

Guru: Most cases it is superstition. I've seen in the eastern countries that a mother would put mascara around the baby's eyes. It is not for adornment, but they believe that the evil eye cannot fall on the child, superstition. Fine. Then in other religions, specially the Mohammedan ones, a person goes to the priest and the priest gives them amulet which is worn around the neck. Now in the amulet, a certain holy phrase, for example, such as the Arabic phrase, "La ilaha ila Allah" would be written, putting the amulet and it is worn round the neck. Now, here too although it is based on superstition, if the person has faith in the amulet, then it would be beneficial to the person because it is his own faith that protects him from so-called evil. This is taking superstition at its psychological value. But if that amulet is examined on its own strength without the faith of anyone, then that amulet is just a worthless piece of whatever, metal. Good.

Now, there is a definite ancient science regarded -- as far as the amulet is concerned, and this can be verified by science. Now an amulet is normally a hollow little box -- a hollow little box. If you study Atlantean Civilization and most of these might not be known that they had a certain crystal which emitted an immense amount of energy. Today, we have nuclear energy, but this crystal could emit far more greater force and energies because of this crystal which they discovered and it is because of the misuse of this force, it is because of the misuse of this crystal that this crystal could empower small little peace, some people think it is codes, you've heard of codes. But it is not really codes, its something still finer than that. It could empower submarines, it could -- it could empower aeroplanes, it could be used, channelled in various forms of energies and it was this very energy that destroyed the Atlantean Civilisation. People started developing so much technologically that the entire heart aspect was forgotten and with the various technological ideals which formed various factions, a misuse was made of that crystal force and the entire civilisation was destroyed.

Now the same thing could happen to this planet where with technological progress, with the discovery of various forms of energies, it could be misused and that is why we stressed so much importance to the development of the heart, to the development of love that would guide the technologists not to misuse the power. Now, this very crystal that existed in the Atlantean Civilisation is at present in this world, it is present here, it has been discovered by <0:04:39.4> and this could be worn or had upon one's person to re-energise -- vitalise physical and mental forces and if a system, specially the mental system, if it is revitalised and rejuvenated and clarified, a greater spiritual force can shine through, can permeate the mind and the body. Now this is inexistence, but how ready is the world for that? I can give you this crystal; I can put it in a little box to wear around your neck, around your arm or anywhere. You will feel so energised, you will feel so vitalised, there'll be such great mental force emitted from you because of this crystal, but are you ready to receive it? That is the question.

Now when I was in India, we -- we went into very deep philosophical and scientific aspects of this very crystal with my guru that how it can be used and we found in our meditations that we are not at a stage to use this. That is why we are trying to work so hard all over the world, to bring a deeper understanding of man's mind, a deeper vaster awareness, a greater expansion of the heart so that when this gift is given to them, they will use it for good means. So there you have the right amulet. Otherwise all else is based on superstition and at -- at least at the bottom end on superstition and at the top end on faith. That is what amulets are about. Good. Now ask me a nice philosophical question. Um-hmm.

Public: Guruji, the Hindu idea of an individual soul or Jeeva incarnating from one body to the next seems to contrast with the Buddhist view, you know of a sort of a transmi -- the paradox of a transmigration without a transmigration. Is this a contrast? Is it real or is it merely you know, sort of terminological ---

Guru: Good. Now, we do not teach Hindu philosophy and we do not teach Buddhist philosophy, we teach a universal philosophy. Okay. That applies to all religious believes. Now, by transmigration of the soul, many have interpreted it to be one soul taking over the body of another person. That is not true. No soul can take over the body of another person because that very soul has the capacity in itself to concretise itself in a body. Why should it take over the body of another person? There is no necessity and if the person tries to save time from its sole value, the 20 or 30 years that we requires to grow up is not even a split of a second to the soul because the soul functions in the realms of eternity. So there'd be no necessity whatsoever for the soul to posses or take over another body. There have been some authors, very popular ones that have deluded the world, one author, if I remember correctly says that his body was taken over by a Tibetan Lama and now he himself calls himself a Lama. This is not true. That particular author might have studied Tibetan Law and written these books, some truths are imparted and much is speculation. I would rather prefer the other view that when the soul departs from the body, it would create for itself another vehicle to complete its work and its work is to learn the lessons of life to reach back from once it came and yet all these seemingly millions of years that we account in our space and time conception, from the very primal atom to the present human being, from present man and then onto god man, that to the soul is just momentary, therefore we say to find eternity in the moment and the moment in eternity, I think that was Blake, good.

