

Gururaj. You are so much within yourself at one with the universe. Your suffering is connected with universal suffering and as long as you dwell round in this, in this so-called world or this universe, these forces will always be there. Okay. Fine. You cannot escape it until you are in it. Get out, of it, do it now, in every aspect of life. Why be poor, lonely and lost? The poverty is in the hearts. The loneliness is a creation of the mind and between the conflicts of these two, you are lost. If you have to be lost, be lost but lose yourselves in that which is Divine. Travel with me, hold my hand, let me take you through the vast range of this universe and even beyond it, where the Impersonal becomes the Personal. When I go on these journeys, I go through all these various stages of evolution covering the entire universe and then beyond it and merge away not only in the universe or the oneness of manifestation but also with the Manifestor. That path is joyous but coming back, coming through the same path again, through the various sheaths that covers the individual soul, coming back, you stop at places, the joy is great and the joy was great and the pain is painful where the pain was great.

So I have been away from you for hundreds and hundreds of thousands of years, millions of years but in that dimension there is no time. It is our conception of time and coming back after millions of years, you all look the same. You all look the same even after two million years. Which part of you looks the same? I don't talk of faces and bodies, not important, but your spiritual self, the purity within you is the same. The same light in each one shines effulgently. So are you really poor, are you really lonely, are you really lost? No. No. It is an assumption. It is an assumption that has been created by your own minds because you have failed to understand the meaning of evolution. You have failed to understand that all these experiences were necessary for you to reach the stage of man, and yet you clutter up all these experiences and concoct further experiences which causes you misery. So to know thyself, we go beyond the experiences of the ages. But while going beyond, we do recognise the fact that these experiences were necessary to bring us where we are. Man is a highly evolved being and he only needs this little recognition, this little realisation that "I've come a long way to be what I am and I am that I am". No one needs to suffer whatever circumstances one is placed in. There is no suffering in this universe. It is a creation of man's mind, a distortion of pure consciousness, a distortion of energies.

Now up to now, on the spiritual path and I'm speaking to those specially that have been with us for the past few years, I speak to those specially, that you are to a certain extent meditating - on your report sheets and exam details, most of you have progressed. But come to one realisation that this progress that has been made, this little light that has started flickering within you, has not been brought about without those experiences, distorted as they may have been. For it is the very conflict of distortion that has pushed you on the path of evolution, but now is the time to take stock, to take stock and know that these experiences are past and they are not, we are not to be concerned about them anymore. It is

gone. We have travelled the road and you do not need to recount all the experiences you had on the road, on the path. For many of you, the goal is in sight. The goal is near over the hill. There is the entire panorama of all creation, all manifestation. So know this for sure now, let it not be disobeyed that you are going to dwell on the past. Let this moment be the only moment, a new moment that would establish you as you really are.

Pettinesses, mistrust, intolerance, unkindness, why, why, why? What benefit is it to you or to the other person? If I'm unkind to you, it will stop me, it will be a block located on my path. The little hill that was so small enlarges itself and I will have to climb harder. So these are the values. For you have it all in you. There is nothing outside you. Projections, projections, projections and yet you all say and you all know the Kingdom of God is within. Verbalise it, intellectualise it, rationalise it, experience it now. The great force has been imparted to you and your experience will be according to your perception, although any form of experience which we discussed just now is not necessary. Something has been touched within each and everyone here, even if it has not been brought to the conscious level. That does not matter. The conscious mind is a troublemaker. It doesn't matter. Some people do bring it to the conscious level. Something has been ignited and it is to ignite this something that I do the Communion Practice, otherwise it is not necessary. You would just be as happy to be here and listen to me talk to you on various subjects. You'd be just as happy. The purpose of the Communion Practice is to ignite that something within you. And it has been ignited. Be happy. Be happy.

Don't even forgive, just forget. And what are you to forget? You're to forget past experiences and that cannot be done by conscious effort. It can only be done by going beyond the experiences. While you are travelling to High Leigh from wherever you come from most probably from all over England some of you, you have passed so many lamp-posts. You tell me how many lamp-posts you have passed on the road here. And yet it has registered in your mind without you knowing it. It has. But you don't bring it to your cognition. You don't know how many lamp-posts there were. You're interested in coming to High Leigh. Let us not worry about the lamp-posts. On this journey of life or so many other lives that you have lived, be intent on the goal for that very intentness brings that peace. So the message for tonight is this, be not guilty of anything. Those experiences might have been necessary. Your thinking might have been distorted. I do not teach of repent. That was necessary at one time. But I teach of changing of one's lifestyle which automatically is repentance. Repentance is a word so misunderstood that you sit back and say "Oh, I've done this and I've done this and I've done this and I've done this". You're planting those thoughts deeper and deeper into your minds and those seeds will spring up again. True repentance lies in changing one's lifestyle and then one with intentness and sincerity, tries his best to overcome his weaknesses and then the hope that is eternally in the human breast activates itself and from hopelessness, you reach the area of hopefulness.

You are not such great sinners that you make yourself out to be. No. You are gods on earth. Thinking might have been distorted but we can right that, we can right that. It doesn't take long. No, it doesn't take long. A few simple things like kindness and love and compassion, sharing, offering that which is within, simple, simple things that changes, transforms a person's whole life. And by drawing on the spiritual forces within, through our meditational and spiritual practices, it strengthens our resolves, it strengthens that, those virtues that we are to develop within ourselves, not develop, unfold. To me every person is a virtuous person. Every person is. Some unfoldment is required. You have the book, you are the book of all the wisdom of the universe but for God's sake open the cover. Don't let it lie on the shelves gathering dust. Open your book of life. Enjoy the joy that is within you. Enjoy it with tears, enjoy it with laughter. Live, love, laugh. That is you, you, you. That is your true nature. I come to tell you of your true nature. I've come to tell you of your strengths, not your weaknesses. Why? What is it going to help you by analysing your weaknesses or drumming or dwelling upon your weaknesses, so they go further and further and deeper and deeper within yourself. What sense is there? Let us think of our strengths and strengthen those strengths so the force of those very strengths will get rid of the weaknesses because weakness is opposite to strength. You see? So, that's how it goes. So simple. Good.

Would anybody like to talk of their experiences? I like to hear of these experiences because it gives me an idea of the amount of energy released and how much of that energy has been used and taken up. Could you hear me while I was speaking? I'm so, so sorry for those who couldn't hear. How about after tea, we were thinking of having a Satsang, we were thinking of having a Satsang - I beg your pardon - we were thinking of having a Satsang. We had a little Satsang already, so those that couldn't hear at the back, I'm sure Keith would just be too happy to play the tape, after tea-break. It would be nice.

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