

AMHERST MINI COURSE #2

GURURAJ: What shall we talk about?

VOICE: Guruji, [INAUDIBLE]

GURURAJ: Good. Yes, I was invited to Boston by The Academy for Peace Research, which was a preliminary conference of people from all over to formulate a major conference with international business leaders. And, of course, I was to give them the spiritual advice, spiritual angle, on the whole issue. Good. Peace. Everywhere we find movements trying to promote peace in this world. Is it possible, that is the question? If we study the history of the world, there's never been peace. Through the times of Krishna or Buddha or Christ there's always been strivings.

So, collective peace has never been possible. Is there an answer? And that was the entire theme of the conference we had to formulate an agenda so that the world's leading businessmen, international businessmen, could formulate a plan or exercise a certain force to bring about changes in governments that are dealing in nuclear power. Now, this is very desirable, but how practical is it? Because people with nuclear energies have invested billions and billions of dollars in their projects. They very well know the effects of radiation that could cause so much harm and damage to the population of the world.

What is the answer? You cannot stop these wars, because the entire world and the universe functions in the law of opposites. There would be polarities. Many reformers have come and gone and nothing has been achieved. Why? Because they try to find peace collectively, which is an impossibility. Peace can only be found on an individual basis. And as we all know that the units are those that form society.

So we start from the unit, from the individual person, where if he can find peace within himself, then instead of nuclear radiation there would be a greater degree of peace radiation. And this will have far reaching effects. How do we do this is to make man an integrated man, rather than a fragmented man, because ninety nine point nine percent of the world's population live fragmentedly. One thought is pulling this way and another that way and the other some other way.

So, when man in his individual capacity cannot find peace within himself, how can he talk of global peace? And all of the nuclear energies that has been gathered by these major powers have been gathered there by fear. They regard that to be a defense protection, which has not much validity.

In your country which is supposed to be such a prosperous country, I'm a mystic. I'm surprised at this question. In such a prosperous country as America, you still have eight million living under the poverty line. All these billions spent on peace

maneuvers. Could they have not been spent more so in alleviating the misery of the world the hunger, the famines, the strife and the turmoil in man's heart?

It reminds me of a story. The president somehow accidentally tripped off a switch and five hundred missiles shot off to Russia. So, the president was worried. He got through on the hot line to the Kremlin, and whoever answered the phone on the other side, he asked, "Who can I speak to to whom I could say, I am sorry?" Do you see. And yet the government is so concerned, as far as the economic situation of America is concerned, they are very concerned. Last week...to get more money for the country last week the first lady, Mrs. Reagan, Nancy, (isn't that her name?) held some parties, three parties. Two were dinner parties, and the third one was a Tupperware party. [LAUGHTER]

So, peace can be found on the individual basis. Now, how does man find that peace within himself? There is one way, and that is find an integration between mind, body, and spirit. It is one continuum. There is no separation between the body, and the mind and the spirit, although they exist in different categories of grossnesses or subtlenesses. But it is one continuum. And yet people seem to divide the mind away from the body, and the mind and body away from the spiritual self of man.

I know about two years ago I was invited to speak at the Holistic Health Conference, and on the panel in the seminar we had some psychiatrists and physicians and physiologists and what have you, and myself, on this panel of about seven, eight speakers. And this is what I told them: that you are treating people in segments. You physicians are treating the body, psychologists and psychiatrists are treating the mind; but there is no wholeness to it, because you are one entity, a divine entity. You are children of light. What has to be done is to unfold that light within you.

The organization of which I'm the head, unfortunately [HE CHUCKLES], is called The International Foundation For Spiritual Unfoldment. Remember the word "unfoldment" and not spiritual development, because the spirit in man is forever fully developed. It just requires unfolding where the waves, the patterns, the veils caused by your own very experiences and patternings, by the impressions in the mind has veiled the true essence of man. And until he can unveil the true essence that is within him, man will not find peace; because he operates in the relative sphere of life in polarities. The law of opposites: if there is sun, it will rain; if there is cold, there will be heat.

So, the entire universe is a matter of contraction and expansion all the time. So, what is the answer? The answer can only just be one. But he has to rise above the polarities. And by rising above the polarities, he will find peace in himself. The sky is overcast and it seems so dull down here, but if we get into an airplane and rise above the clouds the sun is shining in its fullest glory. It is undimmed. So, the hope for man is to rise above the polarities. Rise above all the dark and the light and into the sphere of joy. For pain has pleasure inbuilt in it, and pleasure has pain inbuilt in it.

