

Gururaj. Thinking while coming down the stairs, isn't nature wonderful. You know millions of years ago he didn't know that we were going to wear spectacles and look how well they've placed our ears. (General laughter). Good. Shall we meditate for a few minutes?

Good, what shall we talk about this morning?

Questioner. Blessed objects.

Gururaj. Yeah. I think we do that first. Yes.

Questioner. Guruji, this is a question from Denmark which came in the post. I would like to know something about praying. Who hears my prayers and who sometimes fulfil them? What happens on the finer levels?

Gururaj. We have done quite a number of tapes on that so we can incorporate it with some other questions if there are any.

Questioner. Guruji, can you tell us whether quartz crystals are a useful tool in use with healing and as a tool for spiritual unfoldment when used with meditation, and if so how do they work and what are their limitations?

Gururaj. Good. Any more? We can tackle half a dozen today.

Questioner. Good morning Guruji. Sticks and stones will break my bones but names will never hurt me. Bones will heal but sometimes words may take on a finer level of meaning so could you please explain it? Thank you, Guruji.

Gururaj. They are very deep this morning, deep questions. Any more?

As far as quartz crystals are concerned by themselves they have no value whatsoever. You could use any stone you like for any meditative or concentration purpose, but the value lies in you and not in the stone. I found this a lot in America where they carry round these quartz crystals. But they are valueless in themselves. Ornamentally to put on a necklace or something, it might look beautiful if its well mounted and well cut. That's all there is to it. When I was in India two or three years ago before my guru died, we experimented with a certain kind of metal mixed with certain other alloys

that has great power. Good. For example the Atlantis continent blew up because of a crystal. They had developed something so powerful, with so much energy which is a million times more powerful than the nuclear energy we know and because of man's greed and wars it was exploded and that made the entire Continent sink. And not only sink but it was broken up into fragments. India, for example was right at the bottom next to Southern Africa, but because of the power of this explosion, India shot up and because of its shooting up and the impact it created pushed up the Himalayas. So powerful it was. England for example was a little fragment that broke off. It sank and then after thousands and thousands of years it came up again. It floated up. So England is really a part of Atlantis.

And therefore in England you find a great spiritual force. If it never had that then a small little island like England which one could put in one's ticky pocket ruled a whole empire. So there was a force, and there is still is that force. So when this crystal was broken up into pieces, a lot of its splinters were scattered round the world. And because of the scattering of those splinters we find certain highly spiritual magnetic points. At Stonehenge for example, Glastonbury area, Capetown, along side the Andes and in China, along side the Yangtse River. So parts of those are still existing. And my guru and I we found a bit of that. We mixed it with some alloy and it's very, very powerful. For example wearing it round your neck could cure you with all your bodily pains and aches. It has great healing power in it as well as an energy that could help one in spiritual unfoldment. But as far as these quartz, like the one you have on you there now, has no value of its own. It has no power whatsoever. It is the quartz which I blessed for you. There's no power. But you can instil power in anything by your own mental force. But by itself to repeat again, it is useless. Good.

Sticks and stones will break my bones. Yes. Sometimes a person says a nasty word to you, and there again it depends upon you how to take the sting away from those words. If you are self integrated and strong mentally, then whatever one would say will never, never touch you. Because you would find this in the world people are so spiteful, so vengeful that they will tell so many untruths and if they tell a total untruth its good, but when they start with twisted truths that is more dangerous. And the world's mind is like that. Great, great reformers have come to try and rectify thus change the world's mind. But you cannot change all minds at the same time. But those on the spiritual path do find a great change in their own thinking because of the strength they have gained from inside. So whatever one says is not to be taken notice of. Now, that's very easy to say, 'Oh, just ignore it', but it's not so easy to do unless you have the strength within you then whatever anyone wants to say doesn't harm you.

You take a great personage, a real Saint, at the turn of the century, Ramakrishna, people called him mad. They called him all kinds of things but it did not affect him at all. Take Jesus for example, they called him a blasphemer and

everything. They called him a rebel and all those things. But having the strength inside one, it's like water on a duck's back. So, you don't take notice of these things. There's a lovely saying in the Indian language that you can cover with lead a well, but you could never cover the world's mouths. So, wherever you go, you'd always have two opposing opinions. There are millions of people that love Mrs Thatcher and there are millions that hate her. Right. In America there are millions that love Reagan and there are millions that hate him. Gandhi for example, he was not loved by everyone. He had a large following but there were, were others of the Mahassaba Party that hated him and killed him. You see, so they even tried to kill Buddha and Krishna was killed also. Such great, great men, spiritual giants, living gods if they could not you know, gain the love of each and everyone in the world, then who are we. So whoever wants to say anything let them say it. For the harm is not done to you. They're doing harm to themselves for thinking these negative thoughts. You see.

