
SACRED HEART #1: DESTINY

GURURAJ: Now what do we mean by destiny and what is the purpose of destiny? What is the purpose of man's goal in life? Definitely not nuclear wars!

The purpose of man's life is to find the divine essence that is within him which is his birthright, and without this divine essence one could not even lift one's hand. It is a force that we could use the way we want to use it. But the ego self interferes because the ego self thinks it is self-existent. The ego self could never be self-existent. If you would regard the ego self to be heat, the heat must come from a fire. So the divine self within man is the energy that is given to the ego to fulfill his or her needs. But when man tries to demand too much, you get what you need and not what you want. If that could be remembered, then the ego self will not make unnecessary demands and the ego self would become more clearer. The thought patternings that make up the ego self... the ego is nothing else but a collection of thoughts and impressions that came through the ages, that came through the one universal mind from which any man could draw.

Now, at the highest level the ego self is at its purest, at the finest level of relativity. But man does not reach there, and that is why we teach meditation on how to reach that high deep level whereby that purity could be captured. And this ego self is only functional in the relative life. It does not touch the Absolute, for the Absolute which we know to be divine is just an energy, to repeat again, to be used as it wishes to be used as the ego self wishes to use it. Therefore we say man has free will. Now, the ego self of man the small "I" that composes man is filled with all kinds of desires. These desires have a background, and the background consists of various impressions and patternings created by all the experiences we have gone through. Now, many people try to control the ego and that is an impossibility. The only thing that can be done is to reach the higher level within ourselves, which I call the superconscious mind, through meditation that we could bring back from that reservoir of energy which would cleanse the ego, which will purify the ego, which will get rid of the patternings of the ego self. And when these patternings are redirected towards good, towards peace and not war, then life assumes a totally different perspective. Then nothing would harm you. You will stand at a stage where good things won't inflate you and bad happenings won't deflate you. Because we're all governed by the law of opposites, and in the law of opposites we have pain and we have pleasure, we have cold and we have heat. So, these things we have to remember are happening only on the very gross relative plane of existence.

I said the other day when the sky is overcast it seems so dull here. But if we go beyond the clouds the sun is there shining in its full glory. So we have to go beyond the ego self in order to experience that full glory which we call Divinity. And, it is everyone's birthright to experience that.

Now, people say that we live in a world of changes. But I would like to propose something new to you this evening: that the world of change does not necessarily imply that there is changelessness. It is only inferred because of this low principle of the law of opposites it is only inferred that amidst all the changes there is an element of changelessness. But it is just an inference. It cannot be proven by reasoning. Now, I do not say that you must be unreasonable, but I do say you must be non reasoning. See the three factors? Reasoning, unreasoning, and non reasoning. For, when it comes to reasoning you try to work out things logically and logic can never get you very far. Even Einstein used only 8 percent of his brain. Unreasoning means you just don't care, you are unreasonable, you don't care what happens and no one can convince you of anything. But the area of non reasoning carries within itself the element of reason and yet you are above reason for there you have now infused that divine energy. Now, when that divine energy is infused within reason, then you start on the path of right thinking; and right thinking spurs on right action because you are at peace with yourself then. You have reached the stage of integration where mind, body, and spirit function in totality, and when there is this harmony, then naturally there must be peace. And this is what man needs as far as the nuclear threat is concerned. But unfortunately, the nuclear powers that are in this world have billions and billions and billions of dollars involved in it. Now recently I believe the president of America even sanctioned the expenditure on the MX missiles, and of course the pretext is this, that this is for self defense. So, it is based on fear. And what fears? The ego fears. Divinity is beyond all fear.

So, because of fear you have this protection. How is it going to be used? The nuclear powers in the world today have thirteen thousand million pounds of nuclear substances. That means with four thousand billion in the world's population there is three thousand pounds of nuclear power per person. Per person. And yet they want to manufacture more. Three thousand pounds to wipe out a single person and they want to manufacture more. Look at the logic of this. That is why we had this prelim conference of international business leaders and things for a major conference to be held next year. So, how to avert this? Those are the solutions we are trying to seek.

Now, by organizing the world's international business leaders, perhaps some pressure could be put on the various governments whereby the production could be stopped. We don't say destroy all that which you have, because destroying those nuclear armaments you would be destroying the world. You can't go and explode them up. Keep them and find ways and means to stop the radiation that is around. And as you manufacture nuclear bombs or whatever you want to call it, in the very process of manufacturing it, a radiation occurs which is floating all around. If you notice how the world's health is deteriorating, hm? And these things contribute to this.

