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Satsang 64, 1<sup>st</sup> of April 1978, Satsang 64

Guru: Give me questions. Anyone?

Public: <0:00:15.7> are woman -- women are they Maya or are they the supreme reality or are they just women <0:00:21.8> (laughs)

Guru: You know in that humour, in that humour lies -- in that humour lies such deep wisdom that are women just women or are they Maya, which means illusion or are they supreme reality? Good. Now, some great poet had said that woman is God's finest creation. Good. There are so many things in the qualities and the constituent -- constituents of a woman that constitutes a woman that are so fine, so noble, so beautiful. They are built in with these beautiful qualities and the question is, do they express these qualities or not? That is a different matter, but essentially, a woman is divine. A woman expresses the mother spirit. Now, they say that -- umm -- Adam -- a woman was created from one of Adam's rib, one of Adam's ribs. But there is lovely little story that goes that whenever Adam went hunting, then when he came back home, his wife on the pretext of giving him a rub down used to count his ribs (laughs). Good, fine.

Now, if we regard a woman as an illusion, who is also an entity, then we have to regard ourselves as an illusion too, that men are too ilu -- men are also illusions. Fine. Now, everything existent in the universe at a very -- very high level is illusory. When one reaches the absolute state, then everything becomes non-existent because you have become entire existence. Okay. But until that stage is reached, then a woman cannot be regarded to be an illusion. Now, there always has to be, in the universe, a positive and a negative aspect. The two aspects has always to be there to make the universe function. Now, the absolute -- in the primal stages of creation, I prefer the word "manifestation". So, when the absolute manifested itself, it manifested itself in the female form and essentially, all creation and all manifestation is nothing but female. We in our limited aspects regard ourselves as male and female because of the embodiment but when it comes to the spirit, there is no sex involved, there is no physical structure that differentiates a man from a woman, it is all but one.

Now that when divinity manifested itself as the sun manifests heat, now that heat further condensed could be used in various ways. It could be used -- that very heat could be used turning it into electricity, could be used for the stove and could be used for the fridge and could be used for this and for that. So, the differentiation occurs at a very lower level of evolution. That differentiation occurs when and specially to the discriminating man because he has developed the power of thinking, he will discriminate this is a woman and that is a man. In the animal stage, the discrimination is automatic, it is instinctive.

Fine, without using the power of the intellect, but go further back to the plant kingdom where without the power of intellect and without discrimination or instinct, you will find that the various pollens get together to germinate to procreate. Further back in the mineral kingdom, he will also, the man -- the thinking man can detect within a stone, the positive and the negative energies. Now, by the word "negative" we do not mean something opposed to that which is good. By negative we mean as we would say in electricity that you have the positive current and you have the negative current and it is the combination of both these currents that could make the bulb burn. So, positive in this sense does not mean good and negative in this sense does not mean bad. They are equally important. I've always said to you that the absolute cannot exist without the relative. The manifesto cannot exist without manifestation. Good.

Now, it is quite a trick of language where divinity is normally addressed as male and this you will find in many of the world's mythologies. For example in Eastern Mythology you have Shiva, which is the male factor of creation and Shakti, the female factor of creation and then you have other religions that -- every religion practically -- that regards the god head to be male and everything else is manifestation, his creation to be female. But now, that is very symbolic. There is no male and neither female to repeat again on the spiritual realm. So, is woman an illusion? As I said, if woman is an illusion, then the male is the illusion first. And here, an illusion is trying to classify another being as an illusion. When we say, is woman just a woman? I would say a woman is not just a woman, but a woman is a goddess, a goddess on earth, but I can only say she's a goddess on earth if I have developed within myself godlike qualities, because it is only with the development of the divine qualities within myself that I could recognise the divine qualities in the other. Good.

Now, the importance in this world is -- of woman is far greater than man, far -- far greater. The woman is the guiding force in this world. Behind every great man, there has been a woman and women; our mothers were also women. So, a woman requires adoration, a woman requires rightful respect. Oh yes, as a mother, as a companion, as an object to be loved. In this process, if you have a brilliant man, he might, to teach his beloved certain lessons, might want to become hard. But that is very superficial. But that can only be done by a very -- very wise knowledgeable person and not just by anyone -- by anyone, it degenerates into a petty quarrel, a petty squabble because he that has not been taught or has not known wisdom, how could he teach wisdom? So then, when the person does not understand the divinity that is within his beloved and has these petty differences with the women which degenerates into petty quarrels, then we say, "ah the woman is just a woman", but the knowledgeable man that could involve himself in the same will say, "Ah no, no she is a goddess" she is a goddess but surface wise, there are certain rough edges which can be helped and in helping that mutual togetherness develops in a far greater value, in a far greater strength. The coming together becomes even much more intense. Good.

