

Gururaj. Rice or crispies, rice or crispies, rice or crispies, rare. Hare Krishna, Hare Krishna, Rice and Crispies rare, Hare Krishna, Hare Krishna, Hare Krishna, rare. Nice to start with a smile. Good. Gurur Brahma, Gurur Vishnur, Gurur Devo Maheshvarah. Guruh Sakshat Param Brahma Tasmai Shri Gurave Namah. (Gururaj continues singing in Sanskrit).

This prayer is to my guru, Swami Pavitrananda. And for the new people, I'm sure there are tapes available where I showed you my relationship with my guru. And of course to me, my guru is Brahma the Creator, my guru is Vishnu the Preserver. My guru is the Dissolver, the dissolver of all the dross, all the evil in me. So these are three aspects of the same one Divinity. And of course in our language we would call it the Trinity. Do you see? He that creates, He that preserves and He that dissolves. And because of the love from me to my guru, these words would mean, this is Sanskrit of course, ... (Gururaj chants in Sanskrit) You are like a mother to me. ... (Gururaj chants in Sanskrit) And you're my father too. (Gururaj chants in Sanskrit) You are my brother as well. (Gururaj chants in Sanskrit) and you are my confidante. ... (Gururaj chants in Sanskrit) You are the knowledge. ... (Gururaj chants in Sanskrit) And you are the wealth of my heart. (Gururaj chants in Sanskrit) You are everything to me. You are a Lord of the Lords. Good.

Now the first we're doing this morning are the Initiations. Is that right? Good. Someone will have to help me. Yah. Thank you Jasmini.

...has been four categories, one person has received a Spiritual Name, the others that have been made Prep Teachers, there are others that have been made Preparatory Healers, and there have been a few who have been made, initiated to the Advanced Techniques of Healing. Now some of our Advanced Healers like Peter and these guys, I never try and remember things because if you try and remember things you are living in the past. I live in the present. Good.

Now the Prep. Teacher is the most important person in the organisation. Because he's even more important than me. Because he forms the direct link to the people and by forming that link, they'd be leading people on to the path of greater and greater joy, the path of Divinity. So instead of speaking to you individually let me rather, because it will take too much time. So the more people you teach what will happen is this, that you're leading them on to the path of Divinity. You're making their lives happy and you get rewarded ten times in return because your lives becomes more and more happier. The Prep Teachers have been taught most probably, where they are not doing anything but they allow themselves just to become a channel through which Divine energies flow. And the analogy I always love using, that when you water your garden, the hose pipe gets cleaned first even before the water reaches the garden. So being the most

important link, see what duty you can do? And at first it might be a bit onerous but then later as you start enjoying the joy of teaching, you' will feel so invigorated.

Now a Spiritual Name is for a certain purpose. It is nothing to do with your mantra. But a Spiritual Name is something that you would strive for, - Vidgia, the victorious. So find victory in life and get away from the turmoils or any blah blahs. So it's something to live up to. My guru gave me the name of Gururaj Ananda Yogi but I was born with the name of Purshotam, which means the 'Best among men'. And this name had been working on my mind all the time through the years, that hopefully perhaps I am the best among men. I don't know. Right.

Ordinary healing is the preliminary steps of healing and you got to get established in it and then later some of our Teachers will teach you the advanced healing techniques where people are made to see colours. They first become so calm and then they start seeing certain colours by - it's very scientific - by certain pressure points. And then with the knowledge given to you, you'd be able to analyse those colours and you'll help the people. You'll get rid of their illnesses. I was told this morning or was it yesterday, that in these past two days, so many people has been cured of things which they were suffering for years. Would one of you talk a bit about it? Or those that healed - I think Peter said some words to me. Would you? There's a mike over there.

Peter. I think most of us have done some healing, quite an amount of healing on the Course and some of the cures seem to be miraculous in a way. They just work. Don't ask why or how, all we know is they've worked and people who had complaints for ages and ages, maybe one maybe twohealing, in lots of cases they're completely cured. We were talking to Guruji about it, he accepts it as a matter of course but we find it as a source of amazement. Even though I've been a healer since 1977, I never cease to be amazed at the results that come through.

Gururaj. You did some healings, didn't you? Go to the mike, not to Michael.

