

Gururaj: Nice lovely new faces. It is indeed a pleasure. It's like coming back home. Good, shall we meditate for a few moments? Many of – many of you new comers might not know the meaning of Namaste. It means that by thought, word and deed, I salute the divinity that is in you. Fine! Next time I come to Denmark, I'd like to speak in Danish. There are some things that puzzle me. Now if you just turn slightly that way so that you could see me. The thing that puzzles me most is the "oh" you have <0:01:23.3> through it. Now in South Africa we have that sign on the roads, it is a traffic sign which means stop. Good, fine. What shall we talk about tonight?

Public: What is reality?

Gururaj: It means, when you ask what is reality, you are asking at the same time, what is unreal. Now if we do believe that there is a reality and a unreality, then we would have to find out what constitutes both. Does is reality really real? And is unreality really unreal? So our problem remains how to differentiate between reality and unreality. To be able to understand reality, one needs an understanding for understanding is the basis of discrimination. For many times, a real thing can be misinterpreted to be unreal

Translator: Excuse me guruji, I didn't catch that.

Gururaj: What I would like to say any of you that would catch on a word, please help, okay you're most welcome to join. Ours is a family. Okay, fine. In order to know the difference, we got to have the power of discrimination. Sometimes something could be real and we would take it to be unreal. There was two nuns going in a motor car and on the road they got stuck without petrol, you call it petrol? Gas? Petrol? So they had to go to a garage which was half a mile away, but now they were looking in their car for a container to bring the petrol, and the only thing they could find in the car was a chamber pot. What do you call it?

Translator: Natpotte.

Gururaj: Natpotte?

Translator: Yes.

Gururaj: So I'm learning Danish, right. So they took this chamber pot and went to the garage and brought petrol and they were pouring the petrol into the car. Now this very moment, a few young men were passing by, so this one young man stood there watching the nun and he says, "Madam I don't think this will work, but I admire your faith." (Laughs) so --

Translator: Excuse me guruji.

Gururaj: That's okay love. Namaste! – you can switch off there a little bit. You face me little bit so when I stop, then you know exactly where to begin, okay. – so we have now reached the point in the discussion how to discriminate. Now what do we require? What qualities do we require in order to discriminate? Now what are the – what are the mechanics of the mind that allows us to discriminate? – You're doing fine, doing okay. – what – what are the mechanics of the mind that gives us the power of discrimination? Discrimination. Fine, now --

Public: Yes, she has just arrived and she's very upset.

Gururaj: I know, she's been rushing. I can see that. Okay.

Public: <0:08:42.7>

Gururaj: Okay, I can see that she's – you, you'll be alright. Yes, okay – okay. Yes, yes, whatever – whatever, to me it's all the same. Yes, you rest a little and you'll be fine.

Now psychologists have not understood what the mind is all about. They've only reached the shore of this vast ocean of the mind; they've only dipped their toes in this vast ocean. Now according to ancient science, we have the conscious mind, we have the sub-conscious mind and we have the super-conscious mind. Now the conscious mind is governed by the sub-conscious mind and yet its energy is drawn to a certain degree from the super-conscious. Now if this energy was not drawn from the super-conscious mind, then the sub-conscious and the conscious mind cannot function. Now what brings us recognition of an object to be real or unreal is the analytical path of the conscious mind. – I was too fast, sorry – analytical mind, thinking mind.

Translator: Excuse me guruji, could we have it once more?

Gururaj: Yes, okay, I'll carry on and cover that point again. Now the analytical mind composes the left hemisphere of the brain, the left part – left part of the brain. Good, now the left part of the brain is the one that rationalises and analyses. Yes, now that is where we break down in knowing what is real and what is unreal. Because the conscious mind being governed by the sub-conscious can only be influenced by the sub-conscious mind and through millions of years of existence, the sub-conscious mind contains a universal memory. So that is how perception takes place because the conscious mind draws upon the sub-conscious and makes comparisons, because the outward circumstances or situations is not enough to give you perception. In other words, the

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environment has no power to give you perception. It is only when we grasp the environment, be it real or unreal, when we grasp the environment, which is done mostly by our five senses, hearing, seeing, touching, smelling, you know the five senses. Good. Now this would transmit the impressions gained by the five senses to the sub-conscious mind and these impressions gained from outside reaching the sub-conscious mind makes a comparison. Comparison to compare.

