

Swami's 100th Birthday: The Spiritual Journey from Prema Swaroopulara to Pure Selfless Love

November 23, 2025



The Inner Significance of Prema Swarup Lara (PSL)

On the auspicious occasion of Swami's 100th birthday, let us reflect on the deeper meaning of "Prema Swarup Lara," a loving address Swami uses for us, often abbreviated as "PSL." Swami teaches, "the relationship between you and God is Love alone. Nothing else can be called Love." With so much love residing within us, what prevents us from expressing it fully? To truly be worthy of the title Embodiments of Love, we can honor Swami by striving to become "Pure Selfless Love" in every moment. Swami's centenary inspires us to let the flowers of love bloom from PSL to PSL 100—demonstrating Pure Selfless Love 100% of the time! Swami is waiting for us; let us all embark on this transformative journey from PSL to PSL 100 together.

Boarding S.A.I. Airways Flight #108: The Journey Begins

It is now time for S.A.I. Airways Flight #108 to depart from gate #9. Please fasten your seat belts, sit back, and relax as Swami's plane prepares for liftoff. Our journey commences with the divine vibrations of the first sound in the universe—Om, Pranava.

*Bhajan: <https://sairhythms.sathyasai.org/song/pranava-swaroop-paahi-gajanana-vighna>
Pranava Swaroopa Paahi Gajanana Vighna Nasha Vinayaka
Eka Dantha Hey Gunavanta Vighna Nasha Vinayaka
Shritha Jana Palana Sindhura Vadana Vighna Nasha Vinayaka
Mahadeva Shiva Gowri Nandana Vighna Nasha Vinayaka*

The Lesson of Love and Attachment

Swami reminds us, "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."

The Nature of Pure Love

When Swami speaks about Love, He does not refer to affection, attachment, or the romanticized version found in poetry. The Love that God exemplifies is not an emotion but an expression of

oneness in the quest for eternal happiness—Pure Love. How does Pure Love manifest? It is revealed through compassion and selfless sacrifice. This selfless sacrifice is an attribute of the Atman, which is eternal. In the world, Pure Love is not individual or even global; it is cosmic and beyond—it is Selfless Love.

By recognizing the Atman in others, one naturally feels compassion; when another suffers, you suffer too, and when another is in pain, you also feel pain.

God manifests as Pure and Selfless Love and Incessant Compassion. We are all capable of expressing this; what holds us back? Only our false ego and our attachment to the transient body. Let us resolve to show a little compassion each day, allowing it to grow boundlessly. If Hanuman could leap over the ocean, our compassion can extend across the Earth. We often underestimate our own potential.

*Bhajan: <https://sairhythms.sathyasai.org/song/prem-eshwar-hai-eshwar-prem>
Prem Eshwar Hai Eshwar Prem Hai
Har Dhadkan Mey Sai Sama Hai Eshwar Prem Hai [Prem Eshwar...]
Ram Rahim Krishna Karim
Zohrashtra Yesu Nanak
Koi Bhi Naam Japorey Manuva Eshwar Prem Hai (Manuva)*

Reflections from the Gita Vahini and Gopikas' Example

In the 'Gita Vahini,' Swami says, "Yes, you have to live in the world and act in society. But you must do your action keeping your eye on the Eternal." What does it mean to keep your eye on the Eternal? The Eternal is Truth and Righteousness. Therefore, our actions must reflect Pure and Selfless Love and be rooted in Dharma (Righteousness), Sathya (Truth), and Prema (Love). With these as our foundation, everything else falls into place.

How can we fill our hearts with pure selfless love? The stories of the Gopikas provide valuable insight. When the Gopikas complained to Yashoda about Krishna's mischievous acts of stealing butter and milk, Yashoda scolded Krishna. Krishna explained that Yashoda's food was served with attachment, while the Gopikas' was given with pure love and divine feelings. Through His playful acts, Krishna illustrated the profound difference between love and attachment. Attachment is born of body-consciousness, but love comes from the heart. The Gopikas were true embodiments of PSL 100!

Bhajan: Prananaatha Prabhu

Arriving at Our Destination: The Inward Journey

It is now time to stow your tray tables, unfasten your seat belts, and prepare to disembark—we have reached our final destination. Our hearts overflow with gratitude and love as we arrive in Prasanthi Nilayam. Throughout each step of our journey, Swami has shown us that, no matter how far we travel, true bliss is found by traveling deep within our spiritual heart. This is the real Prasanthi Nilayam, the seat of pure bliss that resides within us.

The Poem of the Inward Journey

Here is a poem written by Swami that beautifully captures this inward journey:

The bird with you, the wings with Me;

The foot with you, the way with Me;

The eye with you, the form with Me;

The thing with you, the dream with Me;

The world with you, the heaven with Me;

So are we free, so are we bound;

So we begin and so we end;

You in Me and I in you

Universal Love: Final Reflections and Bhajans

Just as we began our journey with the divine vibrations of Om, let us now offer our hearts, overflowing with pure selfless love, by chanting the name of Om Sai Om as it unites us in oneness.

Bhajan: Om Sai Om