Now, when we say a woman is an illusion, what do we mean by that? Do we mean that we are escaping our responsibilities to the woman, to the object of our love? If we say, "Oh, she is an illusion", we need not have any responsibilities. Now, how far are we going to get in life or in evolution without assuming these responsibilities? So, if you examine it more clearly and closely, you will find that how helpful the woman is to you in making you realise your responsibilities, your strengths. Even when we might seem weak and frail, but her very weakness -- her very weakness, her very frailty is that which brings out the strength in you. How would you know the power of your strength? Man is aggressive by nature; man is the hunter, the provider, the protector. How could these qualities within him be enhanced if it does not see the frailty, the fragrance of the delicate flower? It is only when you smell the beautiful delicate flower that you know that you have a sense of smell. Without cold weather and rain, what is the value of sunshine and warmth? So therefore, where is the illusion in a relative living? We all live a relative life, we are all embodied beings, we are all subjected to laws of nature, we all have responsibilities towards ourselves, towards our beloveds and towards our environment.

So the frailty or the weaknesses of a woman that we would want to discard as an illusion, that very illusion is that which makes us strong, which brings us to certain realisations of our strengths and man, when he recognises his inherent strength within himself, when he recognises -- when I say strength, I do not mean physical brute force, the inner strength within himself and as he starts recognising his own strength, he will find that in his beloved that which he regarded as an illusion and weakness is also a strength. But a strength from a different angle, the angle being, as the analogy we used, the positive and the negative currents that are needed to make the light burn. So you see the great importance of women, in the east Manusmriti, Manu was the man who was known as the law giver and in his teachings, there is one very beautiful passage, it says, "In the home where a woman is revered, there the gods are pleased". The great Manu, the great law giver gives his injunction in the home where the woman is revered, there the gods are pleased. Now, this has very -- very deep meaning, how can you revere a woman? How can you love a woman? It's not because she has a pretty nose or beautiful hair or lovely eyes, that's not important. Any one, any man can meet the most prettiest woman in the world and within a month, he will be tired of her prettiness. She will be just another woman (laughs). Yes, but when he starts recognising the depth that's within her, when he starts recognising the spirit within her, it enhances his own spirit too and his path to evolution and progression becomes more and more joyful. What a great help the woman is in life, therefore, I am not a teacher for the monks. That is why my guru when -- when I was with him in the Himalayas, sent me down. He say, "You go down to the plains, become a householder and learn the householder way of life, because you will be teaching householders, not monks. So you are not to become a monk, become a house holder, learn because we know your destiny is that of a spiritual teacher and your contact is to be with householders".

Now, the first principle in house holding is how man and woman can find joy and happiness with each other. Now, the principle that was part of the question, "Is woman just a woman?" is totally wrong. That comes from a very animal level where a beast, male beast, comes in contact instinctively with a female beast and the whole purpose is just copulation and procreation, that's all. They don't use contraceptives, procreation. That was the purpose, fine. But that is at an animal level when the woman is just a woman. Fine.

But the concept of "Is woman an illusion?" would be a total escaping of the worldly life for I would like to meet a man -- a man of the world that can live his life without love. His life could never be fulfilled without being able to love. And what can a man love most easily is a woman and that is one of the main attractions between man and woman because the man's need to love and likewise, the woman's need to love. The sex urge is a very powerful urge in man, that is very true but that still belongs to a lower strata. But when this real need, this real yearning arises in the heart to find that togetherness and when man can really love his woman, really love his woman, his heart becomes so expanded that in that expansion, he loves the entire world, the entire creation. So here through one woman, one object of love, a person can learn to love the entire universe with the identification of man with one woman, one little creature walking on this earth. He has within himself all the ability, all the capacity and the all the opportunity to love the entire universe if he can identify himself with the one person, he will identify himself with the entire universe. And that is how I've said before, the lover, the beloved and love becomes one. So, I never say a woman is just a woman, I say a woman is a goddess, someone to be revered because the greater the reverence you show, the woman is so soft, so beautiful inside that she will respond if there is basically a mutual attraction.