Every problem has a solution inbuilt, and vice versa. So, one has to rise above this. And the only way to rise above this is to become integrated. And how do you become integrated is by meditation and spiritual practices, where you can dive deep down within yourself. You go beyond the conscious level of the mind, the analytical, rationalistic level of the mind. You go beyond the subconscious mind, which has...which is constituted of the various impressions you have had through, perhaps, many lifetimes of experiences. And you form a hot line directly to which I call the superconscious mind. There lies the stillness and the quietude from which you can draw.

And it's a very simple process, a very scientific process, which has nothing to do with any religion. I've said this a million times, over and over again, that if you are a Christian, become a better Christian; if you are a Hindu, become a better Hindu; if you're a Buddhist, a better Buddhist; if you're an atheist, become a better atheist, but become a better human being.

And talking about atheists it reminds me of an announcement that The Atheist Society of America are having their annual convention on November the thirtieth, God willing. [HE LAUGHS]

You see.

So, when it comes to global peace it is a pipe dream. That is what I told this conference. As the saying goes, "Charity begins at home." So, peace starts from within yourself. And you can never find that peace within yourself, that "peace that passeth all understanding," you can never find that within yourself if you are not an integrated person. And it's only by properly guided, individualized practices, spiritual practices, whereby you can function in totality, where mind, body, and spirit would function in a wholeness. And then you would be expressing your fullest potential. Even Einstein can only use eight to ten percent of his brain. And yet the brain is only an organ. But the mind is vast, as vast as the universe, for there is only one

mind. And the more you open up this dormant, awaken the dormant cells of your brain, the more would that universal mind flow through. And by the universal mind, the superconscious mind, flowing through the organ of the brain, you become more and more aware. You develop a larger perspective, a vaster perspective, where you can see things holistically.

All these threats of war are based upon fear, upon greed, and upon self preservation of nationalistic ideas and ideals. What is America? What is Germany? What is England? What is India? What is South Africa? What is Belgium, and all these other countries of the world? They are just man made barriers for the purpose of power. And it is an animal instinct that we are expressing because of our fragmentation. Power. It is so primitive. And yet we are regarded to be so advanced. Yes, technological advancement does not mean that you have become a better person than the person who lived two thousand years ago.

The better person is he who is integrated, self realized, where he finds no separation between himself and another. Then all these barriers will cease. But it has to be started on an individual level, where man can really become human. Are you human? Ask that question to yourselves. Are you human because you walk on two legs and have the power of thinking? And it is only the thinking ability man has that separates him from the animals. But how is the thinking used? It's used destructively, because he is expressing the impressions that are in his memory box since the animal kingdom from which he has evolved. Do you see.

So, through spiritual practices when man integrates himself and acts holistically, in totality, will he find that peace. And that peace will radiate. A peaceful man emanates a certain magnetic field around him, and that field widens depending how much he is integrated. So, the whole idea is personal growth, personal self improvement. Debating on the topic of world peace will just remain a topic and words, words, words, and nothing said. So, we start with ourselves. We start where we are.

And through the guidance of a spiritual master, a true spiritual master, not the money making gurus you have around, floating around so much in America. Because America is not only a land of milk and honey, but it's a land of milk and money. You see. And what surprises me is the gullibility of the Western brain to just take on these things. And yet intellectually they are so highly developed, they have such highly developed reasoning faculties, discriminating faculties. But there's one thing for sure, that without finding the Kingdom of Heaven within nothing can be achieved. It's only then that all else shall be added unto thee.

And yet people have such great faith that this will be a better world, there won't be nuclear wars. But that's just faith. What validity has faith got in today's world, where big fish eat small fish in this rat race world? Talking of faith reminds me of a story.

