

Gururaj. Good. Namaste. What shall we talk about this morning? By the way before we start, we had such a wonderful evening with Mr & Mrs Rye last night. It was really delightful meeting the children and being with them. What a beautiful evening it was, and if I should give a five star medal for cooking, I could give it to her. Good. What shall we talk about this morning?

Questioner. How does a Guru heal?

Gururaj. Yes, Charles, how does a Guru heal?

Mrs Rye, how do you feel today? Good. Right. We did a healing on her yesterday. I have done many tapes on healing and you could order it from the AMS, or CMS should have some of them. Meanwhile Vidya will put the address down of our Tape Librarian which goes into detail. But seeing that this question is asked, let's talk about it again from a different angle. Good.

There are two kinds of healings. One is called magnetic healing, where the person transposes or imposes his own personal magnetism or energies to the person that is to be healed. But now in this, there is great danger. For example, I myself would never allow myself to be touched by anyone, because in the transference of energies which one does with thought force in most cases as the magnetic healing goes and which was originally started by someone called Mesmer, he started this. So with the energies that he is imparting to you, he is also imparting to you the negative side of him, because his magnetism or his energies that are given, would include the positive and the negative. So there lies a very great danger of you picking up his negative energies and which could be very harmful. You might find a slight release or relief, but it's never lasting and the negative energies are always more forceful than the positive. Like in the world if you observe around you, evil seems to be more forceful than the truth. Truth is so seldom recognised, while evil is.

But in spiritual healing it's a different case altogether, where the Spiritual Healer who should be a man of God, he would be an ordinary man, he will sit down with you and enjoy a cigarette with you or a scotch with you or whatever. But he does not live in the outside body. To him the outside body is just a functional thing and he has the ability to shed it at will and be re-born at will. In other words, his entirety is consumed by Divinity. And if he is consumed by that Divinity all the time, then his entire life is a Divine life, for whatever he does would be a holy act to him. If he drinks a glass of water, to him he is imbibing God, because that is his consciousness. To him, it is not water. The physical body requires water to

quench the thirst, but to him within himself, the force is so vibrant that even the water and him assume the same quality of God.

So, the Spiritual Healer uses his body just as a channel, and through this channel he goes into a certain kind of meditation and opens himself up entirely, and it has nothing to do with his body or his mind at all. He is devoid of body and mind and he just becomes a channel through which those universal healing forces flow to the patient and immediately a reaction occurs. And the reaction is this that the spiritual energies though very subtle and not recognised by the human mind, it is felt in the subtle body of man. Man has the physical body. He has the subtle body and he has a spiritual self. So the real Spiritual Healer does not work on the physical body. He works on the subtle body. Now that is where the subtle body can be called the sub-conscious mind level of man, not the conscious level, the sub-conscious level and there where the imbalances are, this spiritual energy which is poured to the person goes to the place where it is most required. It's like a road filled with, say, potholes and you pour a sheet of water, so the bigger the pothole, the more the water will be in there and the smaller the pothole, the less the water would be in there. How is your neck by the way this morning? Good. Right. Just a touch that's all. Fine. So, but on top it will become level, the water is level. But the water has gone to where it has been required. You see. Now, the subtle body, as all medical men would agree with, is the mind. The mental body is the subtle body. And they also say today that all illnesses of any nature, be they organic or otherwise, stems from the mind. The roots are in the mind. Modern medicine deals only in symptoms, while the Spiritual Master, he goes to the root cause, to where the imbalances are in the subtle body.

The subtle body consists of various vortexes of energy. And those vortexes they call it chakras. You have the Muldahara Chakra, then the Swadhistan and the Manipura and the Anhata and the Visuddha and the Ajna and the Sahasrara. Now when these vortexes, - you know they have made this into a big theory of Kundalini which is absolute and totally nonsense. I made two tapes a few years ago in England, you should try and listen to those on what Kundalini is all about. And of course the Kundalini Yoga as they call it, they say you have the two Nadis, the Ida and the Pingala and the air flows down one and out the other, but in the centre is the Sushumna, as they call it. So what you have to do is to get the airflow or the prana, the energy flow through those two Nadis, up the centre into the Sushumna, and as it rises up in the centre, all these chakras start opening up. Right. They start with the Muldahara which is situated between the anus and the scrotum in a male and in the female it is situated at the mouth of the (what do you call the woman's thing) because I know nothing about them - yeah - at the mouth of the womb. That is where the Muldahara Chakra is. At the bottom of the spine is the Swadhistan Chakra and then the naval is the Manipura Chakra, the city of jewels they call it. And then the Anhata which is the heart chakra, Visuddha, the Throat Chakra, Ajna, the Third Eye Chakra and the