So we have to define what we mean by the soul. That is also a word which has been misused. So many interpretations have been given to that word. By soul do we mean the Jivatman, that means the mental body or the subtle body empowered by the spiritual body or do we mean the spiritual body? Now the spirit within man requires no transmigration or reincarnation, it is forever there. The ocean is forever there, its only the waves that move on the surface and yet the

very name and form of the wave is that which separates the ocean from the wave and that very separation is Maya or delusion. Remember it's not an illusion, it is a delusion. We delude ourselves in thinking that we are separate and because of this delusion, we have to go through so many reincarnations. The purpose of that subtle body which is in this case the wave, the purpose for it to go through all these incarnations is to get rid of the basic delusion that I am separate from the spirit and really speaking, everything is the spirit, therefore, we say God is omnipresent. Everything is the spirit but now in the manifestation of the spirit, as the sun manifests heat because it is its nature to give off heat. Because of this manifestation the very spirit necessarily has to assume grosser and grosser and grosser forms and that is the difference, that is the reason, that is the delusion that man thinks that the stone is apart from me and I am apart from God. The stone is God, you are God, but because of this delusion, you do not realise that you are God. You do not realise that you are divinity incarnate. That is the problem, the problem of delusion.

So all the things we learn mentally, all the spiritual practices we do is to take us away from this delusion. For delusion will always be there. Delusion cannot be got rid of in its universal aspect, but it can be got rid of in its individual aspect where I cease to see separation from that piece of stone, where I cease to see the separation between myself and another, for he and I are one. So when one finds getting rid of the delusion, when one finds oneness with the father, then one finds oneness with everything, for the father is everything. So through this gradual process of evolution, through this gradual process of that delusory mind, or mental body that can only create delusion rids itself of itself and that which remains is the universal spirit and that thou art Tatvamasi as they say in Sanskrit. This is the goal and an aim of life. This is the purpose of life.

So for the subtle body which is a manifestation -- for the subtle body which is a manifestation, the evolution is necessary and to have evolution, all these various incarnations -- reincarnations are necessary but man has the ability within himself to avoid that wheel of birth and death for all that can be achieved in this life. So what do we do? We realise. There is a story I might have quoted before where a lion cub was brought up, the mother died at its birth, and the lion cub was brought up with sheep and being brought up with sheep, it started bleating thinking it was a sheep. As it grew up, one day another lion was passing by and said, "Come, come, come -- come with me" took him to the pond and say, "Look at yourself, do you see yourself different from me? I am a lion," so this lion realised that, "No, I am not a sheep" and he started roaring, immediate illumination that I am a lion (laughs). See, so it is realisation we want. It is not just mental conceptions; all philosophies are nothing else but mental conceptions. Give me any theory and I will give you a contra theory because they are mental conceptions. They are to please the mind. They have their purpose in trying to refine the mind, good purpose -- good purpose. But there comes a time when you discard all philosophies. When you discard all

mental speculations and just find that which is yourself, that which is within yourself. That is realisation. Then all the paraphernalia is not -- not necessary.

Now this can be achieved through so many different ways as we know, through Bhakti yoga, Karma yoga, Gyana yoga, Raj yoga -- Raj yoga, the royal path where you sit down and meditate and be away from the mind and body in the realm of the spirit and as this gradually creeps upon you, these realisations dawn, the mind becomes clear, divinity starts permeating -- permeating the mind and the body. Again, all these other aspects becomes so natural to you, automatically you start loving and when you start loving, you become lovable. Because of that love engendered within you, all your actions become right actions, Karma yoga. Understandings developing the mind because of the added awareness, expanded awareness, realisations come and that is how the goal of life is fulfilled. That is how we get rid of the reincarnating subtle body. As we get rid of the physical body from ourselves, and allow it to disintegrate into its original elements, so too must the subtle body disintegrate and then, as I said, what is left is the real you, the god head, the spiritual self which is all permeating and all providing. It's easy you know (laughs) very easy, yes -- yes -- yes.