So it is all based on fear and it is the ego self that fears because the ego self fears because it has no love. So, our meditation teachings... young lady, are you paying attention? Good! Our meditation teachings are very individualized,

tailor made for the particular person. If you wear a size 36 suit, size 32 is no good and neither is size 40 any good. It must be your 36. So it's an individualized thing and the main thing it does is bring about an integration between mind, and spirit. Now when this is done when integration is brought about then the first thing that happens is it expands the heart, and by the expansion of heart I mean that you start loving. You discover the meaning of love, and when you discover truly discover the meaning of love, you will discover the meaning of the divine, for it is said in St. John's, "God is love and love is God." So this discovery, this diving deep within, is not only to bring that peace and joy to yourselves but at the same time you are discovering that which is divine. So with this discovery, all your actions, every function of yours be it physical, mental or whatever, biological will be guided through this force, and all action becomes right action because your heart is filled with love. And that is what we need today in this world for peace, not fear. Fear breeds hatred, while love brings peace. That is the only answer to today's nuclear problem. That's the only answer. There are so many other inventions in various lands that are not even made known to the public. Even more detrimental than nuclear power, although nuclear energy is used. But the governments, the great powers, are suppressing this knowledge and not letting anyone know because it will create world panic. So these are the solutions we are trying to find. And of course I was invited to speak from the spiritual angle and the spiritual angle can only be one: love. And you can only love if you are integrated. And it is so easy. People say how difficult it is to find God. I think it is the easiest thing that you can find

simply a matter of diving deep within in that peace and quietitude. As they say, "Be still and know that I am God." But produce the stillness. That is why we meditate. To produce that stillness within us to know that Divinity that is there. That is the purpose of meditation. So it opens up our hearts in love, and not only that, it also expands our awareness where we do not look at things sectionally but more holistically. And when we see things more holistically, then we cannot help but to love, for am I not my brother's keeper? Love thy neighbor as thyself. But how can you love your neighbor as yourself if you live in hatred and fear which is the department of the ego self you mentioned. So, as you carry on with spiritual practices and meditation, the opaqueness, the debris, the dirt which composes the ego, gets more and more clarified until it reaches a transparency whereby the fulness, the full force of the superconscious self shines through in its full glory.

I always use an analogy that this pane of glass if there is a strong light shining from behind it you will just see the light. The glass would seem to disappear. So you will always have the ego, for without the ego self you'd become totally non functional. You won't be able to eat, you won't be able to go to the bathroom, none of those things. So that must remain. That preserves your individuality. And yet, when you are integrated, though remaining individual, you'll feel universal where you can encompass within your arms the entire universe. Man has the ability to reach the furthest corners of the

universe, and this becomes a living experience. This is in the area of non reason where reason is infused with non reason, for the spiritual self, the divine self, does not reason. So it becomes a combination of reason and non reason because it is not based on logic; it is based on experience. It is experiential. Like love, which is non logical, which is in the realms of non reason but something is experienced deep within.

Now, when you experience anything within yourself it has to be expressed. That is the law. If you try and suppress it, you will land up with all kinds of mental illnesses. Suppressions, inhibitions can cause a lot of mental imbalance. So it has to be expressed. Now when you experience this quietitude and love within yourself you naturally will express it. For love is always giving, and the more it gives the more is accumulated inside. The more it grows inside, the more you give. It is not like math arithmetic where from ten apples you take away two, there's only eight left; you take away another two, there's only six left. No. Love is such that if there are ten apples and you give away five, you will have fifteen. Now, that could be the only solution to your question, is that man must develop in love. And in order to develop love, man must get rid of his fears. And how to get rid of his fears? Man must learn to meditate.

So, we are talking in logical terms things that could not be understood by the mind. No one can explain you the mechanics of fear. For fear and hatred has to do with the realm of emotion. Now, by what are these emotions guided? These emotions only come about (Mr. Fasion (?) I remember your question last time) by the various impressions you have had in your mind. So, if you look at it deeply, if you look at the ego self deeply, it is nothing else but thought and what is the validity of thought? What is the validity of individual thought? Is it existent or is it non existent. You can only know what thought is if it is expressed through emotion and feeling. It only finds validity if emotion and feeling is there, otherwise thought is non existent. Thought comprises mostly of image making which in turn is expressed for communication purposes by symbols or words. Now, look how limited words are. Look how limited symbols are and all these Jungian interpretation of symbols have only touched their toes in this vast ocean of the functioning of the mind. You see? How little we understand.