Now, I have been speaking in defence of women all the time this morning. But that does not mean that there is no part the woman has to play. The woman has a greater part to play and the most difficult existence on earth is that of a woman more difficult than that of a man. People that have reincarnated in this world as a woman must be very -- very thankful to have had the opportunity to incarnate as a woman because in the very formulation of womanhood, in the very birth as a woman, you come to this world with so many qualities, so many beautiful qualities, if you use them properly or you abuse them, that's entirely up to your own free will, but you are equipped with certain aspects of life. Who has greater tolerance in world -- in the world? Man or woman? The woman has. Who has greater patience? The woman has. Who has the ability for greater suffering although she is supposed to be weak? The woman has. Many wives here will tell you that the -- the husband might just have a slight headache and he will feel sick and -- and he wants to be patted and pattered and nurtured and his head must be rubbed and all kinds of things. A little stupid headache and yet the woman could go through so much

suffering and yet she will fulfil all her household duties towards her husband and towards the children. Any housewife will tell you that. Fine.

Now, all these qualities were necessary for the purpose of procreation. Now if a woman was not inbuilt with these qualities, she would never be able to rear a child and any mother will tell you how difficult it is to bring up a child properly. I'm talking of the ideal woman, many women abused this privilege, many women abuse these privileges which are God-given to them. We are not talking of them. Fine. So, the woman is born with so much endurance, a man could never endure what a woman can endure. A man can never endure what a woman can endure. A man, if he is put into very -- very difficult circumstances, can break down far quicker than everyone, far -- far quicker than everyone. Oh yes -- oh yes and yet they are regarded to be the weaker sex, they are not. It's a fallacy. Woman is truly the stronger sex, man might be the aggressor and the hunter, but that does not mean he is stronger. Strength comes from -- from patience, tolerance, endurance, fortitude. How many housewives have I not met or known whose lives are so miserable but for years and years and years, they keep up the home and they keep it up very -- very beautifully that not even their very closest neighbour knows what's happening in the home. Such women we have also. These are the strengths of a woman. But many women abuse these strengths because they are known to be the weaker sex, they hypnotise themselves, autosuggest to themselves, I'm so weak, weak, weak and helpless. They are not, they are not <0:24:33.9> helpless, that is a fact. And they can be very great actresses too oh!! (Laughs)

You see, so the same powers, the same forces can be used or abused and in that weakness which they show, they could make their husband's life a misery. We said in the beginning that behind every great man, there is a woman. Now a woman can make a man or break a man, that's an old saying. We know that and if the woman performs her dharma, her duty in life, her labour of love, no home needs to be broken. No home needs to be broken. It is hard work; it's not all just roses, there are lot of thorns on that stem. If you look at a rose with a stem, there's only one rose, but on that stem how many thorns there are? So ten thorns on little stem for one rose, but those thorns are worth it to have the rose, the rose of happiness. How much work is required? How much work is required because there's not a single home that does not have difficulties, every home, because man at this stage of his evolution is not a totally integrated man and neither is the woman. Now, when that is the case, naturally there must be squabbles but a lot can be done to patch up. Oh yes, and then of course, we are talking of normal people. You have neurotic cases, you have psychotic cases, you have extreme forms of neurosis, either in the man or the woman and perhaps that home might have to be broken up after years of trying to put things together, after years of trying to mend. And it just does not work sometimes. These things too happen and are in a -- inevitable, but in its own inevitability, what can we do about it? Every adversity can be turned into an opportunity. That is a

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fact. The world's worst calamity can befall one and that very calamity can be turned into an opportunity. So those that have suffered these various pangs of daily living must never ever think that all hope is lost. That woman might have just been a woman for you, but she could be a goddess for someone else. She can, yes.

You might have just been you know, a so called man for her, but you could be such a great man for another woman. These things happen, these things happen, they are inevitable because we are governed by various laws of nature. Our lives have been so moulded through the ages. Certain tendencies are within us, so strong that it is very difficult sometimes to break loose from those tendencies and sometimes the very thinking man, if his wife has certain tendencies, the very wise man can be very hard to remove those tendencies. Is the saying not true sometimes that you have to be cruel to be kind? Yes. That is also the case -- that is also the case. Good. And it applies vice versa. Sometimes the woman has to be very hard to help the husband, but all these can happen if the basic factor of love and understanding is there.

Now, love does not come immediately, when a young person tells me I have fallen in love, I say, "Well, what a tragedy (laughs), you don't fall in love, you get elevated in love". Yes, you don't fall, it requires working and true love will only develop that day when man accepts his woman or the woman accepts her man in his totality. Weaknesses and strengths and a lot, everything, when all that is accepted which requires work and sometimes years and years and years of work to reach that stage, but reaching that stage can become joyful, it need not be a drudgery, just common sense and allowing the heart to flow without blocking the heart with the thought processes that goes on in our minds. The greatest block to the flow of the heart is nothing but the mind. The mind starts analysing -- analysing, will start finding fault with this and that and this is good and that is bad and this up and that is down, this is back and that is front and when through meditation and spiritual practices, we learn to gain a certain amount of control over the mind, then that inner self the heart starts flowing and expressing itself and the more it expresses itself, the more you are in love. And when love reaches its highest peak, when love reaches its highest peak its totality, then remember, you have not found your beloved only, but you have found God.

