

Gururaj: Another way to gain discipline would be through devotion, surrender. Good. Now that devotion takes the form that “Not my will but thy will be done.” And when man fully appreciates and says, “Thy will be done,” then surrender to that will comes spontaneously. That is another way of self-discipline. Because the emphasis or importance is not put upon our little self, but the emphasis and importance is put upon the big self. That is another one. Then there would be another way where you are not concerned if there is divinity or not. You are not concerned with all the various heavens that scriptures talk about. Your principle in life would be, “Do good be good.” And to do that, one has to exercise conscious effort because to do good does not always come spontaneously because as we said before that we are a product of conditioning. So we have to re-pattern our minds. Man is normally a creature of habit. Yeah, and most of the things we do is without thinking and just an automatic reflex – reflex created by habit. Now these habits have to be changed. That’s true. These habits have to be changed and that requires effort. Good, we have to be? Oh, what time do people eat in Denmark? Lunch? Do you people get hungry one hour earlier? (Laughs)

Translator: <0:04:24.1> one hour later.

Gururaj: Oh is that – is that true? It is yeah – yeah. Right so a habit is formed by, for example you take a piece of string and tie it around your finger. And to undo the habit, you turn the string the other way. So in doing good and being good, effort is required and very consciously we curb the things which we would normally do. There is a Chinese proverb which says that “Before you say an angry word, turn your tongue nine times in the mouth.” Right, because by the time you roll the tongue nine times in the mouth, your anger is gone and you won’t say those angry words. Yeah, so effortful living where we consciously try and do good and follow the precepts of morality and ethics and living that kind of life, doing good, being good, you do not need to believe in anything. When we recognise our weaknesses what should we do? Now that is a question which would be difficult to answer, because one has to describe specifically the weakness. And by knowing the specific weakness, the specific method of overcoming the weakness can be given. It is like going to a doctor and saying, “I am sick,” but that would put the doctor into difficulty. But if you tell the doctor that “I’ve got a stomach ache or a headache or a foot ache”, then the doctor will know exactly what kind of medicine to give and for what purpose. But we can talk of weaknesses in general, is that alright? Good, fine – fine. Now what is a weakness? Good, a weakness is something that does not allow us to cope adequately in life. And when we cannot cope adequately in life, it means that our motor car, instead of running on four pistons, it is running on three pistons.

Now, it is very easy to say that if the one piston of the car is not working, fix it up. But how to fix it? That is the real question. Now through our meditational practices, when our weaknesses are brought face to face in front of us, and it

could be any weakness, then having the weakness face to face to us, half the cure is done. Even our friend Dr. Brye will tell you, yes, that proper diagnosis is half the cure. Good. So being able to face our weakness honestly and sincerely, we are halfway in the process of overcoming the weakness. Now it does require some courage to look at ourselves squarely in the mirror and meditational and spiritual practices give us the courage and that is the main purpose of meditation including so many other purposes. So when we face the weakness, then immediately there is a cognition of the weakness. That means that our minds have started acknowledging and accepting the weakness. Good. I have been doing a lot of work in various kinds of hospitals. Hospitals that treat with cardiac troubles, nervous troubles and all kinds of rehabilitation programmes, and by teaching them the proper forms of meditation, a greater calmness dawns on them. And by having this calmness, they have a greater chance of evaluating the weakness.

Now the greatest difficulty one finds even after knowing the weakness is to accept it to ourselves. I am referring especially two of the work I have been doing with alcoholics. Good. The biggest problem I have with alcoholics is to make them admit that “I am an alcoholic.” Now once the man sincerely admits that, that is the first point and the second point that has to be accepted by the person is that “I am not capable on my own to deal with my problem.” Um-hmm, so it means, firstly acceptance, admittance and secondly to admit that I am too weak to do it on my own. Good. So when these two principles are accepted, we have only used the alcoholic as an example, but the same two principles applies to every weakness. Um-hmm, so when we accept the weakness and when we admit that “I am not capable of handling it myself,” then very automatically, because of that sincerity, the power of grace dawns upon us and when that power of grace dawns upon us, it acts as the medicine. Right! So acceptance, admission, accepting, admitting and being able to use the power of grace helps us immensely, but the greatest realisation it brings to us is to feel a certain presence that I am walking through life and I'm not walking alone. I am not walking alone, my hand is held by the hand of a superior power. That means that there is a spiritual force, a spiritual energy, you can call it god. That spiritual force is with me.