Aide.....(Inaudible)born ...deaf he started to hear in his other ear
healing..... and they all felt this peace peaceful every time you meditate (Inaudible)

Gururaj. Thank you. Now this was just to give you a slight demonstration. Of course we could talk for hours and hours and hours where a person that couldn't walk for thirty one years, started walking. Do you see? What I'm trying to tell you

or demonstrate to you, of the glory of God and how almighty He is if only you would try, through your meditations, to become close to Him. That's all. So simple.

Now we are going to do the Purification Practice. Is that what it is? Hold the cup, - don't drink it - hold the cup in your left hand. I don't need that, I'll just show it. Yah. Because if I should hold this glass of water, I might wet my pants. (General laughter) Yes. Now I'm sure all of you have these Forms.

Voice. Do you want them given out?

Gururaj. You can give it out at the end if you haven't given them out yet. But it would be nice if they could follow it with me, if it is possible at all. Yeah. And share the joy that you have found with others.

Now the purpose of the Purification Practice is this, that many people rush in from their offices or the factories or the jobs and then they want to sit down and meditate. Right. Now your meditations in that way, cannot go deep enough. So by doing the Purification Practice you feel so much more calmer so that your meditations could go deeper. Right. The whole idea behind it is to develop sincerity. And I'm saying this for the new people that are here because I've said this before many times. You've known the, you've seen the statue of the three monkeys - 'See no evil. Hear no evil. Speak no evil'. Right. Now if that thought is developed within one's mind, then you'd find your life will assume a better quality. It will become better. Because you do not want to see evil because seeing evil just disturbs you more. You do not want to hear evil because that will disturb you more. You want to speak no evil because that will disturb you more. And then where do you land up? In a mess. Right.

Now with these forms you will see - well the Sanskrit is there - and the reason why we use Sanskrit because it is the Mother of all tongues and the purest language in the world. Like I said the other day to someone 'Laughter' and you add an 'S', prefix with an 'S' it becomes 'Slaughter'. Why not 'Slaff-ter'. You see? Like that. So these words were conceived by Sages that would sit in front of a tree and feel the vibration of the tree and then formulate a sound. So you'll see on the right-hand side, speech, breath, eyes, ears, navel, heart, throat, top of head, knees and arms to all, because you don't just pray for yourself, you pray for the world, because it rebounds back on you by praying for others as well, not that selfishness of yourself.

Now I'll give you firstly an example specially to our newcomers here. Good. To give you an idea of the sound.

Aum Vaak Vaak, Aum Prana, Aum Chakshu Chakshu, Aum Shotram Shotram, Aum Nabhi, Aum Reedhayam, Aum Kunthaha, Aum Shiraha, Aum Bahubya Yashobalam, Aum Karatalkar Yashobalam.

Now why is water used? Water has the most calming effect on a person. For example if you come in after a hard days work and take a shower or a bath, you definitely will feel more relaxed. Seventy percent of the world is composed of water. Seventy percent of your bodies are composed of water. Did you know how much water you have in you? No wonder some people's mind become a bit watery. (Gururaj laughs) Dear me, what is life without a bit of fun? Good. Now you can follow me. Now you use these two fingers. Just picture yourself a rabbit with the two ears up. Okay. These two fingers and it's been proven by science and by Kirlian photography and other methods that these two fingers emanate the greatest amount of energy. So use your right hand please and keep the cup in your left. Right, is that left or right? Right.

(With the Group) Aum Vaak Vaak, Aum Prana Prana, Aum Chakshu Chakshu, Aum Shotram Shotram, Aum Nabhi, Aum Reedhayam, Aum Kunthaha, Aum Shiraha, Aum Bahubya Yashobalam, Aum Karatalkar Yashobalam.

You get the idea. Right. Now you can do this six times, eight times, or twelve times depending on how you feel. And you'll feel so much calmer and then you start doing your meditations. And you'd find you'll go so, so deep and you'll really be in touch with the Kingdom of Heaven within. That's the whole idea. And who says it's a Kingdom by the way? The Scriptures say that. Take the K away, the Ingdom, reach within. Good. Now we'll start the second part.

Aum Buha Punatu - Punatu means again. Right. Aum Buha Punatu Shirashi, Aum Buvah Punatu Naytrayam, Aum Svaha Punatu Kanthe, Aum Manaha Punatu Ridaye, Aum Janaha Punatu Nabhayam, Aum Tapah Punatu Padyam, Aum Satyam Punaha Shirashi, Aum Khan Brahma Punatu Sarvatra.