Translator: Yeah, that we know but I think I lost something.

Gururaj: The outer sense impressions we have transmits to the sub-conscious mind where comparisons are made. Now comparisons can only be made from what is taught in the sub-conscious mind and that is how perception, conception and recognition occurs.

Translator: The last one?

Gururaj: Recognition. Right, this would mean that first you perceive by the various energies transmitted to the sub-conscious mind, good, and with its comparison, it has a concept, good. And after formulating the concept, you recognise the environment. Now the question is, how true is your recognition? If an accident happens and there are five witnesses, and you take these five witnesses to court and each and every one will be contradictory in their evidence. One witness will say this and the other witness will say that and the third witness will say something else. Now what is real? What is true? So, your sense of reality depends entirely upon the conditioning of your mind. You see, so how to get a clear mind so our perception of reality could be true? And this can only be done in one way, meditation and spiritual practices whereby – whereby your conscious mind, the left hemisphere of your brain is connected to the right hemisphere of the brain. Now when that connection takes place, you have these neurons flashing, that's a scientific term, but you have this conjunction, they work together. Good.

Now the right hemisphere of the brain works on the intuitive level. So the right hemisphere of the brain is connected to the super-conscious mind and the super-conscious mind is un-conditioned. The super-conscious mind is like a clear mirror that does not contain all the impressions you've gathered in so many many lifetimes while the sub-conscious and the conscious mind, to repeat again, is composed of impressions. It is composed of impressions of samskaras, of karma, so man has the God-given ability to reach directly to the super-conscious level of the mind by spiritual practices. In other words, you form a direct line from the conscious mind to the super-conscious mind and bypassing the sub-conscious and therefore every person on earth has the ability to know what reality is in this lifetime. That is why all the theologies of the world talk about hope, courage, strength. It is all there within you just to be unfolded. Reality is within you and so is unreality. Now is there anything which is unreal? I see, in Denmark, people are very fond of lighting candles and I find it very beautiful. I was sitting, having dinner last night with Karen in her home with

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her family. Now the candle stick, the candle was burning and it was placed in a container. The candle was giving light all around, but then my eyes reached under the container and there was darkness. Is that darkness real? What created the darkness? The light. You see, so there is reality and unreality. They both have to co-exist. One cannot exist without the other. In this very room now, there is darkness. We switch off these lights and darkness will be there. That means one thing that darkness is not destroyed, but darkness has been converted or transformed into light. Therefore each and every one of you are children of light. We, with our conditioned minds pay a lot of attention to darkness.

Now that is why there is so much misery and unhappiness in this world. We are looking at life through the dirty mirror of the subconscious and conscious mind, but once you make contact with the super-conscious mind, the clear mirror, and everything becomes very real to you although there will always be the law of opposites functioning in this universe, always, because it is the law of opposites, the contraction and expansion that is what keeps this universe going. These conflicts are required between reality and unreality and then as you proceed on the spiritual path, you will find that nothing is unreal. The Hindus believe in the theory of maya, they are partly correct. Our teachings go far beyond that. Our teachings go far beyond that in the sense that if divinity is omnipresent -- present everywhere, then how could there be anything which is unreal? For the only reality is god and you are divine, you are not only a part of god, but you are living gods on this earth. That is why theology tells us that man is made in the image of god, but we go further than that also for image comes from imagination and you are not imaginary. – you are real, you are real – you are real, you are not something that comes from the mind, yes. So images comes from imagination and you are not imaginary so therefore you are real. Yeah.

Translator: Excuse me guruji.

Gururaj: Yeah, that is okay – that is okay love. And that is why, because of these different beliefs religions keep on fighting with each other and what we are trying to find is harmony amongst all the religions. There was this woman whose daughter was getting married. So she wanted to send out 200 invitations. So she goes to the post office to buy postage stamps. So this man at the post office asks, “Which denomination?” Which denomination. So this woman got surprised, she says, “Has it come to this now? But seeing that I came to buy stamps, give me 100 protestant and 100 catholic.” The word in English denomination means that what church do you belong to.

Translator: Awww

Gururaj: Awww, tell them that. So when – when – in English you ask someone which denomination? Then you'd say protestant, catholic or Baptist whatever. (Laughs) So we've reached the point – we've reached the point to say that man is divine in himself. We've reached the point to say that all these that is existent is not an illusion, it is not maya.