Sahasrara. Now, they say as you get this energy up, its a coiled, three and a half coiled serpent - I don't want to carry a serpent round me in my bottom, that's for sure - so, you awaken the serpent and the serpent creeps up through the Sushumna, the centre Nadi, if you want to call it that and as it opens up, all those lotuses, they picture it in lotuses, they are drooping and as this energy rises, it opens up those lotuses that are drooping and makes them stand up. It gives them a rise, they rise up and then they are pictured with so many different petals. The one chakra would have so many petals and in that petal would be a shape of a square or a triangle or a circle. Right. Fine. Then within those squares and those circles you have certain Goddesses which you are supposed to visualise, the Goddess. You are supposed to visualise the colour, because every one of those chakras are given colours. Then you visualise those colours, you visualise the Goddess in action and when that visualisation is complete that lotus opens up. Then from there, you proceed to the next chakra, where there is another kind of Goddess. And all these Goddesses by the way have their vehicles, one has an elephant as its vehicle, one has a mouse, one has a rat, one has a cockroach or whatever. And this is all damn lies and I challenge any exponent of Kundalini Yoga, any Master of it, on any platform, at any place in the world.

This is good for visualisation purposes only, for mental concentration which we do with a simple candle. You don't need to picture that Goddess, you don't need to picture those circles or triangles or inverted triangles or all kinds of you know, B-U-L-L-S-H-I-T !. We don't need that. Just the simple candle which focuses your mind, to add to concentration.

Now, Chakras are nothing else but vortexes of energies in your brain. Now do remember one thing that your brain is not only here in the head. Your brain extends down right down to the coccyx through, via the spinal cord. Right. Because the energies from the brain flows down to the spinal cord and there is a continuous flow. So what happens is this and what has to be awakened is to bring about a balance between the various vortexes of energies. Some are vibrating at a slower rate, some are vibrating at a faster rate and there is a disharmony between these various vortexes of energies in the brain. So the Spiritual Healer, the true Spiritual Master what he does is, if he sees that there are certain vortexes in the brain that are functioning sluggishly, he give an impetus for it to increase its rate of vibration. Where he finds a greater vibration in some vortex of energy, he slows that. Right. The whole idea is to bring about a balance between these various vortexes of energies and with this perfect balance between them, you reach the highest height which the Kundalini-ests call the Sahasrara, the thousand petalled lotus, thousand petalled lotus. What is meant by that thousand petalled lotus? It means the brain cells and there's not a thousand, there's twelve billion. You see how they went off the mark in all their mythological interpretations of these various things.

So what happens when all these energies are synchronised and in full proper vibratory rate, then a greater and greater number of the brain cells open up and that is the thousand petalled lotus. It's actually a billion, twelve billion petalled. So when that twelve billion petalled lotus opens up to its fullest, you capture the entirety of the Universe in there, because everything requires an organ. Without any organ you can't function. You need your hands to do certain things, you need your feet to do certain things, you need your genitalia to perform action and for procreation, you need your eyes to see. So every organ has its purpose. So the whole idea behind spiritual healing is to bring such a balance in the person so that he could experience a vaster awareness of himself and with the added impetus given by the Spiritual Healer, it awakens those energies which are sluggish or which are not flowing as they should. Do you see?

