practice.* (Sathya Sai Speaks, VI:65)
- #80 *By saturating with Love, work can be transformed into worship. When the work is offered to God, it gets sanctified into sacramental worship.* (Sathya Sai Speaks, VIII:1ff)
- #81 *Let all the days of living be a continuous offering of Love, as an oil lamp uses all of itself in illumining its surroundings.* (Sathya Sai Speaks, VII:69)



Love Through Selfless Service

- #82 *Love others and serve them. Love expresses itself as Service, Love grows through Service, Love is born in the womb of Service.* (Sathya Sai Speaks, VIII:1ff)
- #83 *Love is the fruit which is born from the flower of your good deeds. Only when we engage ourselves in selfless service can we experience the essence of this pure Love.* (Sanathana Sarathi, January 1986:11)
- #84 *Love alone is the fruit of Love. Love is its own witness. There is no trace of self-interest in it. Because Love exists for its own sake, it has no fear.* (Sanathana Sarathi, October 1988:254ff)
- #85 *Love with no expectation of return. Love for the sake of Love. Love because your very nature is Love. Love because that is the form of Worship you know and like.* (Sathya Sai Speaks, VIII:188)
- #86 *Serve because you are urged by Love. When you succeed, ascribe the success to the Grace of God, who urged you on as Love within.* (Sathya Sai Speaks, VIII:1ff)
- #87 *Wherever you see a disconsolate, diseased person, there is your field of service. Every nerve must tingle with Love, with eagerness to share that Love with the forlorn.* (Sathya Sai Speaks, VIII:188)
- #88 *All your life, you must be Love, with Love, for Love. That means, Love expressed through service to those who draw that love from you, and by drawing help to increase it and deepen it in you.* (Sathya Sai Speaks, VIII:1ff)
- #89 *Work in the spirit of Love; it leads you on to Worship. Work without any regard to the proportion of benefits you derive from it. Work since you love to work.* (Sathya Sai Speaks, VII:424)
- #90 *Love means Service, which means Spiritual Effort, which means self-enlargement, which means reaching out to the very horizon of being and becoming — until all is I!* (Sathya Sai Speaks, VIII:58)



Uplift Humanity with Love

- #91 *For individuals who have liberated themselves from the narrowness of individuality, their only task is the upliftment of humanity and the showering of Love.* (Sathya Sai Speaks, VI:134)
- #92 *You have no need to go in search of Love elsewhere. It is all within you. It is this Love that is all-pervasive. It is this Love that unifies mankind.* (Discourse, November 23, 1996)
- #93 *Foster the tiny seed of Love that clings to “me” and “mine.” Let it sprout into Love for the group around you and grow into Love for all mankind.* (Sathya Sai Speaks, IX:254)
- #94 *Plant the seeds of Love and reap the harvest of Wisdom for the sake of social harmony, national prosperity, and the upliftment of humanity.* (Sathya Sai Speaks, IX:181)
- #95 *Only a thick shower of Love can smother and destroy the flames of anger, fear, and anxiety that envelop the world. This, therefore, is the fundamental spiritual discipline: give Love and receive Love.* (Sathya Sai Speaks, VIII:7)
- #96 *It is not even devotion that is essential. It is Love, Truth, Virtue, the eagerness to progress, to serve, to expand one’s heart, to take in the whole of humanity in one’s Love.* (Sathya Sai Speaks, I:55)
- #97 *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)
- #98 *Divinity is the magnet; humanity is the iron filings. Love is the Force that brings them together. We can have peace and prosperity in the land if all units work in Love.* (Sathya Sai Speaks, VI:36ff, VII 174ff, IX:14ff, XI:55ff, XII:193)
- #99 *Through Love, you must seek to serve all, and enjoy Divine bliss. When you embark on service with this spirit, the whole world becomes your home.* (Sathya Sai Newsletter Vol 15, No.2:22ff)



Live in Love

- #100 *Understand that the purpose of life is to know the Embodiment of Love, namely God, through Love, and demonstrate through your own Love that you have known God.* (Sathya Sai Speaks, IX:216)
- #101 *Love does not watch through the eyes; it knows the heart. Love does not hear through the ears; it listens with peace. Love does not talk with words; it talks with compassion.* (Discourse, December 25, 1995)
- #102 *Love is God. Live in Love. Love lives by giving and forgiving; self lives by getting and forgetting. Love is selfless-ness; selfishness is loveless-ness.* (Sathya Sai Speaks, SIV:258ff)
- #103 *All thoughts must be full of Love. Each syllable must be soaked in Love. The vision must be of Love. This is Divine Love.* (Discourse, December 25, 1995)
- #104 *Seen through the eyes of Love, all beings are beautiful, all deeds are dedicated, all thoughts are innocent. The world is one vast kin.* (Sathya Sai Speaks, VI:230ff)
- #105 *Love, because it is your nature to Love, because you know nothing else, because you cannot act otherwise than Love. Expand yourself, take in all!* (Sathya Sai Speaks, VII:510ff)
- #106 *Let the seeds of Love grow, watered by faith, and yield the blossoms of fortitude. Later, you are assured of the fruit — Peace. This is the task.* (Sathya Sai Speaks, VI:230ff)
- #107 *Put Love into practice through service. When the loveliness of the seed blooms, you have the flower. And God is the loveliness that blooms as man!* (Sathya Sai Speaks, VIII:241ff)
- #108 *The Universe around you is a pleasant garden. God dances in that garden, as His own handiwork, gladdening the flowers. Be full of Joy and Love.* (Sathya Sai Speaks, VIII:241ff)