Translator: Sorry guruji, I forget about the first sentence when --

Gururaj: Yeah, we've reached the point to say that man is divine because god is omnipresent. And if he is omnipresent, then everything is real. We've also reached the point to say that it is not maya or illusion -- illusion. Now what is illusion? That is the unreality of life. Good. The unreality of life is your attachment to that which is temporary. Good, temporary, yeah. Your attachment to things which are forever changing, that very attachment is the unreality. For to have attachment you must – for to have attachment you must have a sense of possession, you must have greed, you must have ego, you must have ego, right, now it is the ego which says it's me and mine. When what right have we got to possess anything? We do not even possess ourselves, we are possessed by divinity. So the sub-conscious mind working through the conscious mind formulates that ego where you say, I – I -- I. that is the unreality, you see, that is the illusion. So when man starts reaching the kingdom of heaven within through his spiritual practices, then he will say that all these things which I think belongs to me do not belong to me. I have no right to be attached to these things, that is the great illusion and this illusion produces all the troubles in our lives. So recognising the value of things we find out that unreality will cease and only reality will exist in ourselves and then there is nothing else but joy in our lives for it is the nature of divinity to be joyful and filled with bliss. That is why Christ always said, "Be of good cheer." Be of good cheer for he was a cheerful man. Yes, if he was not a cheerful man, he would not teach of cheer. Fine! So now what does these all mean? That to the relative thinking of the mind, the relative worldly thinking of the mind, the absolute is unreal because you have not learnt to experience the absolute but from when you reach the absolute, from that level you will find that the relative is unreal, depends where you stand. The choice is yours, to be in joy or to be in misery. So both exists, the unreal and the real. The unreal is caused by your own conditioned thought forces.

Translator: What was the last?

Gururaj: Thought forces. Yeah but just one step ahead and when you go beyond your material thought forces, then all misery disappears and you'd say, "What is this world?" It is real and at the same time not real. So you would be combining the relative with the absolute and when that combination takes place, then the opposites will cease, all duality will cease because only duality can create friction and the friction is the problems and the misery. So we proceed from duality to that oneness and then we can truly say, I and my father are one and it is so simple, so simple. Nothing can make you angry then. Nothing, nothing that happens can make you angry. The whole mountain can fall down and you won't bat an eyelid, even when you get your tax forms from the

government you will still not be angry. You see your taxes are like the Danish flag, when you discuss the high taxation here you become red with anger, and then after you pay the taxes you turn white, all your blood disappears, but being living in the relative world, we have to bear the cross which is on your flag. You see, all these things can be achieved by finding the contact within your deeper self which is the super-conscious mind and this is done by meditation and spiritual practices. A little effort and so much gained, so much gained, what a wonderful business. You see, it is not only the meditation half an hour in the morning and half an hour at night that is important, that is only charging up the battery, but the 23 hours of the day, that's important. How your life can be changed.

A lady came to me, she wanted to learn meditation, she heard about me so she says let me go and see Gururaj, someone told her about me. So I asked her, "What are you – please sit down relax and tell me what are your problems." She says, "Guruji, I get so angry, I get so irritable, I fight with my husband, I shout with my children and I feel like punching my boss on his nose and I'm so unhappy." Good. So I put her through – prescribed for her personal techniques of meditation suited for her and I told her, "Come back and see me after three weeks." So we sat down and we started talking and I asked her, "With your meditation do you find any difference?" So she says, "I don't see any difference, but one thing has happened that all the people I meet seemed to be more kinder now, they are more friendly, they are more loving, more understanding, more sympathetic." So you see -- so you see I had to explain her that the world has not changed, those people are the same as they were, but you have changed, therefore you find your environment better today. So to make one selves happy and to find the truth and the reality of life, we have to change. You see, if you go back to the time when Krishna lived 5000 years ago, if you go back to the time when Christ lived 2000 years ago, and in today's age, people have remained the same. So to find reality, you could never do it collectively, but it can be found personally, individually, do you see, and then you will wake up and say how beautiful this world is. You listen to the wind blowing through the trees in a divine symphony; the twittering of the birds would be the finest music for you. The flowers will attain a greater beauty, a greater depth of colour and you will find that people are not bad by nature. You go beyond all that and you can only see divinity all around you, then you will know the meaning of the peace that passeth all understanding although you will use your conscious mind for analysis and understanding, your super-conscious mind which is the reality within you takes over and makes you observe through your senses and your conscious mind that everything is beautiful, beautiful, beautiful and that is the true reality, that is the true nature of man, that is his God-given inheritance. Nothing will trouble you because you could see that all these too must pass and after all how long are we here? Three score years and ten is a flicker of an eyelid compared to eternity for all these too must pass.