Prayer, I have spoken about this many times. Do people really pray or is it just wishful thinking? Prayers must never contain any wishful thinking. I wish I had this or I wish I had that. I wish I had a ten roomed mansion. I wish I had six Rolls Royces, or I wish I had a million pounds not a million, ten million, okay. That's wishful thinking 'Oh God give me this and give me that'. Who are you to ask oh God give me this and give me that? Rather pray 'Let Thy will be done'. For first deserve and then demand. For if you are deserving then whatever is required will always be there for you. You see. God never gives you what you want, because your wants are totally controlled by wishful thinking and by your mind, and by wanting something for nothing. That is why the owners of the football pools thrive, and the horse racing, bookmakers they call them, I think, they thrive because people have that in their blood, that larceny wanting something for nothing. So, the Lord gives you not what you want, but what you need. That is the Divine law. And with your personal effort, if you make you needs greater, remember personal effort is involved, if you make the needs greater the greater would be the supply. The wider you dig the ditch, the more the water will flow through it. So it depends upon us.

Now, one must not also have a pessimistic attitude and this had been the downfall of India, believing in karma in a very negative way. They say 'Oh God gives. He will give. He will provide'. But effort is required as well. In Sanskrit we would say parebda and purshata. Parebda means what is ordained for you and purshata means your work. The two have to be combined in order to fulfil your needs. And that very work you do is a prayer unto itself. It is good to sit down for a few quiet moments and pray. But praying does not mean bargaining. I think I said this before, the woman would say 'Oh Lord let my son pass his examination and I will donate this or that to charity'. No, don't bargain with God. 'If you do this and I will do that', are you greater than God? To say 'If you do this then only I'. Do the charity first and have the thought in your mind, 'Lord I've done my duty, now if it is your will, see what you can do'. That constitutes the truth in

prayer and not bargaining. You find for example among Eastern peoples, they take on something called Vretta which is a penance. They do that with the expectation of gaining something. Good. They are doing the penance first, not after the parcel is received over the counter. That you do in business. You get the parcel over the counter and then you pay. But that doesn't work in God's laws. God's laws are like a cinema. You pay first then only can you go in and then on top of you they switch off the lights. And they, they screen the film and it could be total rubbish. You see. If you have that trust in a cinema movie house where you going to pay first and you don't know what there going to show you and yet put you in darkness on top of it. Now, if you have that trust and faith in a cinema by paying first, why not so much more that trust and faith in God. You see.

So, always be the given unto the Lord and you will always receive. If you take one step forward to him, He takes ten steps towards you. It's an infallible law that never ever fails. So in prayer, what should be done in prayer? What should one ask for in prayer? Nothing. You ask for nothing in prayer except one thing that give me the strength to be more devoted to you. That's all you ask, nothing more. If you study mythologies of the world where a person goes through severe penances and the Lord appears and asks, 'What do you want, I shall grant any boon', and the true penitent, the true worshipful person will say, 'Lord just give the me the strength to be more and more faithful and worshipful to you'. And he gets everything. See. So, by capturing the heart of the Lord, so to say, you have the whole world at your feet.

There is a little story where this King invited all the people of the town, the big people respected people and gave a beautiful party, and then as the party was ending, he had a lot of treasures all around the big hall and he said to the people, 'Whatever you touch will be yours, take it'. So the people rushed and someone touched, you know, some diamond jewellery, and some gold ornaments and what have you, what not, beautiful paintings by masters. So there was a servant girl there, so she asked the King 'Would you repeat again what you said that whatever you touch you shall have'. He says 'Yes, whatever you touch you shall have'. So the servant girl touched the King. The King was obliged because that was what he said. So she had the King, and by having the King, she had the whole Kingdom. Do you see? So, in that way prayer should be so directed that that which we call Divinity becomes firmly established in us. We have the King, what else do we need then, for then we have his entire Kingdom.