There were two nuns traveling in a car, and they got stuck without petrol, you call it gas. Gas. They had no gas in the car. So, there was a garage about half a mile away. But they had to take a container to get some gas. So, they scrounged around in the car trying to find a container, and the only thing they could find was a chamber pot. Is that what you call it? Only thing that they could find was a chamber pot. So, they took the chamber pot to the garage and filled up some petrol and walked back, and they were trying to fill the tank with the gas. So, here at this time some GI's, marines, were passing by. So, the one stands and looks at the nuns, watching them pouring in the gas from the chamber pot. So, he says, he says, "You know, madam, I don't think this is going to work, but I admire your faith." [LAUGHTER]
Peace. Are you enough at ease to feel peace? Where do you get this ease, when you are so involved in dis ease? There is only one way is to become integrated. Even in family life people live so disintegratedly. People don't even know how to make love. They degrade the beautiful word "love" into lust. They function with the body which is stimulated by the

mind, forgetting the entirety of their spiritual self which is within them. But the integrated man and woman who can function in totality will make love. And there the woman disappears, the man disappears and this vast orgasm only exists, which in itself is a meditation. You have to lose yourself to find. That is a theological injunction. So, to find peace within yourself is your first priority that will lead you to world peace, if ever this could be possible. But you are the pivotal point. You are part and parcel of this...of the entities of this little planet, which is not even a speck of dust in the scheme of the universe. And yet, on this speck of dust we have four thousand million people existing on this speck of dust. Now, can you imagine the enormity?

I've been saying this for about, at least ten, twelve years that there's a great calamity in store. That at the turn of the century, roundabout two thousand fifty there will be such a vast explosion caused by the greed of man that it will not only destroy this planet, but it will also effect the entire solar system, which in turn will effect the galaxy. Which in turn will effect other galaxy. It would have a rippling effect. And that is why that there are outside forces trying to contact us to preserve that peace.

We've had the experience of Atlantis. How it destroyed so many cultures and so many great things that were there at that time, because of man's greed. Greed and power. The pursuance of power. After all what is power? Is power not based on the idea of subjugating your brother, your fellow man? Oppressing him, suppressing him? I come from a country where this is happening every day. And in the end where is it going to get you? You expand your territories. Of what great gain is it to the individual man in the street? No gain at all, when day by day you see inflation rising. But the salaries don't rise.

So, the entire thing is crazy. We live in a crazy world. Absolutely crazy world. Look at the bread that I had for supper tonight, or this afternoon. They take out from the wheat all the wheat germ oil and make it into capsules vitamin E or whatever so they could get a bigger price for it. They take out other nutrients from the wheat to make other products, and you're left with a useless pulp. And then what they do is inject into it synthetic, artificial vitamins and they pass it off for bread. Where are the values? Everything is so artificially preserved, everything. And with the artificial preservatives they make bread last longer.

And marriages don't last. Human values are gone. Therefore, what the world needs today is spiritual values. We have explored and expanded very far out externally. All this various technological progress has not made man a better man. So, having reached a certain saturation point, where do we go from there? There's only one place to go, and that is inward. And going inward, that is what we mean by spiritual practices, where the mind is slowly taken through the various stratas, to repeat again, of the conscious level which functions mostly in the left hemisphere rationalistic, analytical forgetting the right hemisphere of the brain which is intuitional. And there resides the force and the power.

So, with spiritual practices personally prescribed for every individual there is a greater synaptic control. There's a far greater force in the interchange of neurons, so that you could draw through the medium of the right hemisphere of the brain that self that is within you, that infinite reservoir of energy, of wisdom, of love; and infuse it into the left hemisphere which is the conscious mind, and translate that into action. And when this happens in total integration, then your action would be right, your thinking will be right, misery is lessened, suffering is lessened, and you experience joy, you experience peace.

Now, when you become peaceful, as I said, and certain things has to be repeated over and over and over again so they could drive home, when you experience peace, to use a very favorite analogy of mine, "The nature of a flower is to be beautiful. But that's not only what the flower does, it also enhances the beauty of the garden." So, it has a reverberating effect. So, man must find peace in himself first and foremost, before he seeks it outside.

You are the master of your destiny. You are the master of your inner peace. And spiritual practices and meditation the proper type, of course will give you that peace; take you away from the misery, the sufferings. Even if you cannot change the world, you will develop an entirely new perspective at looking at things.

