

Gururaj. Every man has the capacity after reaching a certain level, to travel the entire universe, to the furthest point of the universe. Every man has that capacity. And, he could see the glories of God. People with their narrow minds, that are not interested in seeking for God, wanting to become one with God, they flounder around in the things that they see around them. Because their hearts are suffering, they could only see suffering around them. But when the heart and the spirit is enlightened and you feel the full force of the spirit, then the entire universe is yours. At will, you can be anywhere, at any time, at any place. And as you hurtle, faster than the speed, faster than speed, you cover the entire universe. And when you go beyond the physical universe, you feel that you are the Master of the universe because you have become one with Divinity. And, from that angle, all this play around us seems so futile. It holds no meaning at all, from the absolute point of view. And yet when you come back, you look at people's faces; you look into their hearts, and you see so much suffering. It is so painful to see that suffering.

Why must people suffer? They do not need to. They bring it all upon themselves, totally unnecessarily. It's like a fish being in the ocean and dying of thirst. It is all here. All that is in the universe is in your heart and you can, through the portals of your heart, travel the entire universe and see the glory of God, the luminosity, the brilliance, indescribable, ineffable. And you come back bringing that energy with you.

Is doctor Joe here, doctor Joe, did you bring a stethoscope with you? No. Well what a pity. I forgot to ask you. Because, while I was in deep meditation, I would have liked you to have felt the heart. There's just a faint little glimmer, just a faint little glimmer to keep the body alive. Otherwise you are gone from the body and into another sphere, beyond time, beyond space. What we regard to be space is just a very relative mental conception. For you travel faster than the speed of light. In one moment you can be at the most distant planet, which are hundreds and thousands of light years away. And you're there. You own the universe. It is in the palm of your hand because you are non-apart, non-different from the universe, non-different from this manifestation which we call the universe because you become one with the Manifestor. It's a beautiful experience and in this journey, you come back bringing with you that intense energy that is gathered there and that energy can be very tangibly felt by the people around you. And not only the people confined to this hall, but it extends so far. It extends far and wide bringing peace to troubled souls, because it is very soothing, uplifting. For these moments it takes our mind away from worldly problems and troubles. They would be there but we rise above them.

I could go on talking for a long time on this. So as we normally do, if there is anyone that would like to talk of their experiences so that I could explain them what it really means. Put that mike up I think - or people could speak from the floor. Would you guide the hands?

Voice. (Inaudible)

Gururaj. Yes, yes, very good. Very true. The light you saw was the emanation of the light of the spirit within and that light brings that warmth and that calmness. Beautiful. Next.

Voice(Inaudible)..... light whiter than white and a tremendous peace

Gururaj. I suppose the body gets a bit tired in the afternoon.

Voice.(Inaudible)

Gururaj. Whiter than white.

Voice. (Inaudible)

Gururaj. Very good. I will not at this moment tell you who I really am, except just Gururaj. But when I leave this body, you will know what I represent, you will.

Voice.(Inaudible)

Gururaj. Thank you. Now what that means is that while I was walking down here, from my room, my mind was totally centred here, that now I am very consciously going away to be with Divinity. So the mind that was centred here would naturally send forth those energies which you saw in the form of flames, which is part of me. Because when you reach a certain stage, you are everywhere at the same time, as you have seen in the experiment of last night. Yes. It's logical.

Voice.(Inaudible).....

Gururaj. Well, you came part of the way with me and then I said, 'Oh, go home'.

Voice. Guruji.....(Inaudible)

Gururaj. You see, when a person reaches the highest height that one could ever reach, what happens, you go through all your lifetimes, in that split second. I don't know if I remember, I don't know if I do, did, I told you that when a person dies his entire lifetime, every incident just flashes across his mind before he leaves his body. Now, when I go into the Holy Communion, I go through all the various lifetimes I have lived and you have been seeing me, the faces of the various lifetimes. How many have seen me as a little boy? Yes. Oh, plenty. And how many have seen me as an old man? How many have seen me as a Chinaman? Ah hah, John, that was when I was in the body of Lao Tzu.

Voice. Were you bald then?

Gururaj. No. I wasn't bald.

Voice. It must have been somebody else then.

Gururaj. Not bald here, bald there. Now I thought you said bored. No, bald. When are the English going to learn to speak English? Good, next. Yes, Dorothy.

Voice. Guruji, I couldn't see anything this time. There was this peace until about half way through and then there was this continuous pulse between us.

Gururaj. Yes, yes, very good

Voice.(Inaudible)bright light.....

Gururaj. Very beautiful, wonderful perception. John, there is someone over there – I didn't, you guide it. Come nearer this way, if you like and then you can see the whole hall.

Voice. I saw..... (Inaudible)

Gururaj. So you have been following my journey. I hope the temple wasn't Amritsar. Yes, that is true. Because I had gone to temple after temple in search of God.

Voice. (Inaudible)

Gururaj. Yes, did you see a beam? Yes, right. That was the energy flowing through me and sharing it and giving it to all. Yes.

