

Gururaj. I used to start off a morning with some little laughter, some music in your hearts because, because, remember one thing, that your hearts are always filled with music. And if you can put that very music, which is inborn in you, into your hearts, how beautiful the day will become. Say in the morning, when you go to the bathroom and have a bath and a shave and I don't know what women do - have a smile on the face and sing a song, a song of love. That's how you start your day.

'You are my sunshine, my only sunshine  
You make me happy when skies are grey,  
You will never know, dear, how much I love you,  
Please don't take my sunshine away'.

Gururaj. Would you like to listen to a different version of it?

"You are my sunshine, my only sunshine  
You make me happy when skies are grey  
You never know dear, how much I love you  
Do not take my sunshine away"

(Applause)

Now, let us meditate for a moment. It's always good to meditate together.

Namaste, thank you for being so early!

What shall we talk about this morning? Any question? And I know Bavna's questions are always very deep and profound. Profundo. I just came from Spain. Namaste.

Questioner. Namaste.

Gururaj. Namaste, my beloved.

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Questioner (Cont'd). Beloved Bapu, when through regularity and sincerity in our spiritual practices, we can start to feel our own honesty and truth, how do we then be honest and truthful with others and with love, when most people would prefer us to be dishonest with them?

Gururaj. The first time I noticed a 'G' on there. Bapu-ji. People always expect the worst of us and that is not your fault. That is the fault of people. Take the example of Jesus, everyone hated him - the Jews, the Zealots, the Sanhedrins, the blah, blah, blahs, and yet he was such a kind, godly Incarnation on this earth. So never be concerned what people think of you. Never be concerned if they feel that you are dishonest, for you in your heart must know always that you are honest. Do people live your life for you? No! You live your life yourself and in one's personal behaviour, one lives this honesty to oneself because you are not answerable to anyone at all. You are only answerable to yourself and to your Deity. So if you are honest to yourself and to your Deity, your God, whatever you want to call it, labels, then there is nothing to worry about. Because what happens is this, if you go on other people's opinions, then you become influenced by other people's opinions, which is not really you.

You might say Gururaj is a bastardo. I don't care, call me anything, call me a shit-arse. Why must I care, Peter? I must only care of my personal sincerity, honesty, love, compassion, plus, plus, plus. And what others would want to think of me, it is their business not mine, because they are only projecting their own personal thoughts and those thoughts could arise from so many factors. They could arise from jealousies - your curtains are better than mine - so therefore you're no good. Now where are you getting the money from to have better curtains than what the other person has? Let that be their worry and their worry will trouble them more and more and mucho. So to live one's life in total honesty with oneself and your Deity, your God, you're whatever you want to call it, that is important. You came alone, not because of all the people around you, and you are going alone. And what do you take with you? Not the people around you or their opinions around you - you are taking yourself to a higher level depending how honest you are.

So honesty, sincerity, and compassion and love is the pathway on which you travel. And when you travel this pathway, remember one thing, that you and the path becomes one. For you are the path, good or bad, that's for you to know yourself. So your honesty and sincerity etcetera becomes you and your path to meet the Saviour, to meet Divinity. And what more do you want? If you tell me now 'Guruji is such an ugly person' - which is not true of course - (General laughter) but if you would say that, I will not allow it to affect me. Now, to be effected, brings about being affected - the Professor of Philology. To be effected is to become affected. Now, that affectation, the affect produced upon you can

cause you misery, because you are then not living yourself. You are living on the opinion of others. For example, someone tells me 'I am a Bastardo'. Okay. Let them say it. Why should I care? It is their opinion because I know in my heart of hearts that I am not a Bastardo. I am a womaniser, okay! (General laughter) Well, that was about twenty years ago.

So never care of the opinions of others. They do not help you at all because the opinions of others are always derogatory. Shakespeare has said that 'Your good deeds are written on water, but your bad deeds are written on brass'. So let them create the brass and let them do the writing. It's not our business at all. As long as our conscience is clear, we live a good life, we be kinder to others, helpful to others and try to live in that purity according to our capacity, that's all. That's all you have to do. And when you do this, you become a better person. And when you become a better person, you are evolving to a higher stage of life. For example, a thief, today he will steal a thousand pounds, okay. Tomorrow, he will steal seven hundred pounds and the next day, four hundred and the following day, a hundred, perhaps. So, do you not think, although he is still a thief, do you not think that his karma is slowly going down, because he has progressed from stealing a thousand pounds to stealing a hundred pounds. And then the time will come when he will steal no more.