So here through the instrumentation of the concrete embodied husband or wife, you can find the entire universe. Through the concrete to the abstract, for like grace the abstract will forever remain an abstract. I know young girls that has story book ideas, but wants to find a husband or want to get married and has the idea of a -- of a prince charming coming down on a white charger (laughs) and sweeping her up, grabbing her by waist and onto the horse, remember the waist is very weak it can break, yeah. The story book idea of love is a fiction and a fallacy totally non-truthful and the imagination of a little child, an emotionally un-grown child. If you want to love and if you want to be loved, there is a price to pay, nothing for nothing and very little for <0:33:31.2> (laughs). Oh yes, oh yes. So what I am trying to say, a woman -- to come back to your

question, a woman is not just a woman, we can make her into just a woman or we can make her for ourselves as a goddess. A woman in the higher realms, when you reach the absolute will just become an illusion, but until we have not reached that she is reality, as real as you are real, if you accept her as an illusion, then accept yourself first as an illusion too. Then two illusions can love in illusion (laughs).

Yes, so it all boils down to the fact of our personal attitude towards life. Our personal attitude towards life and living and that attitude can be changed to its very positive constructive aspects and when ones attitude becomes positive and constructive and led in the channels of love, all mental deficiencies or imbalances or problems will disappear. The greatest therapy in all the world, the greatest therapy and once one develops that strength through spiritual and meditational practices, that attitude automatically starts changing, starts changing and when you read things or you hear a guru speak on these things, you will know what is meant. Because to understand also requires a certain strength, and that strength is the openness of mind and once the openness of mind is there, once the mind is open, the words sync immediately directly to the heart and helps to grow and develop and shine and blossom. That is how the heart opens and to help the heart open more, the heart has to be shared, shared with ones beloved and the sharing is not so easy at times. It is not so easy at times because you also require the object with whom you could share it. You want to share, but the object is not there with which you could share it, whose fault is it? If I can't share my heart with someone, it is my fault. I might have been living a life in such a way whereby I repel instead of attract. The heart is boundless, the heart is boundless and in its boundlessness, it creates a vibration where automatically the object with which that boundlessness is to be share just comes into the -- from nowhere, just comes.

For every man, there's a woman. So the song goes, yes there is, for every woman, there's a man. Yes, but there again, there again a lot depends upon our own mind. Most minds are conditioned minds, not open minds. They have a pre-conceived idea as we still said about the story book prince charming on a charger. No, no that is inviting repulsion, not attraction. Yes, if one can honestly look at oneself and know one's abilities, know one's capacities and expect equalness in the opposite, then that equalness will be found. Always it will be found, but if the mind is conditioned in trying to expect something beyond you, a pauper in the street has dreams of wanting to marry the princess. In story books it becomes possible, in daily life not. Why does that pauper not look for his beloved in the area where there are similar paupers? And he will find that. Why dream of princesses and make your life a misery? Same thing applies to the woman. It works both ways, when I say women I mean men, when I say men, I mean women. Seek in your own range and the object of your love will always be found. Always be found. It's no sense a child in standard II wanting to -- to battle with a mathematical problem of an MA. Makes no sense. Within your own range and no range is higher or lower, that is the beauty. All these ranges are mental ranges, not ranges of the heart. But when a man's heart has not, or a woman's heart has not totally opened, then

he has to function on the mental range and whatever range he functions on, his heart will open. So even a pauper loving one of a similar kind can still find his heart, can still find his inner self, he does not need a princess and the princess will still find her inner self in her mental range. Oh yes -- oh yes, the mistake many people make.

I speak to a lot of young people, they talk to me about the object of their loves or wanting to find their love. Then I asked one question, "In which direction are you seeking?" Seek in the direction of your range and you will find that friend, you will find that beloved. But we live in wishful thinking beyond our range and that is where we fail, become disappointed, we become despondent and we say, "Life is not worth living." Life is always worth living, there's always something in life that there is to live for. Yes, yes.

