

Gururaj. We want to say a very, very happy birthday to our David. (Applause) For he's a jolly good fellow, he's a jolly good fellow. I have three hundred and sixty five and a quarter birthdays every year. Because a year is not three hundred and sixty five days, it is three hundred and sixty five and a quarter days. So I have three hundred and sixty five and a quarter days of birthdays. Remember one thing always, beloved David, that every day when the dawn comes up, every day is a new day and every day is a birthday for you will not know what will happen tomorrow. So let us all think in our minds that every day, Anton, is a new day and every new day is a birthday. Do you get that? So every day must be a celebration and when you wake up in the morning at seven, eight, nine, or whatever time, regard the day to be a new day, and when you regard it to be a new day, it is your birthday. For what is the meaning of birth? Do you think you were born when you were produced from your mother's womb? No, no, no. You were born since the beginning of creation, and when did creation begin? It has been timeless. So you too are timeless. And if you are timeless then where is the birth and where is the death? For in your timelessness, if you can realise it, you become timeless.

So therefore every new day becomes a birthday. But because, but because of conventions, we celebrate the day you were born and call it a birthday. Yet you can be fifty years old and yet call it birthday. Is there any logic to this? Because your birthday is the day when you were born, so after fifty years, you call it birthday. You were born fifty years ago and what right do you have to call it birthday? Birthday is the day when you were born in total materialistic terms when you have assumed this body. And what is this body? Have you ever asked that question to yourself? What is this body? It is nothing! For this body and not being eternal, can never be a body - but you regard yourself as 'Somebody'. Now when the idea of the body disappears then you can say 'I am nobody'. And when you can really say you are nobody, then you become 'Somebody'. And when you become that somebody, you take upon yourself not your bodily self but your real self, which is your reality because the body will mean nothing and the reality will mean something. Peter, shall I repeat all this again for you?

Peter. I heard it once (General laughter) just making sure my body is okay. (Gururaj laughs)

Gururaj. Beautiful. Peter always has such a wonderful sense of humour. One of the finest brains in England, yes, Peter is! (General laughter) Yes.

My English family, that are here on this Course, and I have so many families throughout the world, but I don't know why I get the feeling that I am an Englishman. Perhaps I came to England during the time of the Normans and Anglo Saxons and all that blah blah blah. But yet there is a closeness that I feel with my English children. Why? Why? I am

going to change the name of England. I better get hold of Maggie, (General laughter) and Lizzie - your Queen Elizabeth - to me she is Lizzie - and change the name to 'Anglistan'. Good. After these few introductory words, we have to do Initiations. Are they organised, Peter? Good. Oh, thank you. Glasses. Now I've got to find the page.

(Gururaj chants in Sanskrit) ...You are a traveller in life. Don't sleep in your travelling, but be awake. (Gururaj chants in Sanskrit) ..... Do not be asleep. Open your eyes to the wonderment of the world and let your mind be concentrated in this wonderment. (Gururaj chants in Sanskrit) ..... Make your sleep less and open your eyes. (Gururaj chants in Sanskrit) ..... And in that awakening, let your mind be concentrated on that which is Divine, for everything is His in glory.

(Gururaj chants in Sanskrit) ..... The entire universe is awake, why should you sleep? If the universe is awake and pulsating with Divinity, why must you be asleep? I do not mean the sleep that you have to have for your energising. For as Shakespeare said 'Sleep is the greatest feast of life'. I don't mean that sleep, I mean the awakening, I mean the awareness. I mean to be aware of everything that happens around you. (Gururaj chants in Sanskrit) ..... When the sinner's mind dwells in sin, he becomes a greater sinner. (Gururaj chants in Sanskrit) ..... When you get control of your sins, then sins can never remain, they disappear. (Gururaj chants in Sanskrit) ..... What you think you ought to do tomorrow, do it now, for that will bring you the greatest results in life. What is planned for tomorrow can very easily turn to procrastination. So what you have to do now, do it now. (Gururaj chants in Sanskrit) ..... When the birds misses the beauty, the seeds that grow and they might come back tomorrow, but the rains might come and the seeds are gone. I wrote this book when I was about sixteen years old, something like that. I have done about forty more works after that.

