

Gururaj. Yes. Okay. Any questions you want to ask me on the Forms I brought, you're most welcome. If there's anything you can't understand, I'd be glad to explain. Thank you. Yes. Will everyone repeat with me, Satyam, Shivam, Sundaram. Satyam, Shivam, Sundaram. Satyam, Shivam, Sundaram. It means, Satyam means Truth, Shivam means God, and Sundaram means Beauty. For Beauty, God and Truth is but one. The Preparatory Teachers and I'm not only speaking to the new ones, but also all the other Teachers, you're more important than what I am, because you are the ones that are a direct link to the public, to the people. So instead of me having to say this individually, I thought rather let me address all at the same time. May, through your hands, people be led to Satyam, Shivam, Sundaram. Through your hands, may you bring happiness in the lives of others, to put them on the path of God. What more can we do in life? And life is not just to work and make a living and eat and sleep and whatever one does. But life is also made to serve humanity and to show them the path towards Divinity. That is the greatest thing you can do.

As I've said in some Satsang, that whatever possessions you have is not going to go with you, but that which will come with you, is the goodness you have done in helping mankind towards Divinity. So blessed be thou all in doing this. It does not require full-time work, just a few hours a week, some evenings. And especially now to the new ones, you don't need to hire halls and give introductory talks. It's not necessary. You can if you want to. Right. But just invite say half a dozen friends at home, talk about the meditation, explain to them what it is all about and how it will benefit them, how it will bring them greater and greater peace. And of course, a cup of tea or coffee like that. And it becomes something very, very informal - (Gururaj coughs) I beg your pardon. And with a few people around you at someone's home or your own home whichever suits you better. By informal, I mean that there is an inter-change of ideas, while in a large hall, it becomes more difficult. And you say something and the other person that's there want to ask you a question. So of course in that informal atmosphere it becomes much, much more easier. This applies to all the Teachers. And I want to extend a very, very special thanks to our Peter, Peter Moore. He's worked very hard and according to the feedback I have had, he's really done a wonderful job of teaching the Teachers. Congratulations and my heartfelt thanks to you.

Do you see what one person can do? One person. He has created about ten dozen new Teachers, who in turn will teach a dozen more. And that's how the family grows. And we have a world-wide family. For example if you want to go and visit Ireland or Denmark or Spain or Germany, Switzerland, anywhere, Australia, anywhere, we have family all over. And you just need to write a note to me, say 'Look, I would like to visit Perth or wherever'. And its very easy for me to scribble a note that such and such a person is coming, which is part of our family and see that they are picked up at the airport and well looked after. Do you see? Family spirit. So anywhere you want to go in the world, you'd be welcome. All of you. And that is what's meant by family. You see? So you have my blessings, rather God's blessings to do the best

you can and lead as many people as possible on the path of Satyam, Shivam, Sundaram. Namaste to you all. Namaste. Thanks again Peter. Good.

What shall we talk about today? I'll have a sip of water. Thank you very much though because with a sweet in the mouth, I won't be able to talk properly. It's like having two marbles in the mouth, trying to articulate your words. Everything is fun in life, do you see? If you make your lives joyful then everything is joyous. You can see the humour in everything and you can laugh, which is a great medicine on its own. Life, Love and Laughter, Peter. And of course Bavna and Arun has been doing a great job in Ireland. And Jyotima and Dhanjee have been doing lots of good work in Denmark. And Raman and Concha have been doing a lot of good work in Spain. And of course you people are also doing very good work here. But I think you're a bit slow. Teach. It's no good to call yourself a Teacher if you do not teach. That's it. Sorry, Jean.

Questioner. Beloved Gururaj, excitation is produced by confusion of the mind, how can we learn to achieve tranquillity, serenity?