So, so therefore, I always say, "Be regular in your spiritual practices", it will produce all the benefits that we have discussed many times, but most of all, it will make you face yourself truly and in the waking state of life, you will make every effort to get rid of the weaknesses which are only of the grosser and subtle body and when those weaknesses are rid of all these Samskaras that make you reincarnate are automatically being got rid of. So here for the subtle body and the grosser body, it is a process of illumination. First you illuminate, then you accumulate and in that accumulation, you put all these together, you first know that this is all a delusion and then after really knowing that, you will say, "this too is reality" you see how the clock turns? Then you will say, "oh this too is reality, but that manifested reality has its own value, and then you say relativity is real and the absolute too is real, for the absolute and relativity are but one. The one manifesto, the other manifestation, one cannot exist without the other. So when one realises first the futility of it all, then delusion disappears.

Now the purpose of realising the futility of it all is this that you get rid of the delusory attachments you have formed. This I and mine, you and yours, when that is achieved, not as a mental concept only, but when it is realised, then delusion disappears and you come back to see everything in its true worth and its true worth is that even delusion can be real. You find reality in delusion because firstly where did delusion come from? Nothing can come from nothing. Delusion has also come from the manifestation of the manifesto. So what we do is this, we complete the circle. The entire universe is one cycle upon the other, the universe begins and it ends, and from the very impulse momentum created by the dissolution of

the universe, another universe is created and so it goes on and on eternally. Manifestation goes on eternally, but you, having known yourself do recognise yourself as eternity and that too as eternity. So, that is how you find reality even in delusion, for all that delusion which others suffer is from me, it's from me, it is a manifestation. Next question.

Public: Yes -- umm -- how can you own creativity to further our development -- spiritual development?

Guru: Beautiful, beautiful. There is no spiritual development, there is spiritual unfoldment. That term is used a lot, spiritual development, you will find the term used in many books, but in reality, the spirit does not require developing, requires this unfolding and what unfolding means is to make thinner the veils or discard the veils which cover that eternal unfolded purity. Fine. Now, the very process one takes for the unfoldment is creativity itself. Whatever means you adopt, it is a creative means. Now creativity could be constructive which could enhance your past, propel you faster in the enfoldment or if creativity is destructive, then it impedes your past, it becomes an obstacle to know the unfolded spirit. For everything is creative, there is nothing in the universe which is not creative at any second or fraction of a second. The very act of lifting your hand, there is creativity involved. The creative energy is propelling your hand to move. When you slap someone's face, there's creativity too, yes -- yes, the very same energy is making you use that hand. Good.

Now, by creativity I know what you mean, by creativity, you mean art, painting or perfecting something, music. Now these are also raised, why not regard your painting to be a religion or your way of life? Religion is nothing but a way of life that one establishes for oneself. Regard your sin to be a past, let the shoemaker regard his shoe making to be a past and when that is regarded to be so, you start perfecting the art. You start perfecting your paintings, your music. Now how do we know that the painting I am doing is creative? The criteria is this, is it producing greater harmony within myself? That is the criteria. Now, by harmony, we mean an integration of mind, body and spirit. Now, if you find that these three aspects of yourself are becoming more and more integrated, then know for sure whatever you are doing is creative. If a carpenter makes a table to its total utmost perfection, in that very process, you will reach self-realisation for that too is a religion. So everything is creative and these are the practical aspects. A cook can find God through cooking. Yes, if she puts her whole mind, soul and body in the very act she is performing or doing, she can find divinity. That food is divine. So here is the doers, there is the doing and there is that which is done.

Now, as she starts perfecting her cooking, she starts realising that I, this body, this mind is not the real cook. Now, when does she find that is by total dedication and devotion to the cooking, regarding it to be an offering, she is performing action for the sake of performing action as she starts realising this, then this refinement of the mind and body comes about

where she says that this body is not the doer, there's something within who is the real doer, not I, the big I, not the small I, then the very action, the very doing becomes an expression of that I and the expression of that I concretises itself as that which is done, the food. So if a cook can cook in such a way, please invite me (laughs). So here the doer, the doing and that which is done becomes one and it is an offering. You see, so everything is creating, everything is creative, every soul in your body is being created and re-created all the time. Every breath you take is an act of creating all the time, every breath you take is revitalising your body. It is creating -- it is supporting and all creativity is very supportive. So, we must regard everything in life to be creative, everything to be an expression. Life recreates itself all the time -- all the time -- all the time and divinity is creative, all is divinity, so simple. Good, next?

Public: What is the truth -- meaning of death?