This one man he used to find his life very miserable very irritable. He felt his wife nagging him all the time. His children were very noisy with their hi fi disco, mind blowing rubbish. He wasn't happy at his job. He'd like to punch his boss in the nose every day. He started meditating. So, one day he comes to my offices, and he says, "Gururaj, I've been meditating for a year and nothing seems to happen." And I started off with him from his work. He says, "Well, you know, now when the boss says something, I just don't take any notice take it with a pinch of salt." He was a sales manager and his salesmen under him, before he used to shout at them and go mad. He says, "Now what I do is call them into the office, give them a nice pep talk, show them ways and means how to fulfill their quotas. At home when the wife nags a bit, I smile and laugh and make a joke out of it, and we kiss each other. And I don't feel it. The children still play their hi fi disco music, but I don't even hear it anymore. I took no notice." So, then I say, "Has the quality of your life not improved? Has meditation not helped you?" He said, "Yes, Gururaj, that is true."

So, the twenty minutes of meditation in the morning, and the twenty minutes at night is not as important, although it's the stimulus; but the important part is the twenty three hours of the day that you live and what quality it could assume. For these spiritual practices through which one finds that joy and peace within changes our entire attitude towards life.

Now, I have a very favorite saying which I've repeated a million times over, and it is this, "Two men behind prison bars. One saw mud, the other saw stars." Both in the same circumstances, and yet the one could see glory, the other could only see gloom. Why? Because of widened perspectives, greater awareness, that could take things in, not in a small sectional view but in a vast panoramic view.

I always say that if you stand on one of your streets here in Amherst, the street could be dirty with a lot of litter lying around, but if you climb up on the hill Sugarloaf, is it? then you look at the city. The beautiful lights, it would seem so lovely. You don't see the dirt, but it will always be there. Strife and turmoil will always be in this world, there are too many vested interests. Sanctions against countries are not going to help. Coercion is not going to help.

[TAPE ENDS WITH LOUD HUMMING NOISE. SATSANG RESUMES AGAIN ON SECOND SIDE. SOUND FADES IN, BUZZING CONTINUES.]

GURURAJ: ...smaller countries, lesser countries, [INAUDIBLE] peace and [INAUDIBLE]. So, we are in charge of this country, so that country automatically becomes one of our greatest importers. And yet every country today is bankrupt, including America.

South Africa, for example, where I come from, produces more than three quarters of the world's gold, more than three quarters of the world's diamonds. It is rich in every kind of mineral you can think of. You will not have a single piece of chrome in America if it was not imported from South Africa ninety percent of it. You will not have a chrome bath railing to hang your towels.

So, these are all vested interests that work. The basis is economics whereby other countries are controlled, which in turn, is based on fear. How do you remove this fear globally? There's no answer. But you can remove fears from your individual self.

There was a lecturer and he lectured on the destiny of this world. So, he said, "This world will come to an end in two hundred thousand years time." So one little lady at the back of the audience asked, "What did you say, sir?" He said, "Two hundred thousand years time this world will come to an end." So, the little lady at the back says, "Oh, what a relief! I thought you said twenty thousand years." [LAUGHTER] Yes.

There's more than an hour. Now, you want a break for ten minutes or so, then the next part of the session will be a rapid fire question and answer on any subject you like. Hm, okay? Stretch your legs.

[TAPE RESUMES AFTER BREAK.]

GURURAJ: It is very difficult to describe what spiritual practices are. There are other organizations that have a set of practices which are dished out to everyone. In our organization, they are all individually prescribed. In other words, after

studying the form that you send in we have teachers all around, and Vinnie Scully sitting over there, just stand up. Yeah. He's one of our teachers in this area and what happens, first you get taught the preparatory technique. Now, the word "preparatory" explains itself. It prepares you for the full techniques. And then you send in the form with your photograph, and I go into deep meditation on your photograph, using it as a focal point. And reaching the subconscious level, I make contact with you. Because at that level there is no time or space, and making contact with you I evaluate your emotional self, your mental self, your evolutionary status, and a set of practices are given to you tailored for you as an individual. It's no use having one bottle of medicine that cures all diseases. There's no such thing. So, it's highly individualized. And then those practices are sent to my teachers, who are taught how to teach the practices. So, everything is highly individualized. You go to a doctor's surgery and there could be twenty people sitting there. He can't just give out one medicine and say, "Right." He tells his nurse or assistant, "Give twenty pills of this to each one of them." You see. It might kill, harm some. Might not do benefit. But the physician has to take each patient into his surgery and examine the patient, and then prescribe the type of medicine that is required. That's part of your question. How do you distinguish a true guru from a false guru? Now, that the guru cannot answer. That depends upon your perception. A true guru doesn't walk around with a rubber stamp marked on his forehead saying I am a true guru or a false one. That recognition will come from you. Do you see. And the proof of the pudding lies in the eating. There are no characteristic marks. If you have the awareness and right perception, just to be in the presence of a true guru does something to you inside you. But if the perception is not there it could be cultivated by the impulse the guru sends to you, for a true guru is nothing but an instrument. As I said in this afternoon's talk, he's like a flute and Divinity blows His music through it for the world to enjoy. That's how it works. For the day when you can recognize a guru, you will become a guru yourself. I always say this over and over again, that the external guru is there to awaken the internal guru within you. And once that is awakened, you can discard the external guru.

