

**SRI SATHYA SAI INTERNATIONAL
TRINIDAD AND TOBAGO**

Sri Sathya Sai Baba's Quotations on the Animal Kingdom - 1st Part

1. **"I am nearest to the one who calls on Me and sees Me in all beings." - 'Sathya Sai Speaks' - 14th Sept. 1975**
2. **"I want to share something with you that you must never forget. In the end, in the final analysis when the body turns to dust and is gone, the only thing that matters is how much love you have shared... How much love you have shared with all of Creation in every single moment of your life." - from 'Radio Sai Journals' 12th May, 2004**
3. **"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." ~ Sathya Sai Baba in 'Sanathana Sarathi' Apr. 1993**
4. **In 'Sai Satcharita' Baba advises us: "Be wherever you like, do whatever you choose, remember this well that all what you do is known to Me. I am the Inner Ruler of all and seated in their hearts. I envelope all the creatures, the movable and immovable world. I am the Controller - the wire-puller of the show of this Universe. I am the Mother - origin of all beings... all the insects, ants, the visible, movable and immovable world is My Body or Form."**
5. **"Your happiness lies in the welfare of all; your wellbeing lies in the wellbeing of all. You cannot be happy when others are not happy. Therefore, you should pray for the welfare of all, including small creatures and insects. This is the real meaning of unity. Only the heart that desires the wellbeing of all is dear to God." - Divine Discourse, 31st Dec., 2008**
6. **"Manana (deep contemplation) will confirm the fact of God being in every living being, bird, beast, tree and when this awareness is established, you will not be tempted to hate or ridicule or envy any other living being in Creation. For you are He and He is you, fundamentally. Until you come to this stage, you are only a partial devotee, still a long way to go." - 'Sathya Sai Speaks' Vol. 10 Ch. 2**
7. **"What is Consciousness? That is Myself. That is self-realization, to recognize oneself. That animal is me. That dog or that lion - all are me. The dog barks at elephant not knowing that both are the same. If you look within, dog and elephant are same. Names and forms are many but Consciousness within is the same. It is changeless ... Put in efforts to realize the unity. Work for Oneness." - Discussion with Students, 2nd Sep. 2008**
8. **"The behavioural pattern of animals is different from that of human being but the underlying Jiva Tathwa (principle of the Self) is one and the same in both." - 'Sanathana Sarathi' - Sept. 2005 P 262**

9. **“There is only one royal road for the spiritual journey... LOVE, love, love for ALL BEINGS as manifestations of the Same Divinity that is the very core of oneself.” - Divine Discourse, 23rd Nov., 1993**
10. **“In the lowest worm as well as in the highest human being the same Divinity exists and out of this comes the basis of morality.” - ‘Sathya Sai Newsletter’- CA. Letter to a devotee, Mar. 1977**
11. **“Why should you argue that animals, beasts and birds are bad? Each is treading its own dharma. It does not overstep or undermine. They have greater cooperation and mutual love than even men. Each has to be judged from the point of view of the equipment and the opportunity. Man can live better if he learns from the animals. He is degrading himself even lower. They are following their dharma, men are not. When the Lord incarnates, He has as one of His tasks the protection of sadhus, of beings with quiet, innocent natures. Among animals are countless sadhus, remember.” - ‘Q.A. Sess. Baba/Dr Hislop’~ Peggy Mason’s Magazine, Summer 1996**
12. **“The task of every avatar has been to protect the sadhus, punish the wicked and support right conduct (dharma). By sadhus, I do not mean monks and ascetics alone, as it is generally understood. It means the ones who practise goodness, uprightness and virtue.” - ‘Geeta Vahini’ Ch. 8**
13. **“Sadhu means good. Sadhu virtues might be found even in animals, insects and worms.” ‘Sathya Sai Speaks’ Vol. II P 141**
14. **“The last of the yagnas is the Bhuuthajna - Steps to comfort and keep happy the animal collaborators and companions one has around him - bullocks, cows, goats, horses which help you by their toil, and dogs, cats and other pets which make your home pleasant and full of joy.” warning us that: “You should not keep them hungry or overwork them. If any animals depending on you for love and care sheds one tear in your home or farm, remember you will suffer greatly therefore.” - ‘Sathya Sai Speaks’ Vol. IX (Swami quoting the Vedas)**
15. **“Hurting someone is a crime, hurting any living being is like hurting me. Be careful not to hurt any being. Hurt never. Help ever.” ~ Sathya Sai Baba**
16. **“Compassion towards all creatures is the greatest virtue. Wilful injury to any creature is the worst vice. Have full faith in this: spread love and joy through compassion, and be full of joy and peace yourselves.” - ‘Sathya Sai Speaks’ Vol. 12 Ch. 51**
17. **“Compassion towards all beings is the highest spiritual discipline. Man is the crown of Creation; he is the highest among living beings. Therefore, he bears a great responsibility. He has to love other living beings, serve them and save them, for they are his kith and kin, and they too have the Divine Principle as their core. But, man is proving himself worse than animals due to self-**