So why bother about understanding. Find the peace that passeth all understanding. The mind is capable of greater expansion, greater development. But what has happened we study history it has brought about so many technological advancements. Do you call that evolution? And all these technological advancements, technological progress, has brought us the fear of the nuclear bomb. Has it brought peace in men's hearts? Has it made this world more peaceful? You have a little child and you make the child obedient and good with a threat of a stick. That is what the governments are doing. How about making that child obedient and good with love? Which is better? So, holding a stick over someone's head is not going to help anyone because your fear that the child is going to be naughty reproduces itself

as fear in the child's mind for the stick. So here fear breeds fear. But if you make the child feel that love, then the child will be obedient and good. So when that love is expressed for the child, the child will reciprocate with love towards you.

So, the ego self in reality is non-existent. The only reality is divinity and they say that man is made in the image of God. Very very true only when he can become godly and not ego ly. New word for your dictionary! It is true, man is made in the image of God because man is divine. What can come from divinity but divinity? What can come from fulness but fulness, not emptiness. While the ego is empty, without substance, just patterned thoughts expressing themselves: good patternings will produce good thoughts and good actions; wrong patternings will produce wrong thinking, wrong action. And wrong thinking comprises of fear, hatred, and all those qualities associated with it. Right thinking brings about kindness, compassion, love. It is all blood brothers. If one quality is cultivated, if the heart through meditation if the heart through (she is going to start learning tomorrow how to meditate) if the heart can be expanded with love, automatically and very spontaneously you become more kinder, compassionate, sympathetic where you can feel the pain of others and do your best to alleviate it. And everything you do rebounds on you tenfold. If you are kind, kindness will rebound on you to tenfold. If you are hateful, the same will rebound on you tenfold. And then man complains of misery and suffering. Everything we experience in life is of our own doing. If you have a poverty consciousness you'll be poor. If you have the conscious of abundance you will have abundance. If you go on saying, "Oh, I'm ill, I'm ill, I'm ill," you'll become ill. I said in a talk somewhere else where Emile Coue made an experiment at his first clinic in France where the only formula he gave to the people that came there that to repeat to yourself morning, afternoon, and night: "I am feeling better and better and better. I am feeling better and better and better." And the person becomes better. So all these illnesses stem from the mind, from the wrong patternings of the mind. And the basis of all wrong patternings of the mind is fear. Fear constitutes the bigger part of your little ego self.

[END SIDE ONE]

You know in talking about health, the hospitals have one formula all hospitals. If you have high blood pressure they keep you for two days. And they keep you for two months if you got high insurance. Yes.

So, the major part of fear which is the basis of the ego, and this world is ruled by egoistic men. Politics is a profession of the second best. Some great man has said that. Fear of the unknown there is no death, there is only life. Death is like passing from one room into another or like changing one set of clothes into another set. But the ego self that wants to

hold you back, back, back you don't want to lose this mortal frame of yours. Why? Why? Now all fear stems from that root fear. What do you fear mostly? I'm going to lose my job? My wife or husband is going to run away or not going to love me anymore? Or my children are going to fail in their exams? Or I've got to go to a party and the other ladies will have nice gowns and I fear to go because I haven't got one? So so petty, petty, petty. Petty things we are fearing all the time being afraid of petty things. You fear you're going to be ill. You fear this is going to happen or that is going to happen. So are you not really projecting your thoughts into the unknown because you do not know what is going to happen? Do you drive your car with the fear in your mind I'm going to have a puncture, I'm going to have a puncture, I'm going to have a puncture or the car is going to break down, break down, break down? You don't! So, when the heart and mind can function together through the process of meditation then fear becomes less and less and less.

Yes, the fear of the unknown. How do we here in America know that Russia is going to bombard us with missiles, nuclear bombs. How do we know? And how does Russia know that we Americans are going to bombard them with missiles? Projection of thought and these fears in this government comes because collectively people are fearful and everything emanates a certain energy. These flowers emanate a fragrance. We emanate a certain energy all the time and it can be seen the occultists call it auras. I call it an emanation. An energy is always being let up. Now, when fearful energies are let up all the time, then collectively it becomes a big fear and that leads to hatred and war. So, the condition of any country is totally dependent upon the people that live in that country. And then this spreads. After all, what is a country? America, England, France, Germany, Japan, South Africa? Are these not manmade barriers? This planet came into being as one planet, one family, one world, one piece of earth. And because of man's fear he started having greed, accumulation of nuclear armaments or wealth, or what have you. Billions and billions and billions are spent. I could quote you figures that will make no sense and yet there are so many hundreds of thousands and millions of people starving. There are eight million people in this most prosperous country in the world, America, that are living below the bread line. And yet we could spend millions and millions on this nuclear rubbish.