Gururaj. Oh easy, meditate (Gururaj laughs). Excitation is produced by confusions in the mind. Actually there should be fusion and not confusion, because you're conning yourself and no one else. Where does this confusion come from? How does it originate? What are the mechanics of being in a confused state? Firstly, misunderstandings, where you do not understand something entirely and then the mind goes into a turmoil and it feels confused. Now, what effort are we making to clear up the misunderstanding? You might know someone and you don't like that person. There might be nothing wrong with that person at all, but have you ever thought that 'Look, I don't like that person, perhaps there's something wrong with me'. So when one analyses that little me that's creating the ill feeling, then the ill feeling would disappear because you are not projecting something on the other person, but you are projecting it within yourself for your own benefit, to clear up the confusion. And when you take the con away, then you are in fusion. Good.

Now, excitation has many connotations. What we really mean by excitation? Are we trying to equate excitation with agitation? And of course agitation normally starts from the mind itself and not only that, it translates itself into our physical being. Many illnesses and these doctors that are here, like Joe, will tell you originate mostly from the mind. Some years ago, they used to think that sixty percent of illnesses originate from the mind but now all doctors seem to agree that a hundred percent of them start from the mind. As a matter of fact I've got to address the British Holistic Medical Association on the thirteenth of April, - we are in April now, aren't we? Yes. And I'll be speaking to, I believe,

about over eight hundred doctors, that's what I have been given to understand. So now the cure for excitation has to start with the mind. Firstly through proper analysis and proper analysis can only come if you learn to quieten the mind. And you quieten it through our spiritual practices of course. For example if there is an emotional problem which also causes excitation, but while you're involved in the emotion itself, then you cannot find the answer, because the emotion is setting you in motion, of excitation. You see? So if you learn the art, which is very simple through our meditational practices, where you stand apart from the emotion and you will realise that that emotion which caused the excitation has no value at all. It's just a mix up of the mind creating that emotion. Of course emotion has so many facets, like I said, hatred and jealousies and so many others, love too perhaps. But love should not only be there on the emotional level, because the emotional level of a man and a woman of course, is forever changing, forever changing. Now that is why we find so many break-ups you know amongst married people or lovers because of the emotional change.

So if we just learn to observe, and that is what chanting teaches you really. Once you get into chanting, you'd find the chant goes on by itself and you, the real you standing apart, watching you chant, which means that you are learning to separate the small 'i' from the big 'I'. The big 'I' is watching that small 'i' in action. And it is the small 'i' that is emotional, that is excitable, that is confused. Because the big 'I' being so pure, knows of no confusion at all. It's our failure to tap that resource or that source, so that the small 'i' could be more strengthened not to go through excitements. You'll find people getting excited with the trivialest thing, small little thing that does not matter, they get excited. Like for example, the knife and the fork is - oops, sorry mike, is that his name, Mike, ah. You know one day the lights went out and I was shouting for Alec. I said 'Alec, Alec, Alec'. So my wife asks me 'Who is Alex?' I say 'A -lectrician'.

So to find control over the small 'i' - you cannot destroy the small 'i' as I've told you during the week, but it can be better co-ordinated and be made to function in a proper manner. And then there will be no excitation and no confusion. Do you see? As I was saying just, now people get excited over the smallest things, the fork should be on the left-hand side and the knife on the right-hand side and perhaps the maid or your wife or whoever just puts them, you know in the wrong places or puts the soup spoon in the wrong place or whatever. And the person gets angry which is also another aspect of excitation, that 'Why is this wrong'. Do you see? So over smallest things, we get excited, we get angry, we become resentful. That is another aspect of excitation. Why can't we just say 'Oh well, look the girl, your wife or whoever perhaps was in a hurry and put the fork and the knife in the wrong place, so I'll just change it over'. Right. But what would be the position if you used your fork with the right hand? If you're left handed, you cut with the left and eat with the right. Would you be then excited? No, you wouldn't because that's the way you eat.

