

## COMMUNION

GURURAJ: ...but you can traverse the entire universe in a few moments. So, if you can reach right within yourself and become one with the divine, then the entire universe just becomes a little speck. Going through all these various galaxies, what great beauty you find. Everything is scintillating, everything in such a great precision, and you find joyous beauty, indescribable beauty, it is so wonderful.

Then, after leaving the body, you come back from that vastness into this little channel again. And then you look at the faces of your beloveds and you see the sufferings and you just wonder why that here the entire universe can be so joyous, so happy, why must man suffer. You aren't born to suffer at all. It is just your mental concept of suffering. You are joy itself. Oh, blessed ones, be one with our Father. It's not a difficult task, it's not too far to go. So near you; it is you. And yet, because of time and space, which you lose track of.... But in the beginning stage, when you go into that nirvikalpa samadhi, you observe time and space as an observer, for you're beyond it all. You're one with Divinity, and Divinity, although it empowers all relative existence, still remains the Absolute, which is beyond. And yet so close. As I've said, words are but words and they could never describe that great beauty. For everything is so so beautiful. And once we can observe all that beauty around us in the universe, we would be able to observe all the beauty everywhere. Your faces, each and everyone of you, to me seem so angelic: angles, angels, angels. Yet, the little mind within you is the cunning animal, as I call it, troubling you.

So here the angel and the little mind try and fight each other, they're in conflict. It all depends where you put the emphasis. On the cunning mind? All those thoughts which are nonexistent, really? Or do you put your mind on your angelic form and say I am divine! For Divinity cannot exist without you, and you cannot exist without Divinity. For you are one. There's no separation. All this we see around us is just name and form which is forever changing, changing, changing. I said in some talk that when you were a child you grew up to adolescence, to manhood. You become an old man, yes, but it's still you. Same spirit, just a change of form. And most people still remain children, although they're grown up. They remain emotional children.

Now, to get beyond that childishness that's within us, we've got to find that integration. And then you grow up, you grow up. When you grow up you develop certain understandings. But what are those understandings worth, really speaking. And when you leave this physical frame, what happens to these understandings? It's a different subject. So if I can merge with Divinity, so can all of you, because it is not a matter of merging, you're merged already. All the vegetables are all in that soup, giving it that beautiful aroma and flavor of Divinity. Do you see. It's a beautiful experience.

Now, if anybody would like to describe any of the experiences, then I could explain to you what they mean. Perhaps one of you could move the mike a bit forward so that I could see you. Ah, that's it, thank you very much. Namaste!

Jasuti: This was one of the first times that I've really had some sort of experience, but it was like my head was suddenly spinning, rotating around, and then in my chest, in my stomach, in my throat, alternating and sometimes all three at the same time, it would start like a fullness feeling, and then it would become very uncomfortable, almost like a dull pain.

GR: Ah ha, good. Good. I tell you what happens there, is, according to Eastern theology, they talk of chakras you know one chakra [Names them]. There's no such thing at all. There are just various vortexes of the mind; vortexes in the mind that starts functioning. So because of the energy radiated in the room, all those vortexes started functioning to bring about a balance. Yeah. Now for example, if a pot is greasy, you use a scouring... is that how you call it, a scourer? Yeah, to get the grease away. So because of this vast divine energy a lot of the grease has been scoured away, and various vortexes have been brought together. And not being used to having the vortexes working in unison, you found that little discomfort. That's a good experience, very good. Next.

Joy: The first thing that I felt was as if something was pulling from the back of me up, as if something was being lifted up. Then I saw... I always have purple and magenta colors... Beautiful colors in movement...

GR: Lilac!

Joy: Lilac, beautiful, and then I saw an eye, little, and I felt that it was your eye. Then it went away and then more colors. And then your eye was a little bigger and a little closer, then more colors, and then I felt as if you went inside through my shell and your eye was this big, and so close that you were very close to my inside person. And you looked inside my heart and into my soul.

GR: Very beautiful experience. Now you have what is called the ajna chakra, to use that term, which is of course allied to the pineal gland. Now that was opening up because of this energy radiated, so that would mean that greater and greater awareness has developed, and you've had a glimpse of it. And when you felt me entering you, what it meant was this, that the divine energy that was emanated through me entered you. So it's a very good experience, very good. [Pause]

You must not be shy to get up and say a few words, we're one family, you know. Therefore I try to make things so informal.