centerdness, conceit, envy and anger.” ~ Sathya Sai Baba - ‘Thought for the day’ as written at Prasanthi Nilayam, 4th Mar., 2007

18. “From birth to death, from dawn till night, man pursues pleasures by the exploitation, the despoiling, the desecration of Nature, ignoring the truth that it is the property of God the Creator and, any injury caused to it is a sacrilege, which merits dire punishment.” - ‘Sathya Sai Speaks’ Vol. 28 Ch. 15
19. On the subject of Vivisection, Baba has stated to a medical researcher concerned about his amount of animal experiments: “No experiments on animals. Animals have souls like yourself, and no different. I will be pained, if pain and harm comes to any part of My Universal Body. Realize this truth, and you shall be free from the karmic bonds. I dwell in each individual part of this Brahman. Man has no right to interfere with my Creation. Let that be known to mankind. Your action, no matter how small or insignificant, should be aimed at helping, and not harming.” ~ Peggy Mason in her Magazine, Summer 1995 P 26
20. “My devotees in satsang should send love in meditation to vivisectors and legislators. Lawmakers will make laws to eliminate vivisection (literally, cutting up living animals) which has evolved to mean confinement of and harming of lab animals.” - Sathya Sai Baba’s quote from ‘Stars from The Avatar’ ~ Saiom Shriver
21. “Animals do not know what sin is. So, they do not have fear of sin. But you should have fear of sin, as you are aware of what it is. You should have control over your senses.” - ‘Sanathana Sarathi’ June 2001 P 178
22. “Each of you has struggled upward from the stone to plant, from plant to animal, from animal to man. Do not slide back into the beast. Rise higher to divinity, shining with the new effulgence of love.” - ‘Sathya Sai Baba - ‘The Embodiement of Love’ ~ Peggy Mason/Ron Laing P 75
23. “Many of you go through Sai Satcharitha. And God comes to you in the form of a buffalo. He comes in the form of a dog. God comes in the form of a cat and partakes the food you offer. If you say, ‘Swami, you have not come to my residence’ He says: I came in the form of a cat! In what forms should He come? All forms are His! All names are His!” - Christmas Discourse, 1997
24. “All life may flow towards God, even frogs in a pond and insects. Even here, insects and frogs live in the pond feeling everything is all right and feeling happiness.”- ‘My Baba and I’ ~ Dr. John Hislop P 225
25. “Spirits of animals and birds can only hear but they cannot speak. When they listen to bhajans, they will also be spiritually elevated. This is the reason why I keep on telling you to sing bhajans loudly.” - ‘Journey with Sai’ ~ Karunamba Ramamurthy
26. “Man has passed through many animal lives before he has come to earth in human form. Strains of animal nature such as cruelty, anger, greed and

hatred still persist in him. Man is many animals in one. He has the jackal, the buffalo, the tiger, the elephant, all in him. He must cast off these traits from his composition, remnants (of animal qualities) from past lives.” - Radio Sai, 17th Mar., 2017