Right. You get that idea. Well this also you can do as many times as you like. It depends upon your mood or how you feel. Now the next one is a Pranayama Mantra. Now you can either start it with exhaling or with inhaling, but I would rather suggest to start it with inhalation. Right. And there are seven syllables there and they must be done with one breath. They are so scientifically balanced that it will remove all the toxins in your system. I do this Pranayama very regularly and as you all know I love having a cigarette. And once a month, when I go for my check-ups, my lungs are clear as a baby's because I get rid of the toxins. So it is very important for good health. Look me, right, I had an open heart operation. Right. I'm a severe sugar diabetic. I've got to take insulin injections every morning. I've got cancer.

You can throw the whole medical book at me and yet six, seven, eight months of the year I travel around teaching. Changes of climate, changes of food, which I'm not used to. It's five star of course. Right. Every couple of nights you change bed, you sleep in a different bed. You hardly get used to one and then you got to climb into another. Plus so many things and yet I'm okay. By the way, I'm only about ten thousand years old. (General laughter) Good. Right.

Now let's inhale with one inhalation. Aum Buha, Aum Buvaha, Aum Svaha, Aum Manaha, Aum Janaha, Aum Tapaha, Aum Satyam. Now out, Aum Buha, Aum Buvaha, Aum Svaha, Aum Manaha, Aum Janaha, Aum Tapaha, Aum Satyam. And of course the meanings are given alongside it. Lord you are the vital energy. Lord you are the taker of my burden. Lord you are the giver of my happiness. Lord you are that which we all worship. Lord you are the creator and preserver. Lord you are the destroyer of all my negativities. Lord you are the eternal truth. It's very universal. Good. And this too you can do as many times as you like but don't over strain yourself, but be comfortable as much as you can.

And then in the end you end off with a prayer. Now this is just a little prayer which I formulated but you can formulate your own prayer. It's no use doing a prayer which is parrot like. 'Our Father in Heaven beloved blah, blah, blah'. To many people they don't understand it and they don't know what it means and they don't feel it. They do it as routine. So the best way is to formulate your own prayer for yourself which you are sincere about and which you can feel. So this is just an example. You can use this one, or formulate something else which you would like to.

O Lord, you are that which spreads the nectar of life. O Almighty, you are that which is the container of nectar. O Almighty Father, you are truth, love, success and the beauty of life. You are my Life.

Good. So take a copy of this home. You might have one. But I mean to the new people on the Course if you want to take a copy. Right. Now. Good. At every Course, you know one question is asked and of course I speak an hour or so on it, but I think it's fair to everyone, if everyone would like to ask a question. We call it Rapid Fire. So anything you want to ask about, how to make curry and rice, or bake a cake or you know anything. You just ask. Pardon? Oh whoever has any please?

Voice. (Inaudible)

Gururaj. Pardon. Whoever has, please?

Questioner. Gururaj can you define a mystic?

Gururaj. A mystic is a mystery, that defies all definition, in words. A mystic is a person that experiences his own self, that experiences his own Divinity, because he has become one with Divinity itself. That is a mystic. There's a difference between a mystic and a philosopher. A philosopher will indulge in the mind and he will try and work out all these various problems of philosophy. Right. You could take Schopenhauer, Leibnitz, Kant and you name all those that 'kan't', can't, rather - I'm in England not in America now. Do you see? So they go in for definitions and mental speculations while the true mystic, the true guru goes for experience of himself. Mysticism has been so wrongly interpreted. You know when you say 'Oh he's a mystic', then of course you'd find him with all kinds of long robes, long hair, and a long beard. What the hell do they need that for? It's a show. I'm so simple, clean shaven all the time and neatly dressed. And of course for example, this shirt was given to me as a gift from, Bavna there. Right. Even this pants was given to me by Charlie, Charles. These socks were given to me by I don't know who, and

Voice. Marks and Sparks

Gururaj. Pardon?

Voice. Marks & Sparks

Gururaj. (Gururaj laughs) And of course I can't remember who gave me my underwear. (Gururaj laughs) Oh life is fun and the true mystic will always regard life to be a joy, of fun, because he is in union with that with which he's unified. That is the mark of the true mystic. A mystic could be in his outer expression, an artist. I do a lot of paintings. He could be a poet. I write a lot of poetry on the spur of the moment. I mean, we did that on this Course didn't we? Right. And he is total creativity itself. For mysticism involves creativity because creativity involves spontaneity. And if you cannot be spontaneous, you can never be a mystic. Like for example, me, I sit down and talk of various subjects with you. I never prepare a talk or anything. I say right what shall we talk about. I go on from there. You see? So as I said that a mystic is a mystery, not to himself but to others. How many of you, or two thousand years ago really understood one of the greatest mystics in the world, Jesus? If they did understand Him, He would not be crucified. He was the most hated man in the world. The Jews didn't love him, - the Romans, the Pharisees, the Sanhedrins, the Zealots, you name it. And yet one of the greatest mystics in the world. Right.