This, using a very simple analogy is what happens in everyone's lives. Today you do this, okay, I won't deny you or decry you for it, but tomorrow please do it a little less. And the next day, more less, lesser, and lesser and lesser because you are nothing else but a Lessee of that Lessor. Do you understand? He has leased this life to you. So in this leasing of life, as you have leased your house, perhaps, keep the house nice and clean, for it is your duty as a Lessee to look after your house and keep it clean. So clean this life as a Lessee. - even this thing is shaking. - And in that way, you will find greater and greater progress in life. You will become more and more happier. You might have ten million pounds in your pocket, but are you happy. No, you're not, because you become so stuck to your possessions and possessions can become obsessions, which is psychologically, a disaster. It ruins, not uplifts. So when we lose the sense of possession, we also get rid of the obsession, the obsession for possession. And that brings - I do not say, do not own anything, yes, you must, own everything but firstly learn to own yourself. And owning yourself means knowing yourself. And when you know yourself, these petty desires will vanish. Now how can we make these petty desires vanish? Tomorrow you all go to a hardware store and buy some varnish. That will take away the tarnish. I love playing with words because I am the word. I am the deed. Because, when I use the word 'I', I do not mean this little 'i', I'm talking about the big 'I' that is within me, within my heart, the Lord. And the Lord is the Word. 'First was the Word, and the Word was God and the Word is God'. You have a beautiful smile, very charming.

So you see, I am telling you of secrets of life and these secrets are very, very simple. But the idea is that people make simple things into complex things. I remember I was in hospital for a month once, and they gave me all kinds of different tests. They gave me, put me through the Catscan, you know about it, they put down a whole tube down my gullet, oh, so many X-rays, and so many other things. So there was a lady doctor, who is one of my meditators, and she and I were sitting and chatting - you know those doctors at the hospitals, every time they have a few minutes to spare they come and sit round my bed to talk to me - but there was this one lady doctor and she was very pretty, oh um, and she told me that all these Specialists here try and look for big things and neglect the small things. And that is what we all do in life. We look for the big things, and pay no attention to the small things. Because there might not be any big things, there could only be some little thing that could be cured like that and they kept me in hospital for a whole month. But I am appreciative of it because it gave me a month's rest.

So let us look after the smaller things of life and the bigger things will take care of itself. Look, as the saying goes, 'Look after the pennies and the pounds will accumulate'. Now in our daily living, if we can do the same, look after the small things, and the big things are there. What does a person really want in life? Ah. And I have said this many times, they want happiness. But if you want happiness, if you want to be happy, you've got to grow up and get out of your nappy! And that requires, beloved Bavna, that requires a total honesty with oneself.

Jeez, an hour goes so fast. We'll talk more this evening. The Purification Practice we will have tonight. That's right? A Satsang tonight? Before Satsang we have the Purification Practice and of course, most of you have been on Courses with me but the newcomers I will have to give some words of explanation and what it will do for you. Okay.

Now let me compose a quick song or a poem. Name any subject.

Voice. Imagination.

Gururaj. Right. Another one, another one, another one. I can combine it all.

Voice. Harmony.

Gururaj. Harmony - Imagination, Harmony

Voice. Action, time.

Gururaj. Time.

When I imagine time to be  
Can there be any harmony  
Because time is non existent.  
You only measure time in a linear form.  
So where does time begin  
And where does time end.  
Is that not through your imagination  
That destroys your harmony.

We measure things in time  
And forget the Divine which is timeless.  
Can you measure the Divine through time  
Then all harmony between you and the Divine is lost.

So when you live in the moment  
All sense of time is lost  
And losing it,  
You too can become timeless  
Just as the Divine.

The vine produces the grapes that gives you wine, Vine - Wine  
And imbibing that, you become intoxicated with the wine  
But why not, become intoxicated in the love of the Divine.

Okay. That was a sonnet. I'll put on my shoes now, darling. I think my swelling has gone down now. It has. I can feel the bones. I thought I never had bones! Thank you darling, my glasses and my shawl.

Oh, I forgot about this thing. Now this is what Charles smokes and I suggested to him one day that why not put a vibrator in here! Now it could serve so many purposes and some of the purposes are these - that when your muscles feel sore, you can use the vibrator to relieve some of the pain, perhaps. And others can do other things with it. Thank you, darling. You know in one lifetime, I was a bullfighter. In this lifetime, I am a bullshitter! (General laughter) Namaste.

Please enjoy your lunch. Thank you. (Gururaj strikes the Gong) That will give you more appetite.

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