27. “The inward vision will lead a person to Pasupathi, the Lord of all living beings - the master of animals ... A human born with animal qualities can elevate himself through self-effort and training into a master of the animal qualities (Pasupathi).” - `Vidya Vahini` Ch. 4
28. “I have tried to open your hearts to unconditional love for all, this includes unconditional love for animals too! They have the same soul as you.” - Divine Discourse, 21st Nov., 1995
29. “If you develop love for all beings, in the faith that God resides in all, you may be anywhere else, but your prayers would reach Me and My Grace will reach you. While in my previous body, I told Nanashab that I am in ants, insects and animals, besides all men. When a dog ate all offerings intended for Baba, it was declared to have reached Baba, for he had eaten it in that form. `Nana says, he is giving Me food, but when I go in the form of a dog, he drives Me off. Follow what I say wherever you are in the world, if you do then I am near you always, I am there always where my Words are followed.” - Shivarathri Discourse, 1979.
30. “Your peace and happiness are linked with the world's peace and happiness. Any act of hatred or violence committed by you will pollute the atmosphere of the world. Adore every living being and the adoration reaches God, for He is in every being. Insult any living being and the insult too reaches God. So expand love towards all, everywhere.” - Divine Discourse, 15th Aug., 1985
31. “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, and spread out its branches over animals, birds and those that creep and crawl, and let the Love enfold all things and beings in all the worlds. Proceed from less Love to more Love, narrow Love to expanded Love.” - `Sathya Sai Speaks` Vol. 8 Ch. 16
32. “It is only Love that encompasses and permeates the entire world. None can exist without love even for a moment, be it human beings or animals or birds or insects. This love is the very form of God. But today, man is misusing this sacred love by diverting it towards the ephemeral world. Never underestimate the power of love. Our ancient Rishis, leading a life of solitude in forests, they could live in harmony even with wild animals only because of the power of love.” Divine Discourse, 28th July, 1999
33. “Increase your spiritual dimensions. Live with the firm conviction that there is a single divinity resident in all.” - Divine Discourse, 23rd Nov., 2000
34. “The learned man who has acquired humility through vidya must treat the cow, the Brahmin, the elephant, the dog and the eater of dog-flesh with equal compassion and consideration. Uniform compassion shown in this manner

transforms itself into uniform welfare for the recipients. Wishing well for all is a sign of the one who has earned Vidya.” - ‘Vidya Vahini’ Ch. 16

- 35. “When you love and look after an animal, you help to lift the whole of Creation. If you can’t keep an animal, then you should at least feed the birds and wild creatures.” - ‘Sathya Sai Speaks’ - Vol. X Ch. 36**
- 36. “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**
- 37. “Sometimes I am a dog, sometimes a pig, a cow, a cat or an ant, a fly or an aquatic creature. In such various forms do I move about in the world. Know that I love only him who sees Me in all the living beings. So give up the sense of differentiation. This is the way to worship Me.” ~ Sai of Shirdi**
- 38. “The festival of Sankranthi bestows immense joy on even animals and birds. It is a very important festival for farmers. This is the day he brings home the newly harvested crop and enjoys the fruits of his hard labour. Thus, right from a farmer to the king, everyone celebrates this festival joyfully. Names may vary, but this festival is celebrated by one and all irrespective of religion and nationality. It marks the beginning of the sacred time of uttarayana (sun’s movement toward the north). It confers bliss on one and all. Everyone should make efforts to overcome worries and enjoy everlasting happiness.” - Divine Discourse, Makara Sankranti - 14th Jan., 2005**
- 39. “Love is present not only in human beings but also in all creatures, birds or beasts. Nor is that all. It is in fact all pervasive. Love pervades everything in Creation. Man’s humanness is vitiated when he fails to recognise this love.” - ‘Sathya Sai Speaks’ - Vol 30 Ch.19 P 280**
- 40. “You need not go far in search of Me. Barring your name and form, here exists in you as well as in all beings, a sense of Being or Consciousness of Existence. That is Myself. Knowing this, you see me inside yourself, as well as in all beings. If you practise this, you will realize all-pervasiveness, and thus attain oneness with Me.” - ‘Sai Satcharitra’**
- 41. “There is no human being without love. Even beasts, birds, animals and insects have love. This love is experienced even in the smallest of creatures. We should have deep conviction that God is present in everyone in the form of the Atma, consciousness ... We go by name and form. We may call it snake or scorpion. God is in every creature. God has given skills to different creatures to protect themselves. The scorpion stings in self-defense and not with an intention to hurt. In a dense forest, a lion hurts only if hurt. Reaction, reflection, resound.” - Divine Discourse, Hadshi, 29th Oct., 2009**
- 42. “For He makes us aware that the God we adore, the God we love, the God we live by, is in every other being as Love. Thus Love expands and encompasses all Creation.” - Divine Discourse, 25th Dec., 1981.**