Chela: Namaste. You split in two people and the one on the right became an older person, or a person of another age, and then the faces changed into somebody else, then would come back...

GR: Did I have a beard?

Q: No.

G: Chinese eyes.

Q: No, sort of a mustache.

G: Drooping down?

Q: Yea.

GR: Good, right. You went into one of my past lives, when I lived in the body of Lao Tzu. Good perception.

Jagriti: Guruji, at first at first you and the entire room were bathed in gold light, and I felt that my mind was still in the way. And I kept saying to my mind, just get out of the way. And then I looked at you and I said, "Take me with you." And suddenly I couldn't keep my eyes open anymore and I sort of felt like I was going over the mountains, and that disappeared but I couldn't get my eyes open. And then I finally opened them and I realized that while they been closed I had... I can't describe the feeling, but it was like it was like warmth and nurturing and it was this beautiful feeling and opening my eyes again was like the room was cold, you know, I was back in cold reality. And then, I've been having some very serious problems with my neck, and suddenly my neck just started to rotate and it was really painful and then sort of like Jasuti, I started getting like these terrible spasms like this and they just kept going and going and then it stopped when you started to come out.

GR: It's the same process that happened to Jasuti, and then the movement you had was to cure, because of this energy, cure your neck problem. Did you find yourself rotating? Yes, you would have. That is to clear this. You had a gentle massage from Divinity [laughter].

JAGRITI: I was hoping the spasms was that anger coming out finally.

GR: Good, good, good, good, lovely. Thank you. Please...

Chela: To begin with, I've seen your body all gold, the whole body, head transparent. I've seen you levitate and a gold aura, changing of faces, young, old, male, female, children. Then I've seen like one big eye, and tears were coming out of that eye. I've also...

GR: That happened towards the end.

CHELA: Yes.

GR: The tears. Naturally coming back to earth.

CHELA: The second time you closed your eyes, again I seen the tears, the tears coming down your eyes. And all through the communion I felt your heart beat and my heart beat in synchronization.

GR: In oneness, that's right, that's right.

CHELA: I feel so weak now.

GR: You know, that's the divine energy working, oh yes, oh yes, really beautiful. Very beautiful, very beautiful, beautiful experience. Very good.

Roopa: I just came to adjust the mike [laughter]. Let's see, what's a good height. Like this?

GR: Whatever.

Roopa: While I'm here, nothing but beautiful gold, I watched you disappear. I saw your... there was a time where your eye seemed to be the focus. The thing that surprised me the most was the sense that you were not going anywhere, you were just being right here, and it was with a sense of surprise and shock that I got the sense of what you said when you came out, which is there is nowhere to go but just to be here. And I was very surprised. I usually... I think of it as we're going very far and this was not that. Right. And then and I did watch you disappear a few times, with lots of gold, lilac.

GR: Gold and lilac, yes, yes, yes.

ROOPA: Gold and lilac.

GR: As I did mention sometime, that gold and lilac and white and light blue, those are very high spiritual colors. So your perception has been very good, where you went into the deeper recesses of your mind to be able to perceive this. Very good. [Laughter]

GR: By the way, before you begin, I managed to get through half of your article on dreams, and I still got to read the other half.

JUDY: Don't feel you have to read it all.

GR: Don't worry, no, but I would like to give you a different interpretation on it.

JUDY: [???] question along those lines.

GR: Good, fine we can handle that tomorrow, we can [??] Tomorrow morning, yea, fine. Those scientists that have made these experiments don't know what they're talking about. I'll tell you tomorrow what actually happens in a dream and what a dream is all about. Good. Now let's hear from you.

JUDY: At the very beginning I had a very sharp pain in my chest, in the heart. I mean, I actually thought that I might be having a heart attack, but I didn't. And then the rest of it was just very very gold, and like the dimensions were... was sort of like two dimensional, like a Byzantine painting, just bathed in gold.

GR: Yes you saw me bathed in gold? Yes, good. By the way, that little pain you had there was the opening of the heart, which is good. And when I came out of meditation, it disappeared, right?

JUDY: It disappeared before that, the sharp pain.

GR: Yea, that was the opening of the heart, yea, good, very good.

CHELA: I'm a new meditator, and I never had any experiences before today. And I thought I was doing something wrong, but I noticed tonight that I had my first experience. But it only seemed to be on the left side of my brain, and I had all these colors, these purple and orange circles, and then a little tiny white square in the center. And once in a while it would beam out, but it was only on the left side, there was nothing on the right side. But the strangest thing happened at the end, I saw Santa Claus [laughter] sitting on the left side...