You know one thing is very funny for me, with due respects to the Americans. You must watch them eat, it's really funny. And of course they're big steak eaters, therefore they are steak-brained. They should be put on stakes really, s-t-a-k-e. They'll put their fork in the steak or whatever, cut it with the right hand, then put down the knife, move over that fork to the right-hand and then put it in their mouths. And I've asked quite a few people, 'Why do you do that?' And they couldn't answer me. They say, 'Oh, it's just our way, it's a habit'. So excitation can also become a habit if we do not exercise any little effort in overcoming certain habits which are meaningless like changing the fork over to the right hand and then. Do you see? Now if they could give me one good reason why they do it, I'd be very happy. So I suppose, if it's a left-handed person, they'll do it the other way round. And instead of passing from left to the right, they'll pass it from the right to the left hand. You see?

So, most of our confusions, most of our excitations are unfounded. Many people become excitable because of some nervous condition that they might have and then they get excited over the least little thing. Now, think about it, I would say to them that what makes me so excitable. Right, if there's something wrong you know with my nervous system, go and see the doctor, go and see the guru, go and see whoever that would deal in such matters. And it can be so well corrected by understanding the root cause of it. So the nervous system can be helped but definitely not by Valiums. Do you know in Capetown we have a suburb Seapoint. You have seen Seapoint, Vidya, you have seen Seapoint? It's a suburb that is one and a half miles long. It's a very, very wealthy suburb. You know all rich people live there because it's an expensive area. And in that mile and a half, there are twenty eight chemist shops. In a mile and half, twenty eight Chemist shops, Pharmacies. And I spoke to one Pharmacist one day because my second son is also passed now as a Pharmacist and is gone back to University to specialise in Pharmacology and Microbiology, not that I can afford it but you don't deny children education, especially if they are very brilliant. You don't. For example Praneet, that's the one I'm talking about, in his third Course of Maths, he got ninety three percent in maths, higher maths. So he must have some. Okay so, I was speaking to this Pharmacist, I said 'What's your biggest seller here, I mean which kind of drugs do you sell the most?' And do you know what he told and I was shocked, 'Libriums and Valiums'. And that is a wealthy educated suburb. Why? They are trying to get rid of their excitation to become tranquil because Valiums and Libriums etc are tranquillisers. Do you see?

So we rather use our methods of becoming tranquil, calm, peaceful, all the time joyful. Look you've seen me and many of you have been on all the Courses practically over the past ten, eleven years something like that, have you ever seen me excitable? You always find me sitting here calm and laughing and joking talking a lot of you know what - how do you spell it? J-u-n-k. Do you see? So, it all comes from us. Excitation is not necessary at all except in bed. (General

laughter) You see you can turn anything into fun. And I do know one thing, that the British people has one of the finest sense of humour in the world. For example, in some countries I wouldn't like to mention names, if you tell them a subtle joke, they don't know what you're talking about. So you got to tell them little grosser jokes, then they understand it. But the British have a very keen sense of humour, which is something very good. It is in their nature, that sense of humour. They're born with it. And that's all the more reason why the English should be spanked on the backside for getting excitable. Another aspect, have that sense of humour, see the funny side of things. And everything has a humorous side. That's for sure. Then it takes the excitability away because excitability is a mental condition and an untranquil mind is prone to become excited. Do you see? So we achieve mental tranquillity and as we go on with our Meditations, gradually we develop greater and greater tranquillity. Look at the lovely word, tranquillity, quality in tranquillity. Do you see? Oh I love words, I like to play with them. That shows no excitation because if you're excited, then you can't play with words. You're playing with the emotions and enraging them and your feelings, and then you feel angry where anger is not necessary. Then with that excitability, you develop high blood pressure, heart trouble, all kinds of things are associated with that. It reduces the length of your life. Yes. It reduces the length of your life because of the high blood pressure and this, that and the other. And with high blood pressure, you are always under pressure of everything around you. You feel pressurised.