Now for example, let's take Ramakrishna. He just touched with his foot Vivekananda and Vivekananda became immediately enlightened. It was not Ramakrishna, it was Vivekananda. But Vivekananda just needed that little push because he was ready for that total enlightenment. He just needed that little push. For example, if it was a school master like Larry, right, and he has a child in school who has been doing very well throughout the year and it comes to the final examination and what he would do, he'll go through the child's records and he would see that look, this child has been doing very, very well and we need forty percentage mark for passing, - I don't know how it works in this country, just using figures - he has not reached 40% mark, there must have been something wrong, some mental turmoil going on perhaps at the time of examination. His health might have not been good or something, some upset at home and he couldn't concentrate on his English or his French or his Maths or whatever. And he says, look, he needs 40% to pass and he has done only 39%. And yet his whole year's performance was so good. So what Larry would do, give him two marks extra and the child passes to the next standard, which is fair and which is right.

Now that is what a Spiritual Master does in the case of Ramakrishna and Vivekananda. Vivekananda reached a certain stage and he had one or two marks missing, so Ramakrishna gave it to him. You see. So, in all fields of life as Vivekananda would say, the ground must be well tilled and the seed must be powerful, so it can germinate. Now that is on the mundane level. But Jesus would say something else, "The gardener goes on sowing his seeds; some fall on fertile land where they will germinate, some on barren land which would be useless, and some on the rocks, which the birds of the air would pick up". But yet the gardener goes on and on and on sowing and sowing and sowing and not caring for the results. Because you work for the sake of work and not for the result thereof. That is what a Spiritual Master does. And that is what he does when it comes to a matter of healing. He is totally dedicated and permeated by the energies of Divinity, that his body is nothing else but a channel and the forces of Divinity flows through him because every cell of his body is permeated by it. He is a generator. Now in the waterfall - Hugh works there - there is plenty of energy there,

hydro-electric power, plenty, but you need a generator to draw that power from that waterfall or the water to the generator and the generator converts it so we can have light in this room.

So the Spiritual Master or the Healer, the Spiritual Healer, he acts as an intermediary, as a generator, to bring forth those universal forces through him to the person that requires any kind of healing. That's all. He is a generator. His body is a piece of machinery. He is nothing else but an instrument and that lovely saying which I love so much, "that let me be forever like a piece of wood, a flute, let Him blow and let the world enjoy the melody". So that is what a Spiritual Healer does. When he puts his hands or with even a glance of his eyes, he imparts a certain spiritual force because the generator is never switched off in the spiritual field - if the generator here in Victoria was switched off, we would be in darkness here, but we have light all the time - and moreso in the spiritual field. The generator is always there sometimes just a look, just a glance, just a touch is enough and you feel uplifted. For it is not the Guru that uplifts you. And those Gurus that claim to show you God and to do this for you and to do that for you, please run away a million miles far away. They can't do it. It's impossible. No one can show you the Divinity that is within you. They can talk about it. They can show you the way. Therefore, for example Buddha, we were discussing it the other day with someone, he always said "I'm only showing the way, I'm only showing the way. You walk on the path".

So, what I've been talking about up to now is, what are the qualifications of a Spiritual Master who can heal at will. And as Vidya will tell you, we have thousands of letters on files where people from a distance have been healed, not through me, but through the grace of whatever there be. A person writes a letter to me and I always encourage people to write to me. They write a letter to me, I read it and while I'm reading it, I'm sending off, I'm forming that connection. Right. And not only that, the beautiful part is this, that a person writes a letter to me and even before the letter reaches me, the problem of the person is resolved. Now you see the mechanics of it. That while writing to me, using me as a focal point, they are writing to God, not to me. I'm an ordinary human being, I do everything which each and everyone of you do. Right. So by using that as a focal point, using me as a focal point, they write to me and immediately the answers come, the problems are resolved and then another letter comes following it, saying "I wrote to you Guruji and I'm sure has not received you yet but I am writing the second one to tell you that my problem has been resolved". And you'd be surprised how every human being can tap into that universal source, the superconscious level of the mind, anyone and everyone can reach that level by tapping into it. What we require is just sincerity, honesty of purpose, love, devotion and of course where there is love and devotion, there is respect. There is some form of sacrifice perhaps in some way or the other. That love and devotion itself is a sacrifice. But it must not be by volition where you say, "Oh I am sacrificing this or I am loving my so and so", it must be a spontaneous action, something that wells up within you which you can't help. The

heart must be like a spring, always pouring out refreshing water and not like a faucet or a tap, as we call it in England, where you got to turn the handles to get the water out. An everlasting spring resides there. Don't block it, just let it flow and that is what the Healer, the real Spiritual Healer does, he just allows that eternal spring within him, the eternal spring of Divinity just to flow, all the time. That's all.