So a true mystic, you can call him a guru if you like, is always dwelling within himself. Twenty four hours of the day he is in close union with Divinity. Now you might say how is this possible because you do sleep a bit, don't you. But you can be fast asleep and yet be conscious of everything around you. I did speak about this sometime. And we have some meditators here that are actually experiencing it. Yes. Fast asleep and yet totally conscious. What are they conscious of? They are conscious of consciousness which is an experience by itself and of itself, noncontrived but just there. Now with your meditation and spiritual practices, everyone could reach that. No problem. You can become a mystic here. Yes. Yes. I rather prefer to be a mystic than a mystery. Good. Next question.

Questioner. Beloved Gururaj, Vivekananda talks in his books about having to sit up totally straight to get the Kundalini moving. He also talks about certain powers that people must attain before they become self realised. Was that just for his time, or does that pertain to now too? Could you speak to us about it?

Gururaj. Yes, that was actually 'BS'. You know what that stands for. (General laughter) The subtle energies within yourself does not require you to be in a certain posture. You can roll yourself into a ball and yet that energy will still be flowing. Now in ancient times in India, - don't know where these Indians got these ideas from - I'm a Britisher you know - that you got to sit up straight with the legs crossed and have your spine straight and the neck straight so that those energies could flow, which is rubbish. Take for example when you're sleeping, right, people have a habit of curling up. I do, I love curling up not always alone, (Gururaj laughs) but I do curl up mostly alone. Do you know? (General laughter) Well I did tell you that I do make love once a year and some years I forget. (General laughter) Nevertheless even when you're curling up in bed, those energies are still flowing in you. If not, you won't wake up alive. Right.

So the whole purpose was this, that children used to be sent to Ashrams you know at the age of seven or eight. Right. So what the teachers devised was this, that one child would sit like this and another would sit like that. There would be no conformity. So they were instructed you know, for all of them to sit in one posture, so there's uniformity. And when a person is lazing around and whatever, concentration could be lost. But them sitting up straight and listening to the teacher a greater amount of concentration could be maintained. That was the reason. And you do not need to develop any mystical powers at all. You mention Swami Vivekananda, I lived in that body so I know. And certain teachings were given for a certain kind of people, right, for a certain kind of audience. Do you see? And what was Vivekananda taught by his guru, Ramakrishna? Become a non-conformist and when you are a true non-conformist, you bring all the conformity and conventionality in your life. You see?

So you can sit anywhere in any posture in any way, even on the loo to meditate. It's not important. It is the peace that is gained within oneself. That is important and not all these postures and things. I see here in Western countries, they go in for Hatha Yoga, you know contorting their bodies. You don't need that. That's only a very small fraction of Yoga. Okay, it would keep you fit. So your body does need some fitness. But Hatha Yoga is not going to make you experience God. No. Keeps your body fit, okay. So if the body is fit one could look at it in a different way. If the body is fit, it becomes a good temple for that Divine spirit. So all these Vivekanandas and Fucktanandas and Shitanandas (General laughter) - by the way, this was not a bad word, Satchitananda - I just inserted a 'h' into it (Gururaj laughs). Sat, truth, chit, the mind consciousness, and Ananda is bliss. Do you see? What I'm trying to point out to you all is this that you can have the highest amount of wisdom and yet make fun of it. What is more greater than to have that sense of humour? Because if you are devoid of that sense of humour then life becomes a misery. And to unfathom that misery, becomes a mystery. Do you see? Good. Next.

Questioner. Could you please explain the Non-Touch Technique?

Gururaj. I've had a few, I've had a few complaints about the Non-Touch Technique. Now I'd like to tell you the reason for it. Out of the thousands and thousands of people I have initiated around the world, they're are only seven that has been given the Non-Touch Technique. The reason being this that they have developed a certain amount of sensitivity and by touching, their vibrations would be affected by the vibrations of the person that they are touching. Do you see? Now this applies mostly to strangers. I could, you know when I come in, you always see me embracing and hello and all this, but I can shake it off. These seven people have not yet developed the ability to shake it off. Do you see? So therefore after a while when they develop that ability then they would be back on to touching. Now of course this does not apply to husband and wife or to people that are very close to, each, or your children or whatever. It does not apply to them. Because it is one vibration, one circuit that has been created. You see?