Next.

VOICE: [INAUDIBLE]

GURURAJ: You want the answer right away?

VOICE: [INAUDIBLE] [LAUGHTER]

GURURAJ: You see, what we want always is instant coffee, instant pudding, instant enlightenment. You start meditating and you will learn to cope with the problems you have stated.

Questions?

While you're thinking, see if you can't find another joke. This one lawyer won a case, but the client refused to pay the fees. So, he went to the judge and complained. So the judge asks him, "What did you do?" So, he says, "Well, I sent him a letter of demand." "And what did he reply." He said, "Go to Hell." "So, what did you do then?" So, he tells the judge, "I came straight to you." [LAUGHTER]

Questions?

VOICE: [INAUDIBLE]

GURURAJ: Yes, that is true, but that is wishful thinking.

VOICE: [INAUDIBLE] ...feel that peace, global peace, is possible.

GURURAJ: It's not possible.

VOICE: [INAUDIBLE]

GURURAJ: Not possible.

VOICE: Then how does it fit on [INAUDIBLE]?

GURURAJ: Why do you worry about global peace? Worry about yourself are you at peace. That's first. That's first.

VOICE: So, my question is [INAUDIBLE]?

GURURAJ: But there's never going to be every person that will be on the spiritual path. So, the question is non question. Do you see. Therefore, I said it's wishful thinking.

Find peace within yourself, that's important. Your own evolution, that's important. Prove to me in the history of the world, since history has been recorded down, was there ever a time of peace? And the present tendency is such that peace

seems to be so far away globally. So, what does the individual man do? He strengthens himself with these various onslaughts that is thrown upon him.

VOICE: [INAUDIBLE]

GURURAJ: Has it...examine past history. You don't need anyone to tell you.

VOICE: I didn't [????????] past history.

GURURAJ: No, no, but that's the answer. That's the answer. So, find peace within yourself. That's important. That's important. And if you have the solution for me how to find global peace, I will take it to the United Nations tomorrow. Okay. Good. The world's greatest brains have been trying to find that solution for global peace and it has not happened. Even during the time of Christ, a great spiritual master, during the time of Buddha, there was just as much strife.

VOICE: [INAUDIBLE]

GURURAJ: No, I do not say it's not important. It is important. But we are talking of possibilities is it possible or not? I say globally, not; individually, yes. Okay. You know, this mother and daughter had different kinds of beliefs. Now, you know, there are so many mosquitos around. So, the mother says, "Thou shalt not kill." So, the daughter replies, "Let us spray." [I THOUGHT IT WAS FUNNY.]

VOICE: [INAUDIBLE]

GURURAJ: It is good all the time to be in touch with your inner self. And those people that would stop meditation might be using the wrong technique. For to be in touch with your inner self is always good, for you are in touch with that which is divine. But if they are wrong practices, then you feel like stopping. And not only that, it does require some effort. It might be good for you, and you just don't feel up to it. [PAUSE] Or you don't understand it well. You might not be practicing it well. Or write and contact your teachers, who are qualified enough to give you the explanation. But carry on. Perseverance, as in everything else, brings results.

VOICE: [INAUDIBLE]

GURURAJ: [Have enter?]?

VOICE: [INAUDIBLE]

GURURAJ: No. Lust means just a physical gratification. Yes. But even in that gratification is the spiritual elements which...

[SOUND FADES OUT, AND DOES NOT FADE IN AGAIN]

**** END ****