So, therefore among the Hindus - I'm sorry to mention the Hindus - I was brought up in that tradition, but I don't call myself a Hindu anymore, I'm a Universalist. If you ask me, 'Are you Christian?' I'd say 'Yes'. If you ask me, am I a Buddhist, I'd say 'Yes'. If you ask me, am I a Muslim, I'd say 'Yes'. Once you achieve that unity with God then all the Isms - Hinduism, Christianity, Islam, Mohammedanism, Buddhism - all the Isms evaporate and disappear, there are no Isms left. Because I have found through practical experience that these Isms only create chasms, separations. And then they war and they fight and - my God is better than your God, my religion is better than your religion, my father is stronger than your father. How silly. How foolish. But when we look at the basic factors behind all this, you'll find that it is all the same. After all, is there any religion for example that would say, be bad, or do this or do that. No. They all say do good. Love Thy neighbour as Thyself. Always. Every religion says that. So why not tackle the basic factors so there could be no Isms that create those "chisms" in life.

So a true Spiritual Master who for him healing is a sideline, he sees someone in trouble, someone having pain, he doesn't put himself out as a healer. If I put myself out as a healer in Victoria and put up a notice board, I'll have queues of people coming. I don't put myself out as a healer but if I see one of my students, my chelas suffering in any way, because I suffer the same suffering they suffer, because they are none apart from me. They are me. So what am I doing? I am not doing any person any favour, I am only doing myself the favour for removing the pain within myself. Because that pain is felt by XYZ, who is none other than myself. And when that person feels that pain it would be quite normal for me to feel that pain. I'll give you an example what happened this week. Vidya looks after me very well, I wouldn't know what to do without her. She does all the secretarial and administrative work and its not only me sitting here talking to you for an hour in the morning and an hour in the evening or whatever the case might be, there are so many other things that has to be done. Because she is always there when I have to take my pills and she is always there when I need a cup of tea and she is always there when I need this and that and that. She had a very, very bad neck, a very, very painful neck. She didn't tell me a word because she knows she wouldn't complain about anything to me and immediately I felt it and I had a sore back and her pain went away. I took it over, without even having any conscious knowledge of it.

So when, that is very important between a Guru and Chela relationship, that when a rapport occurs, you must need to think of a thing and it is there for you. I'll give you one example. I don't know if I spoke about it on this Course. I go everywhere talking, talking and I never remember what I said where. I just flow, you know that spring, Hugh, yes, that spring wells up and wells up. I was in Madrid Airport and you know carrying these bags, they are heavy and with me not being physically strong, - there was a man walking in front of me, Charles Shaw from England, he accompanied me to Madrid - and I was speaking to Charles and I said "You know Charlie, I must get one of those push things you use to put suitcases on". So I was telling him, you know I must get one of those things because you know these bags are getting a bit cumbersome and especially at those International Airports where you got to walk a whole mile you know and carrying that, its a strain on my heart. Fine. I was just talking to him and it reminded me when we saw this old man pushing his little bag on this thing and I said, "I must get one of these things". So we go down stairs to the 'Rundaval' where you pick up your baggage and would you believe it, that there was one of those trolleys strapped on to my suitcase. Where it came from, we don't know. Yeah. And it happens all the time, all the time. Because Charles and I booked in our baggage together at Heathrow Airport. Right. And in Madrid of course I saw this old man and it just reminded me and I said 'Look, I must get one of these thing' and there it was strapped on. Where it came from - brand new, one of the best? There it was. Like this, it goes on and on, all the time.

