

Gururaj: Good, now let us discuss what tools we have to find the happiness that everyone seeks and also the reason why he seeks this happiness. Because of that divine force that exists in man all the time, he is continuously drawn to that force. That force has a magnetic quality that is home – home -- and that home is always shouting, 'Come back my son, come back my daughter.' It is a powerful force forever wanting to attract us back. So that is why, consciously or unconsciously man is trying to find happiness. Every workings of our mind or body is searching for this happiness. People try to find this happiness externally, they think that by using the essential or the senses, they will find this happiness. They use their eyes, ears, tasting, touching, smelling and other things to find happiness. But in spite of using the outward senses, in spite of trying to go outwardly, they do not find happiness. They find momentary pleasure and being momentary, it passes away. Why the father wants us to be permanently happy and not temporary happy. You see, so it is built-in within us, the mechanism is within us always wanting us to find happiness.

Now, the real way to find that -- the real way to find that happiness is not the search outside, but the search inside. <0:04:24.5> if you would study the workings of primitive society and primitive religions, the search was always outside, that is why they invented the river god, the mountain god, the tree god and all these develops into the mythologies we know today. But as primitive man develops, and when his intellect started developing with it, he started realising that all those gods he was searching for outside are really inside and that is why he started searching inside. The process is reversed but how many of us knowing this practice it? A woman wants to go to a party, now a 5,000 peseta dress is no good for the party. Now it must be 25,000 peseta dress, because that will make her happy. But when she goes there to the party she will find someone that's got a dress for 50,000 pesetas. You see, instead of becoming happy, she becomes more unhappy and like this we do this in everyday life. You have a beautiful house of five rooms, but you're not happy. You want a house with ten rooms. Now when you have ten rooms you want 20 rooms. So you see, do you think we are better than that primitive man? We might even be worse – we might even be worse because we have the intellect to understand --the intellect to understand the futility of it all.

Now if we study the history of the world today the most highly developed materialistic countries are now starting to search inwardly. Good. And the inward search starts with meditation. So now, we have seen the problems, the problems of the unhappiness of man. Now we shall discuss the solution. Right, the solution is this, step number one, meditation, diving deep within ourselves and as the scriptures say, seek ye first the kingdom of heaven within and all else shall be added unto thee. It says, seek. The condition is not find first, so it means start seeking. Knock and the door shall be opened. Seek and thou shall find, so we start off with seeking and the proper techniques are given to individual persons according to their physical, psychological and spiritual needs which makes the pathway easy to reach home. If there is a straight highway from <0:11:07.7> why go around the mountains like that. So individual techniques are there to take you directly. Good.

Now that is not enough, that is test one. As we draw this energy from within ourselves, and as our minds starts becoming more calmer and the body more settled, then we would be able to look at life in its proper prospect. Most of our problems is because we do not look at life in its proper perspective and there is a natural reason for it, because the mind is constantly warring within itself and sorry – and as there is this motion in this entire universe, that makes <0:13:19.0> in our minds because the human mind is so vast that it is as vast as the entire universe. Good. So, now what has to be done is to go to this calmness through the mind. We have this side that <0:13:58.5> forces of nature forever pulling against each other for sanity of the mind. So through spiritual practices an equilibrium is brought about in the mind where natural forces of tamas, rajas and sattwa cannot be destroyed but they can be brought to a balance, they can be brought through an equilibrium and that equilibrium is like a top in – you know a top, you take a top <0:15:06.6> good. How do you know I was joking? -- Now when the top filled in motion reaches its peak, it is in full motion but when you look at it, it seems as if it is standing still. The top is spinning at high speed and yet it seems it is standing still. The reason is because the forces of motion is under control and is at a equilibrium.

Now with the practice of meditation we cannot destroy the three gunas, rajas, tamas and sattwa but we can bring it to the <0:16:59.5> like the top and when that equilibrium is there, the mind becomes calm and when it is calm, it can function at its maximum level. Now when the mind functions at its maximum equilibrium level, it must affect the body also because the mind is not separate from the body. The mind is only a continuum of the body in a subtle form. Good. Shall I repeat that? The mind is just a subtle continuum or continuation of the body. Good. So when this happens in meditation our actions in life becomes more dynamic, more purer. If a person is doing something wrong, say he is a robber and a thief or any other things he is doing which is not according to the rules and standards of society. The more he fight against it, the more he will do it. Yeah right he says, “I am not going to take the drink today,” but the more he thinks about not taking the drink, the more is his mind working on the drinks. So instead of taking the one, he will take five. That is how the mind works and that many people call reverse psychology. So the secret is to find that calmness and equilibrium in the mind may these things will not become necessary. Good. Because the mind has achieved that power, he will be able to access any problem that can function and by having the understanding of the problem, not by mental analysis but by inner feeling, that problem does not remain a problem and if it is full of little problems, it will become a lesser problem and the solution comes there automatically and then people say a little bird <0:22:10.2> and I got the solution. The solution stems from within yourself for the totality of divinity resides within yourself. Right.