Guru: I'll need an hour for that, can we start over that question next week?

Public: Yes.

Guru: You'll be the first one to ask that.

Public: Yes.

Guru: We've only got 15 minutes left.

Public: Ah yes.

Guru: Right then I'll speak of the meaning of death.

Public: Yes.

Guru: Okay, because to cover that in 15 minute could be -- would be an injustice to you and to death.

Public: Yes (laughs).

Guru: <0:34:44.2> the next fifteen minutes.

Public: <0:34:51.1> some people feel that meditation is wrong and that evolution should be no creatively unfoldment of the spirit. What's your view on this matter?

Guru: Say that more clearly again so that ---

Public: The old people feel that meditation is wrong, yeah.

Guru: People feel meditation is wrong?

Public: Namely occultist you know, the osophers and they say that you know --

Guru: Look, please don't speak to me of spooky people (laughs) we are here to find the truth. Good. Now, whoever says meditation is wrong naturally has a misconception, they have been misconceived the ideas I mean (laughs) yes. Who could ever say that to find the deeper essence of yourself could be wrong? Occultists try and dwelve within the subtle layers of the mind. They get hooked up in a lot of spooky business. They would divide up the layers, the subtle -- the -- the layers of the mind, the mind into various layers and various aspects and in their discoveries which might not all be untrue, but which is a lot of speculation, mental gymnastics. Why do you want to know the spirits on the other side? Why do you want to be involved in all the various regions of existence? Why? It is intellectualising and speculative intellectualising. For your mind can create here and now any existence that you believe in. For example, a fish -- his heaven would be a super fishy place (laughs) his conception of God would be a super big fish and that would apply to the cow and to the elephant. So, whatever you can conceive of is true for you, in one religion it is promised and this religion teaches that you have to be teetotaler, you must not do this and you must not do that, but if you do not do these things, then you will go to heaven and that heaven has rivers of wine flowing (laughs) yeah, and beautiful <0:38:11.6> to look after to you to tend to you. Don't have it here, you can have it there (public laughs).

And believe you me those people that believe in that will go to that kind of heaven because all these heavens and hells are in the region of the mind, they are mental creations. So whatever you believe, that shall be for you. Now, these occultists come out with all these various kinds of -- of theories which are totally unnecessary. What we want to do is to go beyond the mind to the realm of divinity and not play around in its own manifestation because seeing that the subtle body

or the mind is there and I always call the mind a cunning animal, it can believe anything it wants to believe, it has a free will and then having the instrument of the free will, he can create to himself any kind of hell or any kind of heaven or any plain of existence. He can create to himself that on one plain of existence, such beings live, on another plain of existence, these other kinds of beings live and for him, it would be a reality. It would be a reality. In essence, it is a delusion, but that delusion becomes a reality to him and he can go through these various plains because what he is going through is only his own thought formations. Good.

We want to go to the source, we want to still the ripples of the mind so that divinity can be fully reflected, the manifesto could be fully reflected in its manifestation which this body and mind is comprised of. That is our aim and goal. That is our aim and goal. I would advise -- I would advise and very strongly advise anyone not to dabble in occultism, it gets you nowhere. It confuses you more and more and more. If you have the choice of taking a straight road to that essence of bliss, why take the devious road? For one day you would have to discard all the occultism and reach the source, which is divinity itself. I would strongly advise anyone not to dabble in it -- not to dabble in it. So meditation is necessary to understand that. If you say meditation is wrong, the more you become involved in occultism, but once you start practicing meditation and you find this greater and greater integration coming within you as you start feeling some force, then you would want to reach that force, or the source of all creation.

Occultism is not the direct path, it could be very misleading. If you do not want to meditate, don't. At least have a simple prayer, that helps. You do not want to pray, live a life, do good, be good and if you can't do anyone any good, don't do him any harm (laughs). You see, it is so simple. Have that ability within you to love, develop that aspect. Start with one person and love sincerely and totally in spite of all obstacles, in spite of all troubles and whatever, love. You're sooner to reach divinity sooner through that doing good, being good, loving than all the occultism and all the occultists in this world put together. Throw them in the sea (laughs), you see. Look, to find reality is to find the simplicity within oneself. Why load the overloaded mind with these unproven nonsensical, non-existent thought created theories? All the occultists are going to shoot me (laughs). I talk of the straight simple path to find that self realisation. Why the devious? Good. That's done it for the day.