So a true Spiritual Master just needs to think, that's all and his thoughts will always be pure or else you would lose the power that God has given him - not given him - but that God portrays through him, that flows through him. So he always has to be very truthful all the time, filled with love, all the time. There must not be a fraction missing as far as his heart is concerned, his love for the world is concerned, his total sacrifice to humanity is concerned and he must not feel that he is Gururaj or XYZ or ABC. He always feels a humble servant of the servant of God, a servant of the servant, and when a person reaches that evolutionary stage of the oneness with Divinity, then naturally that would be your behaviour, that would be your lifestyle. You just do things. You don't even think about them and they just come right. Here, I've been eating so many of the western foods which were delicious and very nice, but I was thinking, I was telling Vidya, you can ask her, I said "It would be nice for a change to have a homemade Eastern meal" and here Mr and Mrs Rye comes up, inviting me to a lovely Eastern dinner. I was just thinking that "You know, it would be nice for a change". It wasn't a desire, just a thought floating through the mind. And there, how beautiful life is. What I am trying to say, that its not only me that is capable of that, each and everyone of you are capable of that. And one day at home, my lights got cut, the water got cut, no money to pay. So, Lata which is my wife says "What are we going to do, we got no money and your next trip overseas is still a couple of months away, what are we going to do?" I said "Don't worry, candlelight is nice, it has a soft glow, so we'll eat in candle light and it'll be a good chance for me to go to bed early instead of reading until 3 or

4 in the morning. Also look at the lovely advantages of having a candlelight meal, simple meal and going to bed early, instead of 3 or 4 o'clock in the morning especially with my eyes which are very sensitive. So, it is very nice". So, next morning I go to the Post Box and there was a cheque, a \$100 bill and I'll tell you the man's name, Jamie Easter - but he is not here - he came to Ireland and England - I'm sure some of you have met Jamie. So he sends a letter and "Guruji, a little gift for you". Immediately I went to Thomas Cook and changed the \$100 bill to South African money and went to pay the lights and the water and there you are. I'm giving you these examples and everything I talk about is not from books but from my personal experience.

For that is the mark of a Spiritual Teacher, a Spiritual Master. Now when he gains these things and our friends here in the States and Canada, without whose help I could never buy bread, that's for sure - there are 15 people on the Course, once my air tickets are paid and this place is paid, I think I might have a few pennies in my pocket to contribute towards expenses. So, in future, if we could have bigger Courses, it would be helpful not only to me, I mean, what do I need, just one meal a day and one bed to sleep on and I don't need any kind of luxuries. So all of you people that are sincere, try and introduce more and more meditators. You'd be doing yourself a great favour. I was explaining Bill yesterday that the more you teach, the more would you benefit because you are allowing that Gurushakti to go flowing through you so much - the more you teach, the more Gurushakti flows through you to the person you are teaching. And the usual analogy is this, that when you water the garden, the water cleans the hosepipe before the water even reaches the flowers. You see. Teach.

So now back to our subject - sorry to digress - now, when a Spiritual Master acquires or is born with, in some cases, these qualities which I've mentioned, then he is qualified enough to heal, just by a look, just by a touch, just by shifting around his energies, balancing them, because anything done, any balance brought about or imbalance in the subtle body, must reflect itself in the physical body because everything in life wants expression, everything. There is not a single thing in the Universe that does not want expression. Because expression is the very essence of life. The flower expresses itself in fragrance. The food - plants express themselves as wheat or barley or corn. Everything, everything, everything, everything. It is only we human beings that block the true expression that we should be. So a Spiritual Master is a person that expresses himself completely, openly like our spring, he just flows, flows, flows, flows, flows, flows and it's up to anyone to drink of the water. The well is there, the spring is there. You bring a thimble and you pick up a thimbleful of water and if you bring a bucket you, pick up a bucketful of water. It depends upon the person what he wants to do, what he does not want to do. So there is the free choice and the freewill and the Spiritual Master never dies. If you have that true Guru-Chela relationship, even if he leaves his body, he is always with you. Like my Master, Swami

Pavitrinandaji, I feel him around all the time, all the time, not the physical Pavitrinandaji, but the spirit of Pavitrinandaji, which had become one with the spirit of God. So through that generator of Pavitrinanda, I have found God.