So excitability and confusion are things one can very easily overcome, very easily. For example, a simple ruse if you feel excitable about something you just you know in your mind or if your alone in the room, Aim Hrim Krim Chumundi Yai Viche Che, Aim Hrim Krim Chumundi Yai Viche Che, you'll find you're calming down. Or if not that, do some Pranayamas, four, sixteen, eight, do them. Or if not that, do your Mantra in the mind and tell yourself 'Guruji, take my excitability away' and do your Mantra. Try it out. These are not idle words. I never speak idle words because I am never idle and neither am I an idol. So try these things out and you'll see the excitability would evaporate, the confusion will go and you'll feel much more happier. So these are the little things of life that we must pay attention to. Do not get involved in the emotion, observe it and you'll find the emotion dissipates itself quickly, very quickly. Good.

I've got a Meeting on, a Healers' Meeting this afternoon and I hope they'll have a quick lunch for me instead of finishing at three o'clock, sometimes not always though, but I don't get excited about it. And there's another way of getting rid of confusion and excitability, buy a couple of joke books and laugh it away or listen to some of my jokes on the tapes.

You know this seven year old girl was being naughty, so the father used the hairbrush and gave her a spanking on the bottom. So afterwards the father felt a bit sorry and then he came back into the room to see how the daughter was.

So the daughter was, she had all her clothes off and looking at her bottoms in the mirror. So the father asked 'What are you doing?' So she said 'Dad, you've hit me so hard, you've cracked it'. (General laughter) Where is the excitability now?

You know this dirty old man had a habit when he used to be in his garden and pretty young girls used to go by and he used to whistle at them. You know. So the next door neighbour told this old man's wife that 'You know this is a real disgrace that an old man like him whistling at all the girls that are going by'. So the wife replies 'No, there's no harm to it. You know dogs chase cars but they can't drive it'. (General laughter)

And then of course there was this fire in this girls' hostel, I don't know if I told you this one. There was a fire in this girl's hostel and of course they phoned the fire brigade. And of course if you want to know more about fire brigades, you can ask Dhanjee, he's a fireman. So the fire brigade came and they put out the fire in two hours, but it took the girls four hours to push the firemen out. (General laughter)

Oh yes this Priest was sitting down writing his sermon, and while he was writing the sermon you know God peeped through the window from outside to see what the Priest is doing. So the Priest you know, 'Here's God looking through the window there'. So he picks up the phone to the Bishop you know which was in the same building and says 'What shall I do, I see God watching me through the window'. So the Bishop tells him 'Look, just look busy'. (General laughter)

And then of course I don't know if I said this one, if I told you this one. A fellow goes to a doctor, I don't think it was Dr. Jo over there. But a fellow goes to a doctor and says 'Doctor, thank you very much for the treatment.' But the doctor says 'Look, you are not my patient, you don't need to thank me'. He says 'No, I was not your patient, that's true, but through your treatment my rich uncle left me a fortune'. (General laughter)

Jyotima, I'll see you this afternoon to go over - thank you for the Forms, I've looked at them, there are one or two more things I need to ask you. So if I can see you about this before I leave tomorrow, I'd be very grateful. Would you also please bring the photos?

Gururaj. Which photos do you mean?

Jyotima. .... (Inaudible)

Gururaj. It's in my suitcase, isn't it? Yes. Please take them out for me. She looks after all these things for me, you know. That's what women are good for, to look after men. But men must look after them more, because God's finest creation is a woman. Oh definitely. And no man can ever realise God without having at least a few births, lifetimes as a woman. A woman is God's finest creation because she is built with all the mechanisms that is required for procreation. I've never heard of a man giving birth to a child. Do you see? So how beautiful it is? How intricate? Do you know what all goes on after a woman becomes pregnant in forming the foetus and it growing there in the womb, and how the mechanism of the little child, the foetus you know, being nourished by the mother, by the blood. One day I must talk to you about what a woman should do when she is pregnant and how her thinking affects the child's mind. It's very important. Thank you very much.

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