Now, just understand this and with equilibrium of mind will improve our actions in life. Where automatically all actions we perform will always be in the right direction. The mind don't even need to analyse or decide, everything you do will just become right. That means you would be flowing with nature and not against nature. It means that you have overcome conflicts and the control becomes automatic. You see how easy <0:24:03.9> circle circle. Yeah, right, so man must meditate and as many times consciously, it's not everyone that has reached a very deep level of meditation. So he also, in this life, must do something

consciously and one of the things he have to do is to admit to himself his faults, “This is my fault.”And look at himself clearly in the mirror and he says in the morning, “This is my fault and what am I – what am I going to do about it today?” And with little practice and becoming more conscious of that fault and with the great of the power of meditation that gives the strength, he overcomes the fault.Right. So we have, number one-meditation, number two-conscious effort and when these two things are done, then the third thing comes, that is gurushakti or growth and it comes automatically. There is water in the tap but you got to turn it on.It can’t flow on its own, you got to switch on the tap. There is light in this room, but someone has to put on the switch and it’s so easy, click the switch and all darkness is gone.

Now we get back to the original question. We must worry about improving society. We improve ourselves and when we improve ourselves, society is automatically improved. You see, thank you – now in the start of the question they talked about spiritual community. Now this could be very helpful. It can only be helpful if it is known as a place where people of a similar mind gather together. And when people of a similar mind or a similar thought gather together, each one’s thought helps the other. You must remember that a thought is a thing; a thought is as solid as this jug in front of me. A thought is also composed of matter but at a subtler level. Thoughts can actually be seen ,not with the spiritual eyes of course. But with inner eye the thought can be seen and because it can be seen, it proves that thought is also matter. Now another proof of this is this that you go into a church where people, say every day or every Sunday they get together with the same thought towards divinity. Now one day, for example you are passing your church and there is no service and you go sit inside for five minutes, you feel the quietude and the peace there. Why? Because the thought that was channelled together towards one object are not destroyed because a thought is not destructible. Every thought is also eternal. In a lecture in London now I was telling people that when a poet composes a poem, he is not creating anything new, those thoughts which he is putting down on paper have been thought before by others, but what the poet has done that he’s tuned his mind to a level whereby he puts up those thoughts, yeah it is like a wireless radio. In this room there are <0:32:57.3> from all over, right America, England, Germany, Spain, everywhere, all those <0:33:19.3> are here in this room and <0:33:27.0>

Now if you have the radio and you tuned the radio with the proper station <0:33:40.5> he tuned his mind in that <0:33:55.8> or channel and he puts up those thoughts that are floating around in the atmosphere eternally. The only difference would be this that he will pick up a combination of thoughts, it will have to be filtered through his level of mind and that is why the pain is removed, yeah right, so like that, in a spiritual community where people live together for the same ideals, everyone's radios transmitting station of his mind is in the atmosphere and because they are of the same medium, the one helps the other and it creates an atmosphere which would be conducive to the spiritual life of man. Now this applies not only to a spiritual community, but it applies to all kinds of community that have a one particular aim. If it is a community for bad things, then they will affected by that atmosphere <0:36:13.6> and if this community is for good things, they too will be affected in a good way. So these spiritual

communities play their part, but the greatest spiritual community in the world is your heart, all is within us and all the community comes to do an interview, you don't need to go to them, they come because that thought, that good thought within will only attract good forces to you. That is why everything in life is important and its – its importance depends upon you. Okay? Fine.

Translator: Where is – where is man's freedom if a master can predict future actions? Where is man – where does reside – where that man's freedom reside if a master can predict future action?

Gururaj: Firstly, the guru would never predict man's future. By prediction of man's future there are very very great dangers. For example, <0:39:05.5> for example someone came to see me and he had an astrological chart done up and this astrological chart tells him that you must not get married because his marriage won't last for two years. So this man lived a 1,000 miles away, he phoned me and he says, 'Can I please come and see you?' I say, 'Yes come come come.' And when I looked at his chart, I saw that astrology is just as good the astrologer, as Amrit would say. So I went into meditation and this man and I told him, you take this chart and tear it up into 1,000 pieces and pray to wait. I say, "You love this girl very much and she loves you and you get married." This happened about seven years ago, they are married and very happy. So a person must not rely upon predictions because they could have great harmful effects. If you read your horoscope in the paper in the morning and many of the newspapers sell because of the horoscope, and you read that it is going to be a bad day for you today and your mind will start worrying about it so much that your day will become bad.

You see, the human mind is very susceptible and all these outside influences and the environment can affect the mind. Good. Now the same principle can work in the reverse order as well.