Now when we come to these realisations we do not feel alone and not feeling alone, we find the strength. But in order to admit to our self and to accept to our self that I am not alone, then there is another quality that develops which is self-surrender – self –surrender. We are surrendering ourselves to this higher power and then we can truly say, “Not my will be done, but thy will be done.” And when his will is done, the weaknesses disappear. Now how does that power of grace work? When people pray, they are always doing business with god. They do business – business. They say, “If my son passes the examination, then I will give 100 Krone charity to the Dansk <0:19:29.1>” (laughs) Good, yeah. So it means that “Lord you do first, then afterwards I pay.” (Laughs) No, it must be the other way round. “I will do my charity, and lord you be the judge to give me the reward of my charity, and even if you do not give me any reward, then I will know that

perhaps I do not deserve the reward.” Good. So in this process of self surrender, in this process of self-surrender, we also develop the virtue of humility. Because no person can surrender himself without humility. Total humbleness – humbleness, good. Total humbleness. It is only when we feel humble that we also gain strength.

Now you will have noticed that all these virtues of sincerity, truthfulness, self-surrender, humbleness are all blood brothers. So when we cultivate one quality, then all the other qualities follow. Every positive quality cultivated will bring to it positive qualities and every negative quality cultivated will draw to itself negative qualities. There is an old English saying that “birds of a feather flock together.” In other words, very simply put, it means, like attracts like. Good. So we got to exercise some conscious effort to overcome our weakness. Now we go back to the story of the drunkard. Um-hmm, if he does not try to push the bottle little further and further away, then all the meditation is not going to help him. So there always has to be self-effort in the waking state of life to rid ourselves of whatever weakness we have. Now all weaknesses has its origin in the mind. Even a doctor will tell you that physical illnesses also has its origin in the mind. American scientists have proved that 80% of hospital beds are occupied with people that have organic diseases, but the origin has been from the mind and those we call psychosomatic diseases. So it means that the negativities of the mind translates itself in its physical counterpart. Good. Now the greatest weakness that man has is fear. The greatest weakness is fear. We fear everything in life. And all the fears, 99% are created by imagination. Um-hmm, good. Our minds keep on swirling around of what is going to happen tomorrow or next year or the year after. Um-hmm. The other thing we do is we live in the past. So it means that we are either living in the past or in the future, but not for today. If you look at your thoughts objectively, you will find that your mind is filled with thoughts of yesterday, what happened last year and the year before. Two weeks ago Aunty Matilda said one bad word and that was two weeks ago, but still today it is swirling around in the mind and Aunty Matilda might have forgotten everything about it. Good.

There is a very nice Zen story. I will tell you that, good. Now Zen monks are not supposed to touch a woman. Good, one day they were going on a long journey and in this journey, they had to cross a river. Um-hmm so these two Zen monks came to the river and found a woman standing there, and the woman could not cross the river by herself. So the one monk picked up the woman and took her across the river and dropped her on the other side. Then the two monks kept on walking on their pilgrimage. So they walked the whole day and when evening came, they were resting under a tree. So the other monk, the brother monk that watched the incidence of his brother carrying the woman made a remark that “Brother you have done something wrong. Our principles says that you are not to touch a woman,” So the monk who carried the woman replied that, “As soon as I dropped the woman on the other side, the whole incidence was forgotten,

but you are still carrying the woman in your mind.” (Laughs) Yes, now that is how we are carrying all the past in our minds. And by carrying the past in our minds, we cannot live to enjoy the present.

We are taking a walk in a beautiful garden. The lawns are beautiful, the flowers are beautiful, the rockery is beautiful, the waterfall is beautiful, but we are only looking at it with our eyes and as we walk we say, “Nice, nice, nice, nice.” Why? Because our minds are pre-occupied either with the past or the future. So if our mind was occupied with the presence and the present in the garden, then the grass and the flowers and the rockery and the waterfall will be enjoyed to its fullest. And when we enjoy the moment for the – in the fullest, then we enjoy the presence of divinity, because in the flowers and the lawns and the waterfall, divinity is there. In every petal, in every leaf he is there. In every drop of water, in the waterfall he is there. And just listening to the sound of the water falling that could become a divine mantra. We live in the present, and when we live in the present our weaknesses can be overcome. Many times the weakness is not there anymore, but it is only the memory of the weakness and that memory becomes the weakness. Now we have talked of the past, let us talk of the future. I tell you another story, there was a woman living in England. Um-hmm, now she heard that the world is coming to an end in two million years’ time. So she immediately committed suicide (Laughs). You see what has two million years’ time to do with now or the small short 60-70 year life? Good. We are always worrying about the future and that is also the reason why we can’t enjoy today. All kinds of worries we have, but that does not mean we must go to sleep. A business man, if he wants to be successful, he has to do some planning, how he is going to run his business. A young man that wants to marry a girl, they have to plan how they are going to live their life and what they are going to do. But that plan must always remain in the background of the mind and not to be thinking of every minute. When you go to work, you will – you will get the pay check end of the month. You know end of the month that pay check, salary will be there. So from the first of the month through the 31st, you are not thinking of the pay check that is coming end of the month. Nobody does that. You go to work in the morning, come back in the evening, you do your work and the pay check is not even in your mind. But in the background of the mind you know it is coming. It is only when it comes near the end of the month and you get a bit broke, then you start expecting. Good, so like that in every circumstance, the future is there. We have to do things, but don’t live the future today. Don’t cross the bridge before you come to it.