So, mental conditioning, we have to try to re-pattern that mental conditioning. We have to honestly assess ourselves to where we stand. If your motor car is only capable of giving you 50 miles an hour, you can't get a 100 miles an hour out of it. Be within the range of the 50 miles, and once that principle is accepted, problems are over and to accept this principle, the most difficult thing to accept in life is ones self. You can perhaps still accept other things, or others will say, oh well forget and forgive and this that and the other, but to forget to -- to -- to really gain ones self, to really accept oneself, that is where all progress begins and -- and that is where all sincerity begins. That is where all honesty begins. If a drunkard admits to himself an alcoholic that I am an alcoholic, from there, his life will start changing. He has accepted himself. If a thief accepts himself that I am a thief, there his life will start changing. If a beggar accepts himself that I am a beggar, right, but I can rise to become a king and not live in dreams that I am a king, and yet, being a beggar. That is not self acceptance. So when man starts accepting himself truly, properly evaluating himself, if he can't do it himself, there are always people -- professional people that can be consulted. They serve their purposes, but the idea is to accept.

A person lives in a two room flat, for example, and night and day, would dream of living in a ten room mansion, all those false dreams, why not accept the circumstances that one is in? It does not mean do not better yourself by all means, but don't live in the ten roomed house while you are in a two roomed house. Live in the two roomed house and there too will be so much joy and beauty. A person earns 500 Rand a month for example, and tries to live a life as if he was earning a 1000 Rand. Naturally, problems are going to creep her, it is quite natural. But when one has accepted oneself, know ones limitations and accepted them and live accordingly, and then try to rise above the limitations, and you will rise above the limitations. Definitely -- definitely. So these are things of practical life and living.



Now the woman you spoke about is an essential part of this and that the man you might speak about is also an essential part of this. Any doctor will tell you that every hospital bed, every ill person is ill because of 60% or 80% of mental disease, their minds, wrong thinking, not wanting to accept oneself, living in delusions of grandeur or living with so many kinds of guilt's expresses itself organically because there is no difference between mind and body, one is just a subtle continuation of the other. So it must defect, it must defect and that is how people become ill. So what we have to deal with is the mind and through that mind that is causing so much trouble, we learn the secret of acceptance, then all guilt will disappear. Say a man has cheated his wife or the wife has cheated husband, it is no good going through life suffering that guilt. It is no good because you will be involved in that guilt all the time. Admit the guilt to yourself; I have been guilty of this, now I am going to do something about it. The guilt will disappear, that sickness will go and health will come and that is how we start off as we say, "Turn a new leaf". That is what means by turning a new leaf is to accept oneself as one is. When you read a book, you don't turn the page without finishing the page before, life is like that, the page has been read, it is finished, full stop. Now the page is turned, the new story begins. Look at all the hope that there is in life, people need not suffer of any of these illnesses that are created by the mind, created by the mind and expressed by the physical body. I'm talking too long.

Public: Oh!

Guru: Yeah (laughs) yeah. Okay. So, man can, if he regards a woman just as a woman, can progress to the point where she can become a goddess to him and the other way around. Man, if he regards a woman as just an illusion, can endow in her with his own mind so much reality and all reality is beauty. All reality is beauty. Oh yes, and one can live a very -- very happy life. A person can be totally happy in spite of all adversities, man can be totally happy. You can have the severest quarrel with your wife and yet, underlying that, you know that this a surface play and you're still so happy inside. You're happy or bubbling over that happiness. Perhaps you might have created the quarrel to teach lesson or to achieve something for the benefit of the home, when you know that and that stillness, that calmness remains and the stillness and calmness is happiness, that is happiness, always -- always. These things are simple, very easily attained, very easily attained. There's just the proper mental attitude.

And proper mental attitude is gained firstly by doing ones meditation and spiritual practices which gives you strength. Secondly, by listening to wise words or reading good books instead of cheap novels, okay? Right. Thirdly, by the knowledge that is gained, putting it into practice. Now, by putting the knowledge gained into practice, what happens is this that the knowledge becomes more deeply implanted in you. In the beginning, by putting knowledge into practice will require effort,

but by putting it into practice, you are driving that knowledge, that wisdom more deeper into your mind, your subconscious mind, until you reach a stage in a very short while where that kind of action just becomes spontaneous action. No more effort is required. Like a child that learns to play the piano presses the keys one finger at a time until with due practice, it plays the piano automatically, spontaneously there's a flow.

So, here we have touched the points of meditation, self-help, gaining knowledge and once you have gained that or are on the path of that, then you have a great gift given to you and that gift is the gift of grace. Grace is there, but what do we do to attract that grace? Self help and meditation. Do that and grace is always there. Right Grace? Good (laughs). I think we will have to break for tea.