VEGETARIANISM

43. **“Animals did not come for the purpose of supplying food to human beings. They came to work out their own life in the world. When a human being is dead, the foxes and other animals may eat, but we have not come to provide food for those that eat the human body; we have not come for that purpose. Similarly, man eats the animal, but the animal has not come to provide man with food.” - ‘Conversations with Sathya Sai Baba’ ~ Dr. John Hislop P 19**
44. **Members of the Organization should have some good habits ... So we have to partake of food in a proper way ... Meat eating is also very bad ... Those in the spiritual field should immediately give up smoking, drinking, meat eating and gambling ... You take this meat eating. Many people have to kill the animals because of your non-vegetarianism. You are responsible for the death of those animals. They are killed because you eat them. This is a sin. What a sin to kill innocent animals and eat them.” 21st Nov., 1995**
45. **“Meat eating should also be given up because eating animal food promotes animal tendencies. It is sinful to slaughter poor animals for one’s food. Sai members should follow the motto: Help ever; Hurt never. There is no meaning in professing to respect human values without observing the rule that you should cause no harm to others in any form whatsoever.” - ‘Sanathana Sarathi’ Jan. 1996**
46. **“Today, let it be anyone, whether one deems himself a devotee or not, he should give up meat eating. Why?... It has been well said that the food one consumes determines one’s thoughts... How sinful is it to feed on animals, which are sustained by the same five elements as human beings! This leads to demonic tendencies, besides committing the sin of inflicting cruelty on animals... Calling themselves Sai devotees or devotees of Rama and Krishna, they fatten on chickens. How can they be deemed Sai devotees? How can God accept such a person as a devotee?... those who aspire to become true devotees of God have to give up meat, liquor and smoking.” - ‘Sanathana Sarathi’ Dec. 1994**
47. **“The animals cry and weep when they are being killed. It is not the case with plants; as such, equating killing of animals and destruction of plants is faulty logic. Further, killing the animals and eating their flesh leads to the creeping or dissemination of the animal qualities and behavior in to the man ... Food conditions the nature of the mind. Mind guides the thinking. Thinking results in action. Actions lead to commensurate or matching results and effects. This chain of action between the food we eat and the results of our actions highlights the fact that meat eating leads to beastly actions and the concomitant evil effects.” - ‘Sathya Sai the Avatar of Love - ‘Sathya Sai Avatar of Love - A Collection of Articles by various Devotees.’ P 132**
48. **“Anything that has life tries to stay alive. No living creature would give itself up as food for another living being. Animals, birds and fish also feel the desire to live just as humans do. They too would struggle, cry and feel the pain in being hurt, just like the way we would if we were captured and threatened to be killed. The only difference is that animals cannot verbally**

express to us the agony that they feel. It has been reported that pigs that are being slaughtered cry in a manner similar to the way humans scream.” - ‘Summer Showers in Brindavan’ May 1996

49. “Reincarnation is thus an integral part of the law of Karma; by hurting the animal kingdom we are incurring a karmic debt of enormous magnitude and bringing retribution upon ourselves. Lord Krishna has stated in the Bhagavatham, ‘Those who kill animals without remorse are devoured by those animals in their next birth.’ - ‘Sanathana Sarathi’ May 1996
50. “I have been stressing the vital importance of people giving up this habit of eating non-vegetarian food even from my boyhood days ... it is a heart-rending sight to see cows being slaughtered to serve as food for man ... The cow has been worshiped as mother in Bharat since ancient times ... Cow-slaughter is repugnant to the culture of this country ... Violence in any form is evil and to kill innocent animals in tantamount to blatant savagery.” - Sanathana Sarathi Dec. 1994 P 322
51. “The food consumed by man provides the source of origin, sustenance and development of his mind. After digestion, the grossest part of the food is thrown out as excreta. The subtle part becomes blood and flesh, while the subtlest part assumes the form of the mind. So, the nature of the mind depends on the quality and quantity of food consumed. While the gross body or the food sheath (annamaya kosa) is chiefly derived from food, the subtle part of the water we drink contributes to the life sheath (pranamaya kosa). The grosser part of the water goes out as urine. The food sheath and the life sheath provide the basis for the other three sheaths, namely, the manomaya kosa (the mental sheath), the vijnanamaya kosa (the intellectual sheath), and the anandamaya kosa (the bliss sheath). This shows the paramount importance of food and drink in moulding and developing the human personality” - ‘Sathya Sai Speaks’ - Aug. 1990
52. “People used to celebrate Yagnas in ancient times; and they sacrificed animals in these Yagnas. But the animal is only a symbol. It is not the dumb creature that had to be cut to pieces. The animal leads a life of sacrifice without man completing his career at the sacrificial pole! The animal that has to be disemboweled and offered is different; in the spiritual vocabulary, animal means ‘the body consciousness’, ‘the I-consciousness’ and it is that that has to be slaughtered.” - ‘Dharma Vahini’ P 5
53. “Every day tonnes of fish are caught from the oceans. This indiscriminate exploitation of Nature results in imbalances in Earth, which is playing havoc with human lives.” – ‘Sanathana Sarathi’ Mar. 2001 P 71
54. “For the purpose of feeding ourselves, many lives are being sacrificed. Because these various living things are being sacrificed and are merging with human beings, they have also been acquiring human lives in their rebirth. None of these Jivas is getting any chance of rising higher than human lives. The entire life is being spent in making an effort to be reborn after one’s death, thus repeating the cycle of birth and death.” - ‘Summer Showers in Brindavan’ 1974

