

Gururaj. Shall we meditate for a moment? Om Shanti, Shanti, Shanti. Open your eyes slowly.

I've heard a few coughs, why can't we all cough together. (Group coughing & laughter) This is another form of Pranayama. Get out that air from your body, and why not. You see, life is so much fun really, if you want to make it fun. And of course in this weather we have now here in England, you know there are sniffles and - now try this, come on take your hankies blow your noses. That's it, that's it.

Why didn't you come up to my room this morning?

Voice. I was chanting and was taking care of some addresses that I needed.

Gururaj. Aha. Bavna, you never came, either. Look, you guys, you must pop up. Right. While I'm shaving and showering and what have you, you're welcome to be there with me. After all I'm not apart from you. I am one with you, all the time, every day. Remember that so just walk up to my apartment any time. Anyone; everyone. Good. Now, seeing that you've cleared your throats and your noses, let's start with a question; whatever you have to ask.

Questioner. Could you please speak to us about infatuation, being attracted, falling in love, recognising our own spiritual level on someone else. Thank you.

Gururaj. There's one question I'd like to ask you. Are you infatuated with me? (General laughter) Infatuation is something that comes about from one's own mental conception of things. That is infatuation. You conceive of something within your mind, and you express it in the form of infatuation. But that could never be lasting, how can it last? Because it is a mental affection which is an infection to commit our self to that which is said.

Now, why does a person's mind get infected with infatuation? Why? Because it is a need that the person has to fulfil within him or herself, but there's no reality to it. It is a passing phase where you are infatuated. It's an infection or an affectation, which leads to infatuation. Now, how to get rid of this problem, that is really the question, isn't it? I'm infatuated with you, with you, okay. And then, I interpret that to be love, which is not love. It's an infection, and for that you need your guru to give you an injection. (General laughter).

So, infatuation does not get anyone anywhere really, it does not. It would give you momentary pleasure but when it fades away, there comes so much suffering. So, what you are doing in infatuation is creating suffering in some days to come. Okay, granted. But in the first place, if you are not infatuated, there won't be any suffering, yes? It's common sense, I mean, you can understand this, can't you. So, I am infatuated with the object which I think is my love. Now, what gives me the right to think that? How qualified is my thinking, or is it just a mental perception or a conception of my thought projection, of what love is all about. You see it's just me acting this way or that way, being infatuated. Ah, aha, what I am doing in reality is projecting an illusion which, which in reality is a projection of my own thinking, my own thoughts, which I try to project, and that we call infatuation. You see, how it is so easy for everyone to escape from reality, and dive into illusion.

People just don't seem to understand that there are values, and values, and values, but they do tend to stick more to illusory values rather than the real values of what life is all about. So we indulge ourselves in the illusion of infatuation, and that's a fact, no lie. When we are immersed in the unreality of infatuation, then you become part of unreality. You then for that time are not real, because you are indulging yourself in unreality, the unreality of infatuation. I would always say, 'Oh Lord, help me, help me not to be infatuated, but help me to love.' And love is a true reality. Infatuation is unreality. Infatuation is an assumption of your own personal mental concepts that would create that situation in the infatuation. I love her so much, I love her so much. I love her. Okay. Is it because of the beautiful faces? If I was attracted to the beautiful faces, that would be infatuation, a certain form of infatuation. But when I truly love, I do not see the face at all. I see the spirit, the soul of the person, and I'm not in love with a body because I'm devoid of those desires, but I see the eternal spirit within which is in reality my own spirit and so, close to me. So how I can I stop loving? Aha, that is love.