Good, I know many meditators who are housewives, right, now the house wife knows that for the day she has to do the laundry, the cooking, housecleaning and hundred other kinds of work. But what many housewives do is this that instead of doing the work practically, they’re doing the work in their minds all the time. “Oh, I’ve got to do washing, I’ve got to do cooking, I’ve got to do the beds, I’ve got to do housecleaning,” the mind is working, working, working. That is what most people do instead of tackling the job on hand, they do the same sweeping of the floor ten times in the mind and then one

time with a broom (laughs). Now you know that the mind uses eight times more energy than the body. So one little job of sweeping that will require one ounce of energy, they have used nine ounces of energy. Like that, in everything everyday and that is also weakness. And then the wife feel so tired and husband comes home from work and there's not nice smile on the face. Even too tired to smile (Laughs). These are the practical things of life. We always have to be practical. The word "hereafter"

Translator: The word?

Gururaj: The word called, "hereafter" people worry more about the after and not about here. So we must always think of the here and now and the after will take care of itself. Practical life, all the philosophies of the world are of no value if it does not become a day to day practical philosophy. Good. I will tell you another story. Um-hmm, in India we have people called pandits, um-hmm, a pandit is a learned man in the scriptures. Um-hmm. Now, the city is on one side of the river, and the villages are on the other side of the river. Um-hmm, so every day in the ferry boat, people go in the ferry boat from the villages to the city to work and everyday, morning and evening they got to cross the river. Now this pandit learned man, he used to talk on the ferry of all the philosophies he had studied. He started talking of Vedanta, Upanishads, Patanjali, Sankhya, all those philosophies and from the village there were a lot of peasants on the ferry everyday coming and going and this one peasant always used to sit nearby this pandit. And the pandit asked him, "did you read the scripture?" the peasant says, "No." That scripture? No, this one? No, I don't understand these things. The peasant says. Good. One day a storm came up and the ferry was tossing and turning on the river. So everyone had to dive off from the ferry. Everyone had to dive off so the peasant asked the pandit, "Can you swim?" The pandit couldn't swim. (Laughs) So what is the use of all those philosophies when it was known that morning and night everyday they got to cross the river? Good, so is it not better to be practical to learn to swim? Because you never know there would be a storm? So that is practical living. So like that, by using common sense and common sense is not too common. (Laughs)

Translator: There's no word in Danish.

Gururaj: There's no word in Danish? Okay never mind, some understand, yeah. Good. We can overcome a lot of our weaknesses. Smaller weaknesses can be overcome with common sense, right thinking. Certain weaknesses can be overcome by consultation. If you have trouble with your tap, water tap you call a plumber. Yeah, if you have trouble with the roof leaking, you call a roof repairer.

If you have trouble with your body, you call a doctor and if you have trouble with the inner spirit, you speak to your guru. And when all these doesn't help, then you surrender your little self to the divine self, "Thy will be done." All our weaknesses come from one basic root because we think that the entire universe revolves around us. Everyone thinks that I am the most important thing in the universe. And that is a misconception. By regarding ourselves to be the centre of the universe, we are expanding our self-importance. Expansion of self importance is the building up of the ego. There could be no hurts in life if we --

you will have peace." So, of course he knows everything so he says, "If I go stay on the moon, perhaps this Armstrong, that American will come and then everybody will start coming in a queue with their rocket ships and I will have no peace." Then the council will sitting thinking and thinking and thinking and one member had a good idea. He says, "Lord if you want peace and some rest, you go hide away in the heart of man." Um-hmm, but then he asked, "If I hide away in the heart of man, they will still come and pester me." (Laughs) You see, see that is how it works. So when we find him within ourselves, then all our weaknesses disappear. And even if we have not found him there yet, if we just acknowledge and surrender to his will, our weaknesses will be washed away and he knows best how much to give. You can take the example of a road that has lot of holes, small ones and big ones. And when the rains come, or the river floods over, all the holes are covered in a flat sheet of water. So the small hole would have needed less water, the big hole will have needed more water. So the divine force knows the need, we don't. We only imagine and we can only get what we deserve. First deserve and then demand. Okay? Fine, you must go for lunch now, good.