So prayer must never be begging. In prayer one must examine oneself. Lord these are my shortcomings, these are my faults, these are my frailties, I offer them to Thee. Give me strength in this very offering that I would become stronger not to have those faults anymore. You see. So, the purpose of prayer is not to ask for material needs, that is the point, is to ask for His kingdom. To ask for His presence in you and in your daily living, that constitutes real prayer. Like

in our Purification Technique. What do we ask for? We don't ask for wealth or any of those things. We ask for the betterment of ourselves, to do good with our all senses that are involved seeing, hearing, touching, smelling. That constitutes real prayer. When do people pray, when they're in trouble. Something goes wrong, no one can help, then they run to the church or to the temple or to their little shrine at home, kneel down and sob their hearts out. 'Oh I'm in trouble Lord, help me'. Mind you there is some therapeutic value to that, crying is good. Crying is good. It lifts off some of the burden but those prayers are never heard, never heard. Why go and pray when you are in trouble? The best time to pray is when you are not in trouble so that trouble does not come. Same thing with meditation. You sit down to meditate, don't sit down to meditate when you are totally flustered and feeling totally ill at ease. No. Meditation and prayer are preventatives. So meditate or pray when you are in a cool, quiet frame of mind, so that it will stop you from becoming flustered. Do you see?

So people pray when they are in trouble and those prayers are not answered. And then who answers your prayers really? There's no one sitting on top there answering your prayers. Your prayers are answered by yourself. And when I say yourself I mean your inner self, the real being that is you. So, when one prays in that cool collected mind, with analysis of one's faults and frailties, you'd be surprised how the solutions just dawn upon you. The solutions to your problems, they just dawn but your mind must be quiet, then the solutions dawn. Then that prayer is fruitful. We say many times a little voice whispered to me. That's what it means, metaphorically speaking, or else if there is a business problem, we normally say, 'Oh let me sleep over it'. What does that mean, that look here while we in this debate doing bargaining over this business deal we are doing and because of the turmoil created there, I might not be able to make a right decision. So let me sleep over it. It means let my mind be at rest. So when my mind is at rest, I could see the solution more clearer. You see?

So there are no miracles at all. Certain things that happen we call them miracles because we do not understand the workings of the finer laws of nature. And when we understand the finer laws of nature, things appear and happen at will because then understanding those laws of nature, we can use them fruitfully. Fifty, sixty, eighty years ago if you told a person that I can speak to someone ten thousand miles away instantly on the telephone or a two thousand ton machine will fly through the air or a picture broadcast in England can be seen in South Africa practically instantly, if you told them that some years ago, they would say you are mad. But today having discovered the various laws that govern these things, it's a common thing. We don't even, when we look at the telly, we don't even think oh what a wonderful invention, or when we hear aeroplanes flying overhead, we don't even take notice of it. Or if the telephone rings it just rings. Fine. You see? Now, like that there are so many, many finer laws of nature that we don't understand as yet and when

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something happens someone does something that understands the finer laws of nature, we call him a miracle man. There's no such thing. There are no miracles at all.

Now by reaching that deep quietude of mind, you, as you go to the deeper and deeper levels of the mind, the subtler and subtler levels of the mind, the finer laws of nature become very apparent to you. And at that level, that subtle level, you can activate the finer laws of nature and bring them into reality. You see? But it has always to be done selflessly and not for personal gain. Because if it is for personal gain, you will only harm yourself and no one else. Therefore a true Yogi, a true Spiritual Master will never demonstrate his powers openly. He will help in so many, many subtle ways that the person that is helped won't even realise that I am being helped. Because a Spiritual Master gives, and gives, and gives for that is his nature, like the flower giving off fragrance as I say always. And the person that is helped will not even know how the person was helped or protected from some calamity. And then the person goes about saying 'Oh, I did it. I did it'. You see the ego self coming up again and that blocks it off. So there's another kind of prayer, thankfulness. This calamity was averted, then we give our thanks to the powers that be, be it directly from the abstract or through the vehicle of the man of God. A person becomes suddenly prosperous in his business. And he says 'Oh, I did it'. Forget it, you did nothing. But there was some force, some power that loved you so much, that prayed for you, meditated for you that this boy deserves a break. And if he's truly deserving, O Lord, give him that break. Yeah.