55. **“We slaughter our own kind for the greater glory of ourselves.” ~ Swami, while observing the wild life, during his visit to the National Park, Uganda, 5th July, 1968**
56. **“Man consumes as food many living beings, plants, eggs, fish, cattle, sheep, etc. These are born as human beings on account of this act of consumption. But, since they have not had the education which can reveal the God within, they vegetate or stay brutish, without appropriate ticket or passport for rising higher than the human status in which they have been hurriedly placed. Like most men, they roll along from womb to tomb, bond slaves to the senses and the ills that the bondage inevitably brings in its train.” - ‘Sathya Sai Speaks’ Vol. 12 Ch. 34**
57. **“There should be some regulations with regard to food. Many doctors emphasize the value of proteins and recommend meat, eggs, etc. Proteins got in this form serve only to build the body but do considerable harm to the mind. Doctors are primarily concerned with the gross physical body. They pay little attention to the subtle form of the mental makeup. Most of the diseases that are prevalent in the world today are related to the mind. Mental illness seems to outnumber physical ailments. Vedanta has declared that the mind is the cause of man’s bondage or liberation. This means that the mind has to be used properly and turned Godward. Equally, the mind is responsible for health or sickness. In this context, food is all important. Proteins are present in milk, curds and vegetables as much as in meat. If in the matter of diet, the doctors give the right prescription, diseases can be averted.” - Divine Discourse, 7th Feb., 1993**
58. **“Once, even Prahlada said: “Since it is difficult to destroy egoism, man finds it easy to destroy this dumb animal as a substitute. Animal sacrifice is the manifestation of Tamoguna; it is the path of bondage. The sacrifice of the animal of egoism is Sathvic Yajna, in the Godward Path of Liberation.” - ‘Dharma Vahini’ Ch. 1 P 5**
59. **“It is a fact that plants have life like animals. But animals are endowed with mind, and nervous systems too while the plants do not possess the same. The animals cry and weep when they are being killed.” - ‘A Compendium of the Teachings of Sri Sathya Sai Baba’ ~ Charleene Leslie-Chaden P 634**
60. **“We cannot feed ourselves by killing another being. This is not good for us. This body which is made up of flesh, should not be fed with flesh. Your body must be fed with nectar and not with flesh... You should eat only vegetarian food which God has provided for us.”- ‘Sathya Sai Speaks’ Vol. 32 P 281**
61. **“At times, to get more protein and strength you may be recommended to consume animal foods like fish and poultry. Consuming non-vegetarian food is not required and you must avoid it. A healthy balanced diet of greens, milk, curds and grains will provide you with all required nourishment.... Some may ask, do not plants have life and will they not suffer when we cut and cook them? All plants and vegetables have life, but lack the senses... However, animals have senses and when we cut them, they suffer intensely. To avoid bad thoughts, do not take excessive food, or that which is earned**

by unrighteous means, or non-vegetarian diet or food that is not offered to God.” - Divine Discourse: ‘My Dear Students’ Vol. 2 Ch. 2

- 62. “Nature can be modified by nurture; even dogs can cease to relish meat when they are trained to relish only vegetarian food.” - ‘Sathya Sai Speaks’ Vol. XII Ch. 36**
- 63. “My friends would bring everything (food) prepared in their houses for Me. But I used to tell them, ‘See, in your houses meat or fish is cooked and eaten. So, please don’t bring anything from your houses.’ This way I discouraged non-vegetarianism in Puttaparthi. In the same manner, I prevented cruelty to animals in the form of cockfights and cart races and also prevented the gambling habit of the people.” - ‘Sanathana Sarathi’ July 2000**
- 64. * “But a little milk, butter and cheese are acceptable because no harm is done in obtaining them.” ‘Conversation with Sathya Sai Baba’ ~ Dr. John Hislop, P 20 - (Written in 1978)**