So my beloveds, the first thing before we start our Satsang would be the Initiations. Good. (Gururaj blows his nose) Why does a person's nose run? Do you know why? Because it has to run. And if your nose runs remember, it's a cleansing process. Why must you complain 'I've got a cold' - you know, changing from hot weather to cold weather or whatever. Why complain? If the nose runs, let it run. If your blood flows, let it flow, from whichever way - I don't know about women. But regard everything in life as fun. I know some of you ladies, I can see it, when on the twenty-eight day cycle blood flows and yet with that blood, there is pre-menstrual pain. Why should that not be so? For the pain creates the cleansing process of your blood system. So be joyous about it. Be joyful in life and why worry about it. For that is a process and all process has its procession in your cleansing of the blood system. Now you women here

are so damn lucky. You have it a few days a month, three, four, depending upon your constitution, right, what about me? (General laughter) I have got to damn shave every day! (General laughter)

Now giving you this very simple example, is to tell you to accept life as it is. You can change your life, but you cannot change your physiological and biological constitution. But when I say that you can change your life, it means that you can change your mental attitude towards life. You understand? Comprendo? Good.

Shall we start, dear, with the Initiations?

(Gururaj chants in Sanskrit) Om bhur bhuvah swah. Tatsavitur varenyam bhargo devasya dhimahi. Dhiyo yo nah prachodayat. Om, Shanti, Shanti, Shanti.

Now before initiating, our beloved Peter will do the Initiation Prayer, and of course June will help as well.

Peter. 'Beloved Gururaj, father and friend, teacher of truth, channel of Divine Grace, help us to unfold the kingdom of heaven within which we, through our ignorance, think we have lost. O living Master, guide to us the energies and the forces so much needed for our physical and mental upliftment and spiritual unfoldment so we may become better people and reflect our inner Divinity outwardly in our daily lives. May our thoughts be guided always to purity and virtue and strength. May our minds always be filled with happiness and joy. May our bodies be worthy temples for the Divine spirit. May Divinity be so activated in us that all our needs will always be fulfilled. And may your blessings be with us, bringing happiness and fulfilment to all who are here with us today. Namaste.

Group chants 'Gurur Brahma, Gurur Vishnur .....Tasmai Shri Gurave Namah.

(The Initiates read the Affirmation)

'Dearest Gururaj, father and friend, teacher of truth, channel of Divine grace I thank you for your blessing and spiritual practices which are to be granted to me this 17th day of March, 1986 and I promise to try to do my practices regularly as will be taught to me and I will also consciously and to the best of my ability try to live a life of truth, purity and love so as to be worthy of your teachings. May this day be a turning point in my life for greater happiness and self-fulfilment. Namaste.'

Gururaj. The more you give to people, the more you receive. Like a hosepipe, the water goes through the hosepipe but even before it reaches the garden and the flowers, the hosepipe gets cleaned. So in your teaching, you will find very great benefits. And many of our teachers here in this room will tell you of the personal benefits they have received. You only need two hours a day, two hours a week perhaps, to teach. So instead of speaking individually to our new Teachers, it is the same message I could impart - Teach. Teach. Teach. You go to a Restaurant and spend two or three hours there eating rubbish. You can, once a week spend two hours teaching, to lead people on the path of truth and Divinity. And as - you're new teachers and of course meditators as well and you can verify this with all our meditators that are here how much they have benefited themselves and others. What is life worth if you cannot spend just two hours a week? Twenty four times seven is how much? A fraction.

That's what I'm trying to tell you. Just spend those two hours a week teaching people to meditate. You are Prep Teachers now and with more experience in prep teaching, you will become Full Teachers and the second part will be, you will become Healers. And after that Advanced Healers, where you could look, just look into a person's eyes and cure them of their ills. So you are not only helping others but you are also helping yourselves. And by helping yourselves, you become closer and closer and closer to our Lord. Is life just made to go to your office or factory or whatever and come home and eat and go to the toilet and sleep and fornicate? Do you know the meaning of that word? (General laughter) That does not constitute life. You must devote two 'horas', two hours of the week to do something for humanity. That is easy. Isn't it? You might lie in your bath for two hours and relax. Well next time you lie in your bath for two hours and relax, give me a phone call.

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