So in true prayer the 'I' the small 'i' must be forgotten. The idea must always be 'Thee' and 'Thou'. Thou hast done this for me, not 'I' and therefore this little 'i' am grateful. Now this is prayer in dualism, it's a dualistic prayer, the 'I' and 'Thou'. Now this is a necessary step because otherwise people won't know what prayer is all about. But as one progresses in this dualistic prayer, in this dualistic worship, for wherever there's prayer, wherever there's worship there will always be dualism. You pray to someone or somebody or some entity, but the highest step one could reach in prayer is when one's life becomes a prayer. Every breath you take is a prayer, every step you take is a prayer. Every word you say is a prayer. You see? That is the true existence. For the mouth will not speak harsh words, hard words to harm anyone. Like your sticks and stones. No. The ears will refuse to hear someone else being maligned. You shut off the ears. Or even if you're forced to listen, you just let it go as far as the ears and not deeper in. Who wants to listen to gossip? Who wants to know if Johnny rang away with Mary? Who wants to know that? It's not my business. But people glory in that, in the scandals and then they want to pray. What's the sense of it? They like to see violence being done. I don't know about England but in America every child is subjected to thirteen thousand murders a year. Violence. And today newspapers that you read with the exception of the Times perhaps, the others like Sun and

Voice. The News of the World

Gururaj. News of the World (General laughter) - that's your favourite one, is it Charles? And what's that page three paper?

Voice. That's the Sun.

Gururaj. Is that the Sun? Ah! Naughty! (Gururaj laughs). So all these newspapers today are just filled with sex and violence. It's so sick, sick. I very seldom read a newspaper and if I do pick up a newspaper, I page over, I don't read the politics and neither all these things and some cultural item I would go through.

Now our children are subjected to this all the time. And then we send them to church or force them to church and yet their minds are filled with violence. The stories they tell each other is just of violence and things like that. See how the crime rate is growing. So, if only we could give our children, forget this generation although this generation can also be bettered. But the children of tomorrow, that will grow up in a few years time, if they can be taught these very, very basic simple facts of life. If their minds can be trained, for children are like little samplings. Sometimes you tie it to a stick so that it can grow straight. So, that is where we, that are elders our attention must really go to and try and subject them less and less and less to violence and all the other rubbish. Do you see? So that is how a child too will learn to pray in earnestness, not bargaining, not asking, but requiring oneself to mend their ways, to overcome their faults and their frailties. And that is true prayer. For once we overcome our faults and frailties the results are surely to be there. And after all what is man seeking for, he's seeking for happiness. The material possessions we might have, does not bring happiness. To some who have, who are spiritually inclined, to them it would, but their attention is not on the monetary bank balance or whatever. The attention is not there. They are unattached to it. Do you see? So, never pray for money or for wealth. Never for that. But always how we can rid ourselves of our faults. And it's always best done as if, rather in a quiet state of mind, rather than an agitated state of mind. See ears are quite handy as I said before, to hear with and to hang your glasses on.

There's this fat man went to the doctor and he says, 'Doctor I've got one complaint, I seem to sleep with my mouth open'. So the doctor examined him and he said 'Your skin is too short so that when your eyes close, your mouth opens'. (General laughter)

And this other guy was ill in bed and the doctor told his wife 'Take his temperature every day with a thermometer'. But of course she understood barometer. So she went to borrow a barometer and placed it on his chest every day. Yeah. And then she saw very dry. So immediately she bought him some beer and when the doctor asked again she said 'Well I gave him his beer and he went to work'.

You know we always hear of absent minded Professors, but have you ever heard of an absent minded dentist? This fellow was busy with his motorcar with a pliers and while he was jiggling some of the nuts and screws, he said absent mindedly 'Oh, this won't hurt very much'. (Gururaj laughter).

And talking of dentists, you know they are the only people that could tell a woman 'Close your mouth or open your mouth'.

And of course the cannibal they got hold of an actor, this cannibal did. And so the chief says 'Hurray, at last I can have a ham sandwich'. (General laughter)

Well I think it's time for us, isn't it? I've got to meet some people in Leeds just before one. So it's just close on to eleven now. So thank you very, very much. It has been so beautiful, so pleasant, so loving, so warm being with you here this time and God bless all. May your minds always be turned upwards. May you have the strength. May you be happy. And thank you. Namaste.

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