To go beyond the body of the person, to go beyond the mind of the person and the body of the person and to really, really reside in the spirit of that person and make your spirit one with that spirit that is love, that is love. You see how deep it is, and yet so, so simple. I don't know why you guys miss a trick. We lift ourselves up in love, that's what we all have to do really. We lift ourselves away from infatuation to love because infatuation can only make you fat. Yah, I'm sure you guys know the process of it. I don't! (Gururaj laughs) I'm terrible, am I not? So, if you want to become fat and develop a big belly, then become infatuated, - 'in fat u ate ed'. (General laughter) That is infatuation. Do you see? That's how it works. So you are with a so called loved one and you go to bed and whatever you do, I don't know. I don't want to know! Right, now analyse the word 'infatuated'. 'In', oh, okay, 'fat', oh, okay, and 'you ate it'. Alright. (General laughter). You see, you see how it works? I could give you the deepest wisdom of life in the most humorous form, right. But

remember one thing, humour also has the element of a tumour, that must not fester. Knowledge must be gained. So you could live life in love and not in infatuation. Have you guys got that message?

Good. Right. Any questions on the subject, I'll be glad to answer. It would be my joy and pleasure. Oh my God, are they all dead now, or gone to sleep or something, ha? No questions, right.

Questioner. (Inaudible)

Gururaj. Ah. Now that my sister, mother has said there are no more questions on this subject, which means that there is a clarity. Now, what do we mean by clarity? Do we mean a total understanding of the subject in question? Or do we mean that there was no question in the first place at all? Is this not a contradiction of infatuation? So, as we go on and the mind becomes more clear, not for anyone else at all; but clarity is to be found within oneself. Then you rid yourself of all the problems such as infatuation. For example you rid yourself of these problems because you, your mind, is clear, and when the mind is clear, it can think more deeply, more honestly, more sincerely. And the process, the psychological process, is this, that you're not influenced then by the environment. You are not dependent on what the environment says. You become independent and living within yourself. That is clarity, that is a clearness of your own mental make-up. And when people reach that stage, their life becomes so much more and more and more happier and happier and happier. Because there's a clarity there, not being influenced by anything whatsoever. Not being dependant on anything at all, but being independent within oneself.

So what happens there? All your crutches are gone and you walk on your own two feet. Now isn't that what we are all trying to do? To walk on our own two feet without being dependent upon anything at all. Do we need any dependency after all, do we really? We don't. We have to develop that quality within ourselves, to be independent, to be ourselves, and by being your own real self, you come closer to God. Because that's what He wants, really, that's what He wants. He wants you to be closer to Him. He's there waiting, waiting, waiting, so patiently. 'Come, come, come my children, come to me'. And you can only reach there if you develop a sense of independence. I'm not infatuated with God at all, he can go to hell, but I love Him. Ah hah, it's a different thing! You see? You see? So you become independent to yourself and in that independence, you'll find true Divinity. Yes, yes, because Divinity is not dependent on anything. So if you want to find Divinity within yourself, you have to become independent. Do you get the idea? Yeah, because if you're dependent, then you're relying on outer forces, other forces, whatever. But when you become independent, you're relying upon yourself. And for God's sake, you are Divine! Dammit. What the hell do you need anything else for? You are

independent. Not being dependent on anything at all, you are there. You are a creature of the Creator, so the essence of the Creator must be there in you. The essence of the Creator must be in the creature. Understandable, common sense, isn't it?

So, by developing the sense of that independence and not being dependent upon anything else, you come closer and closer, the creature to the Creator. See how simple? So simple, isn't it? Ha, I don't know, my darling, why people can't understand these things. They're idiots, idiots. I-do-its. I do it - idiot. Who am I? Ask yourself, who's this you are talking about, and think that you are doing it? I do it, idiot. Rubbish. You do nothing. Forget it. He does everything, our Lord above. He is the One, that made me an idiot. I do it. When I think I do it. Bullshit! It's He that does everything. I do nothing. Develop that idea. Develop that attitude, that my entire self is dedicated to you. That's all. I will do my best, living in this idiotic world, aha, I will do my best. But you do the rest. Ha ha ha ha. I will do my best, but you do the rest. That's how it works. That's the secret of life. That's the joy of life. There could be nothing more than that, that beautiful realisation in saying to yourself, 'I'm nothing but an instrument of that Divine power, that Divine force'.

You might not know that Divine power or Divine force yet, but just accept for the moment, that there is something greater than me. There is something greater, permeating me, controlling me, and doing so much for me, for without that grace, without that Gurushakti you cannot exist. So that's the message I have today, okay. Yeah. Thanks.

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