Voice. (Inaudible)

Gururaj. Ah yes. How many of you, have any of you seen me totally disappear? Ah, quite many. Have any of you seen me rising up? Yes. Quite a number. Yes, yes because that does happen, and that is the meaning of levitation where your, not the physical body rises but your inner subtle body rises out of you. Yes. Very good. There's a hand going up there.

Voice..... (Inaudible)

Gururaj. Lilac. Ah hah, good.

Voice. (Cont'd).....(Inaudible)

Gururaj. What is a shuttlecock?

Gururaj. Oh that you play – oh yah, yah.

Voice.....(Inaudible)

Gururaj. Some kind of contractions. Yes that's true.

Voice. (Cont'd). (Inaudible)

Gururaj. Very good. When you felt that sensation on your face as if the skin was shrivelling in, it shows you that this face, this body, is not permanent. It has to go. And the tingling you felt in your head is the energies opening up the Sahasrara Chakra. You're not too far away.

Voice. (Inaudible)

Gururaj. No it is not, it is me. You have - in mythology you have the Goddess Kali, who is very grotesque and she wields a sword. Now she is very black and grotesque and with that sword, she represents that she would cut away you know all the sins away from you. She frightens you into being good and she slashes - she wears a garland of skulls. But the symbolism is this, that she is there to cut away all your sins from you and take it upon herself. Therefore she becomes black, because sin is sort of – they call it black, synonymous with black. Good.

Voice. (Inaudible) after closing my eyes

Gururaj. Oh, why didn't you come with me, climbing up that golden staircase? Very good, very good. That shows that inner unconscious desire of yours, want to climb up. In other words you have a yearning to climb up that golden staircase, and that represents climbing up to Divinity. You have that inner yearning. Good, good.

Voice. (Inaudible)..... a feeling you were carrying on a conversation with somebody but there was no sound coming out.

Gururaj. You felt that.

Voice. (Inaudible)

Voice. Guruji was talking to somebody but there was no sound coming out.

Gururaj. Did you hear what the words were?

Voice. (Inaudible)

Gururaj. Yes, I see, of course. When you pass along the universe, you speak, you know, 'Ah look how lovely this is, so beautiful.' It's that inner voice, inner voice of thankfulness, appreciation of glory. Yes. How many of you heard a sound? Ah, did it go something like mmmmmm? That's the universal sound. Therefore you'll find all your mantras, you know it would perhaps end, it will always end in an mmmmmmm. Say for example your mantra, just to take any one, not necessary any one of yours, Ra De Yammm, Ra De Yammm, Rah See Yammm, Da Rah Yammm. When you do your mantra, elongate the 'm' because every mantra ends with a 'm'. Soo Raa YAamm. You see how sweet, how beautiful it sounds? I always give the example and more so now for the newcomers, if a person's name is MacDonald, you don't say, 'Mac-Don-Ald'. Though the mantra has three syllables you don't say Mac Don Ald, you say 'MacDonald, MacDonald'. RahDeYammm. Not Rah De Yammm. You see? It always ends and put greater emphasis on the 'm' and you tune up with the universe. Raa De Yaamm. I think a hand

Voice. (Inaudible)

Gururaj. Lilac, yes.

Voice. (Cont'd). (Inaudible) and I saw tears in your eyes and I looked out of the corner of my eye (Inaudible)

Gururaj. All round. Yes, it would be. It would be because there is such a vast energy being released when I am in the Communion Practice that many people do notice that energy around the room. And as a matter of fact many times, Jean has seen everyone bathed in that golden light. Yes. Oh, yes. Yes. Very valid, very good

Aide. Any more? Hands high please.

Voice. (Inaudible) orange light emanation.

Gururaj. It does. Ah hah, good, yes, that's what we all want to do, draw out all the insides that are not supposed to be there and leave all the nice things back. And of course tonight's Communion was helped very much by that wonderful back massage you gave me. She is a Masseuse. It was so kind of her to give me a rub out. And all our Danish

Meditators were sitting around watching her giving me, it was lovely. We little gurus also like to have, to be looked after a bit, you know. This flying around, and all the time sitting up in aeroplanes and this that and the other – the spirit is willing but the flesh is weak. Now if there is any more?

Good then we shall call it an evening because tonight some of our very beloved friends here are taking me to dinner and I don't want to keep them waiting too long. Oh thank you, it's been such a lovely evening in sharing Divinity with you not only in word but in sharing His power. Your wife is making a sign at you.

Aide. I think she is doing it to you.

Gururaj. Sue, did you want to say something?

Aide. Just collecting my chattels.

Gururaj. Or is Harriet trying to say something? Oh we are going to have an addition to our world-wide family next May - oh, oops, sorry. Did I let the secret go?

Aide. Obviously she can't do anything without you knowing.

Gururaj. Now this is practically the kind of practice I go through, something very similar, when I work out your mantras, to be in touch with your real source. You have been crying so much, my darling, God bless you.

Namaste. Do have a pleasant evening. Are your recordings turning out well? Have you got a fast duplicator because I've got to take two sets with me, one for America and one for South Africa? Oh yes, of course there's the master.

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