Until those people develop the strength then they can start touching anyone and just shake it off, like me. If you have a sore leg or a headache or a sore backside or whatever, right, I will touch you, right, and take on you know your sore leg or headache or whatever. But then I can shake it off in a few moments, you see? Right. And everyone hasn't developed that strength yet. They will in due time, in due course. They will. For example, the healers that are made today, has been imparted with an energy which is a protective sheath, that whoever they heal, they will not be affected because they are just working as channels for that Divine energy to flow through them. But once they develop the ego that I am healing, you'll definitely be affected. So the dominant thought in your mind is that 'I am just a channel, and oh

Lord, may your power flow through me to this brother or sister that's in need'. Do you see? So that is the meaning of 'No touching'. And as I said of the thousands and thousands and thousands of people that have been initiated through me, there are only seven in the world that has the No-touch Technique.

Gururaj. Pardon. Change of climate. I must remember to take some throat gargle.

Questioner. (Inaudible)

Gururaj. Very good, very good question. It's very profound really. It's a very profound question. When we talk of non-conformity and to go with your own experience of life, it does not mean a negation of purity. Because when you are truly pure, you can be a non-conformist. Now non-conformity does not mean that you're licensed to kill, Double O Seven. Non-conformity does not mean that you become a street walker. Non-conformity does not mean that you steal or do anything and things like that. But the true non-conformist like me, is a man that's totally pure. And because of that purity, nothing would affect me at all, because I'm beyond the impressions or the samskaras that are implanted in the mind. You become the Jivanmukta, the living free. And then you can be a non-conformist. Do you see? So you could become a non-conformist but remember, that, do not harm others and do not harm yourself. Do you see?

For example, let's take the question of sex because I could see it on your mind there. Let's take the question of sex. Right. So what do people really know about sex? They only know about release of energies within themselves. That's all they know. But to truly make love with your beloved your wife whatever is to flow totally into her and she flows totally into you, where you lose all sense of the body and she loses all sense of her body and you enter the realms of a universal orgasm. I know through experience (Gururaj laughs). Oh dear me! Where are we? Ah, we got ten minutes left. Time for a few jokes, I suppose.

Two saints were sitting on a Park bench and the one saint asks the other, 'Have you ever been insulted?' So the brother saint said, 'Oh, I've been insulted on numerous occasions but I was never there.' (Gururaj laughs) Do you see the beautiful philosophy involved that you do not become affected? Do you see? Good. Let's find another one.

Why do bees hum? Do you know? Because they don't know the words. (Gururaj laughs) Yeah.

You know there were two parallel, parallel rows of cabbages. So they called it the dual cabbageway. (General laughter) Yeah.

Do you know what cannibals eat for breakfast? Buttered host. (Gururaj laughs) I think that's enough for now.

Voice. Bless the baby, bless the baby.

Gururaj. Oh yes, where is the baby? Ah, my dear darling, hello. Hello my darling. Hold my beads, hold my beads. Hold it, that's it. Yes, take it with two hands.

Om bhur bhuvah swah. Tatsavitur varenyam bhargo devasya dhimahi. Dhiyo yo nah prachodayat. Aum Shanti Shanti Shanti.

Are you going to become a guru like me? (Gururaj laughs) Lovely, lovely. Thank you darling.

Aide. He might take the beads.

Gururaj. Oh yes, why not? He loves them. You see a child is so innocent that they always love holy things.

Aide. Say hello, Jonathan.

Aide. Say hello to Bapuji.

Gururaj. Come on.

Aide. Come on.

Gururaj. Can he get up? Can he get up? Then lift him up. Lift him up. Yes, come on. He's learnt something new. Jonathan.

Aide. Jonathan, what do you say to Bapuji?

Gururaj. Namaste. Namaste. Come on. Namaste. He raises his hands. Namaste.

Child. Namaste.

Gururaj. Namaste.

Aide. Thank you, Bapuji.

Gururaj. Lovely. Oh, it's a joy.

Child. Bye, bye.

Gururaj. Bye, bye. Of course we all know what bye bye means, goodbye means, 'God be with you'. Sorry dear.

We have so many, so many Spanish people here. Seeing as we have so many Spanish people here, I think in a previous life, I must have been a bullfighter. Namaste. Enjoy your lunch.

END