GR: I didn't get that you saw.... [Group: Santa Claus]

Q: You know, the little guy.

GR: Well, I am the Santa Claus, I bring the gifts of God to the world. Very good experience. Now I tell you, being a new meditator, and once you start meditating more, I mean when you become regular, I think you're just on the prep technique, yea, when you get on to the full technique you'll find a greater... what was happening, it was just the left hemisphere, the left side, the analytical brain that was working. So with mediation what will happen is the right hemisphere, the intuitional side, will become one with the left hemisphere. So it's an opening for the start. Very good.

How many of you saw my body disappearing? Quite a number. How many of you saw my body disappearing and just the head remaining? Yes, very good. Very good. How many of you felt a warmth or a peace inside you? Yes, nearly everyone. You see, that is the power of Divinity, the power of God. That energy that was generated, and that energy can be brought about to everyone and anyone. Do you see. Because it is universal. This was to give you a demonstration of

the possibilities you have. Great possibilities, and the more closer you come to Divinity, the more joyful you become, the happier you become, life becomes more smoother. You might have ups and downs, okay, but you learn the art of being an observer of it, so that you do not feel the sting of it. Because you're observing it as if you're observing a play or sitting in a cinema watching a film. And you know that you are not part and parcel of the film, you're just an observer. If there's a fight on the screen, or two lovers making love, you observe it. You don't get involved in the fight or the two lovers that are in love. Do you see.

Now that is the art of life, and that produces that very very necessary non attachment, so that you do not feel hurt. Do you know, if there's a big mountain outside here, and the whole mountain would crash, and I wouldn't bat an eyelid. I would be the observer of the play. The mountain had to crash and it crashed. Yea.

By the way, I've managed to make comments on more than half of your art work, and there's still a little more than half, less, less than half left, I think, which you'll be handed out tomorrow. I'll be working on it tonight. I hope to work on it tonight. It's a pity for these past two days my blood sugar is giving me a bit of trouble. What do they call it, hypo... hypoglycemia, yea, yea. Nevertheless, when I sit down here on the chair I feel fit as a fiddle.

You know funny enough, talking about fiddles, even if it is a violin, is it what you call it here? A lady in England bought a violin for 29,000 pounds. It must have been a Stradivarius, something like that? I think you were on the course, there were some English people on the course, I don't know if Baldev was there. And she bought this violin for 29,000 pounds. I'm talking about fiddles, violins. And there's something wrong with it, she couldn't get the right tune. And she took it back to the people for half dozen times, and yet it was just not right. So she brings it to me, just for a blessing. It's God's mercy, it's not me, His mercy, and that very evening we had a concert and the violin played perfectly [laughter].

So the point is this, that you can, through your spiritual practices, bring perfection into your lives. Now no one can be 100 percent perfect. Even a self realized man has to have two percent imperfection in him. I've got two percent, perhaps three percent [laughter]. Yeah. If you don't have that, then you cannot remain in an embodied form. You have got to have that, otherwise you become totally non functional. Do you see. So to have a human form, you would have this... if you're highly developed, it all depends. You want to go to New York, you might be 500 miles away or 300 miles away or 200 miles away or five miles away. Yeah, so, to maintain the bodily form, you have got to have that little imperfection. So do not worry about it, that is the point I'm trying to make. But try and achieve more and more perfection as possible.

CHELA: If the self realized man is 97 or 98 percent perfect, what figure are we shooting for? [Laughter.]

GR: Look for the same. [Laughter.]

CHELA: Is that possible for we ordinary mortals to get to 97 or 98 percent?

GR: Yes, yes, yes, yes, yes. Oh, definitely is possible, and then the other two percent imperfection that you have passes away when you discard this body. That is what happens. But until you maintain this body you've got to have those few little percent of imperfections. So therefore, do not be concerned, that's what I'm trying to say. In other words, I'm trying to give you hope. Ya. [Laughter] Yeah, yes, yes, so accept that few percentages of imperfection, and say ok, so what. And when you really learn the art of saying, "So what," you become more and more perfect. Because you become more and more non attached. Do you see. Thank you very much. You know, talking of these imperfections, the doctors are all so amazed that I manage to live. They say you had an open heart operation, you're severe diabetic, you have got cancer. How did you manage to live? I say, "Ah! You doctors know nothing. I live by spiritual force [laughs]."

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