So the mind is only capable to know of things through thought and symbolism as Jung would tell you and that school, that Jungian school, that man's mind can only think in terms of words and symbols. So to me Pavitrinandaji was nothing else but a symbol of that Guy up there. And that symbol was good enough for me, because you still need your generator to bring the electricity, because Divinity is abstract, inconceivable, incomprehensible. How can the small finite mind comprehend something which is infinite. So what do you use - a generator - you can't bring the electricity from the waterfall into this light here without having the mediary of the generator. And that is why all theologies propagated the belief, they worked on a belief system, I work on an experiential system. I say don't believe - experience - and then start believing. Believing is secondary. I say "Do not surrender to a Guru. No." Surrender is a culmination, the end product, not the beginning product. Do you see? Many of these Gurus, you have to go there and prostrate yourself and he bops you with a bunch of feathers and you got to take fruit and things that are recycled over again and resold - no, no, no, no, no. They say surrender first. How can you surrender first to a Spiritual Master without knowing the Spiritual Master, without having that inner communication, even if it's non-verbal? You learn, listen, - shavan, manan, ridiasan - shavan means to hear, manan means to mull over it, and ridiasan means to practise it. And when those qualities are gained by the Chela and then the Chela, understanding what the Guru is teaching, will naturally develop a friendship with the Guru. The friendship develops into a devotion. The devotion develops into a pure love. I don't mean sexual love, that's rubbish and when that pure love develops, then automatically, there is a surrender. And who surrenders to who? Do you know this, which other Gurus won't tell you, the Guru surrenders to the Chela. The Guru surrenders to the Chela 'Oh my child come home'. The Prodigal Son. You see how beautiful it is and what can the Chela do, he responds in the same way by surrendering to the Guru.

I always have said before, when I started this organisation in '75, that I as the Guru am here, the external Guru, to awaken the internal Guru within you and then you can discard me. I had to start off with making half a statement because I was dealing with - what do you call - raw nuts - half wits - because they had no knowledge of it. So, I used to say in the beginning, that the job of the external Guru is to awaken the internal Guru within you and then after that, you can discard me. But now, to you that have been with me for so long, I can add on another phrase to it and it is this, that you can't discard me because you and I have become one. Once the internal Guru, the internal spirit has been awakened within you, you find that there is only one spirit. Who is there to discard and who is the discarder? Who is the seer, who is the seen and what is the object of seeing? It's all but one.

I think I have gone on long enough. Quarter past twelve. What time do you have to be - for - 20 minutes ago - I'm sorry - because we can have a couple of laughs, if you want to. Yes, why not?

Nice to sit down with a joyful mind. Someone who made this shirt for me forgot to put in a pocket. Do you know everything that I have on, this pair of socks was a gift, this pair of pants was a gift, this shirt is a gift, my shawl is a gift, my - I better not show you - my underwear is a gift. Yes.

Do you know how to recognise a car - if you see it here in Victoria, - a car of an Irishman, would you know how to recognise it? You'd find the windscreen wipers inside. You gotta think it over - don't you? The windscreen wipers in a car are always outside, but on an Irishman's car, you'll always find them, inside. Oh dear me!

This girl - you know, there was a film called Grease, which the youngsters went for - you must have heard of it - Travolta - something. So, this girl goes to the father and says, 'I want to go to see Grease'. So the father bought her a return ticket to Athens.

You know this guy wanted to go for an operation for so many, many years but he kept it off and off and off, this Welshman. So one day he decided 'Look, I must go for this operation'. So, the first thing they did, was gave him a bath and after the bath, he said 'Oh, why have I been waiting so long for this operation, I should have come quicker'.

Yes, so this guy goes to one of your local pubs - is that what you call them here - bars - and he ordered a bottle of Scotch. And he finished the whole bottle of Scotch and he was walking out, so the bartender says 'Hey, mate, you know you have to pay for that stuff you drank'. So he says 'Did you pay for it?' So the barman says 'Yes, I paid for it'. So this guy says 'Look, what is the sense of two of us paying for the same thing?'

And then this young lady, she had one arm shorter than the other, so she took on a job as a shorthand typist. I think that's enough. You're getting late for lunch.

This afternoon, we are doing Yoga Nidra and I'll explain you this afternoon what Yoga Nidra is all about. So be here at 4.30. And for ladies, put on loose clothes, slacks, like a jumper suit, - like that - is fine. And we'll have to shift things, you'll find things very –

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