There was – there was this American student who went to Israel for a holiday and he had read some books of a very well-known Rabbi, a Jewish priest. So passing the town he thought that seeing that I've read so many books of this Rabbi, let me go and visit this Rabbi. So he visited this Rabbi and they started talking, after a while, this American said to the Rabbi, "Sorry, I was just passing

and I did not bring you anything.” Because there is a Jewish and an eastern custom that you go and see a holy man, you always take a little gift, one flower or whatever, that is an old custom. This American said, “Rabbi, I was just passing by,” and in further talk this American mentioned, “Rabbi, why is your room so empty?” No furniture, room was empty. So the Rabbi replies, “My son, I'm also just passing by.” You see, so we are just passing by. Reality can only be experienced when we can reach beyond the thinking mind, then you experience reality, but experiencing that reality, it will be brought into your daily life. I always give an example that if you spend half an hour in a perfume factory, you must come out smelling like perfume. Do you see? Yes, it is painful, painful to see suffering on people's faces which is not necessary. Just one step one step, and the joy of life could be found, truth can be found, reality can be found, and you have found god. Health would improve, you might have many diseases but you will be strong. You can live to a ripe old age if your mind is at peace.

There was this man who turned a 100 years old so they arranged a television interview with him so the interviewer asked this old man, “What is the secret of your long life?” So the old man replies that, “Oh that is easy, I just keep on breathing.” (Laughs) Then there was this other old man who also turned a 100 and also interview on the television, so after the interview was over, the man who interviewed congratulated the old man. So he says, “I do hope to see you next year in the television studio, congratulations. So the old man replies, “I don't think that is impossible, because you, Mr Interviewer, look healthy enough to me.” Yeah, now I've given a lot of talks on the nature of reality and tonight I spoke from a different angle and I would definitely recommend you to get some of those other tapes on reality and listen to them. Here's one thought I want to give you for the night, this thought comes from the Upanishads, listen carefully. The universe is unreal, god is real. The universe is god. The universe is unreal, only god is real and god is the universe. Think about it. People are tired

Translator: It's up to you.

Gururaj: People are tired travelling long distances, tomorrow morning we start and it will be nice. Have a good rest. Sleep well and god bless. Now from tomorrow morning 9:00 half past 9:00 onwards, I'd be doing personal interviews and healing so of course you could give the names to Karen I think you're in charge.

Translator: I think Yan will take, put down the names.

Gururaj: Okay fine, and then of course this satsang will start at quarter to 11.

Translator: Yes.

Gururaj: Tell them.

Translator: Yes I have.

Gururaj: Oh you have, sorry I

Translator: Oh that doesn't matter. I think it's good to

Gururaj: And then interview is again from 4:00 o'clock till 8:00 o'clock and then satsang again. Umm -- tomorrow night, tomorrow is Friday, tomorrow is Friday, we'll be having a communion practice and of course Karen will tell you you know what to do before coming to communion practice. Saturday morning --

Translator: I just have to --

Gururaj: Yeah and Saturday morning I will be leading the chant, fine good and then we are here till Sunday afternoon after lunch.

Translator: I think, I hope we can have a satsang on 3:00 o'clock.

Gururaj: Yeah I don't mind.

Translator: Oh good.

Gururaj: I'm a bit <1:03:08.8> I don't mind.

Public: <1:03:16.7>

Gururaj: <1:03:19.4> sure depends what time you have to leave here you see.

Translator: Oh that's 2:00 O'clock or something like that.

Gururaj: Yes, I don't mind. Well we'll have our satsang in the morning, Sunday, and if you want one in the afternoon, by all means. It is my joy and pleasure.



Translator: Thank you.

Gururaj: Great. To share my heart with you. That's all.