So, because the ego is filled with fear which forms a major part of it, it precludes the divinity from acting. That was the basis of your question. It stops divinity from acting in its full glory. And not as it should, and yet it is there. It permeates every cell in your body. But you don't allow it a chance to express itself. We stifle that divine energy. We do not bring that divinity into our awareness; therefore how can our hearts be opened with that energy which we could call love. Love is not to be stifled but to be expressed.

Yes. So to recap, we could never get rid of the ego, for without the ego all individuality is lost. Fine. And to live in this relative world in relative existence, this individuality is required. But every individuality, through the process of meditation and spiritual practices, could be enhanced by the awakening of the heart which would pour itself through feeling and

emotion, and yet it is beyond that too, but those are the methods we have on hand. Those are the tools we have through which it could be expressed. Then Divinity would be expressing itself.

It is no sense in coming to a chapel this is a chapel isn't it? No sense coming to a chapel on Sunday mornings and praying to some nebulous god that you know nothing about and doing business with him: Lord, you do this for me and I will do that. No, we don't want such a god. By all means come to the chapels. I would like to see the churches become more fuller and fuller and the temples and the synagogues, by all means. But what we need most is the living God, and the living God can only be expressed by love. Man loves a woman, woman loves man. If you truly love, what are you loving? Do you know what you are loving? Not Bob or John or Jack or Jean or Jane. No. No.

You are not loving that. For you will soon be tired of outer appearances. You would be soon be tired of the so called mental compatibility. But when you truly love you are really loving the Divinity that is in you. For that only is the basis of love. So what happens here, love love itself, and then the separation ceases. I was saying at the talk in Boston, I think, that this whole idea, when we say "I love you" is so erroneous. Have you ever thought of that? And yet they are such sweet words. Here you have the "I" and there you have the "you," and you put poor "love" in between, causing separation. The better way to say it is "I love me." Because you are me no separation. And when more and more and more people start meditating and they do not feel separate from each other, then truly will they know that I am my brother's keeper, for my brother is but me and I am him. So, where could there be conflict then if we in oneness reside? So coming to churches and chapels is good, but let us live the living God through expressing love which is His love which goes beyond the little ego self that we spoke about.

You know, with the churches nowadays they do discourage people sometimes. They are always asking for money. Every time there is something, something, something. So it's no wonder that a person wonders if you are one of the flock or one of the fleeced? [Laughter]
I have some jokes here. You know, this poor pastor was counting the coins on the plate. And he says to his wife, "You know, it's no wonder people are switching from drugs to religion. Religion is cheaper."

That's how it is, isn't it.

So, life could be happy. Life could be totally joyous if we can get rid of fear. Now you cannot push fear out of your mind. You cannot take a screw out of the wall without a screwdriver, yet the screwdriver has nothing to do with the screw. They are two totally different things, but you need the screwdriver to take the screw out of the wall or to put it into the wall. The more you battle against fear, which to repeat again composes the major part of the ego.... Now to get rid of the fear you need tools, and with us our tools are spiritual practices and meditation. So when the heart opens up more it means where there is more love, hatred and fear becomes less. The awareness expands and it can be appreciated through your

emotions and feelings. And it enhances your thinking where it becomes right thinking and gradually you become more and more fearless. You become fearless. And when you have no fear there's no misery. There's no suffering when you have no fear. Because the human mind or the ego can never remain a vacuum. So love replaces the hatred through a systematic method personally prescribed as required by the person, for no two people are alike. We do not have, as I say always, one bottle of medicine for all kinds of diseases. You see? So, everyone is a unique being. Everyone has a unique ego and these spiritual practices bring about harmony, integration, fearlessness and perhaps, hopefully, a better world.

You cannot change this world collectively. Many reformers have come and gone and the world has not been changed collectively. But a person can change himself. He can change all his attitudes individually. So spiritual progress, unfoldment of the heart, allowing the true spirit within to shine forth, it has to be done on an individual basis. And we have found throughout the world and we around the world, you could say, that meditators become more loving people. They become a family. They become such a beautiful family. For example, you want to go and visit England, or Spain, or this, any of our teachers especially the coordinator or myself, I'll give you a note, a name and a address, and I'll say just write to the meditator in Spain and you have the whole crowd coming to fetch you. They don't know you but they know you are Guruji's meditator because you have mentioned my name. Guruji especially asks that you should look after me and you'll see... become a world family. And they will go out of their way. Like here, same thing in America when people come from outside, same thing one beautiful, loving family. So meditate, meditate, meditate. Yes. Good.

Oh this is about more than an hour. Good, now we can have a ten minute break to stretch your legs or to go to the powder room and then in the second session we'll have rapid fire question and answers. Then you can ask me whatever you like, whatever question. Including how to bake bread or to make chopati or anything, anything, anything. Let's stretch our legs.

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