

Gururaj. Tonight with our talk I am going to put you through special practices to increase your awareness which I will talk about later. Now here coming through this lobby I saw this rock. What do you understand of this rock or the stone, I don't know what you call it? Do you know the molecular structure of this rock is composed of the same molecular structure of which you are made, because molecules function in a special way and it is very uniform. So the molecules that keep this stone together is of the molecules that keeps you together. One thing is admitted that you have a higher consciousness but we cannot deny the consciousness of this rock because it is composed of the same structure. The atoms and the protons and the molecules swirling around in this rock are the same that circulating in you. And any scientist I will challenge to deny me because I know. You think you're conscious. You are to a certain extent I would not deny that but at the same time I would not deny the composition of this rock to your body. It's made of the same substance. The only difference is, consciousness. And what are you really conscious of, tell me? What are you really conscious of? You are only conscious of your body and this rock here is conscious of itself because if this rock did not have that molecular structure it would not change. It would remain the same. Now having this bit of consciousness that you have, you have the ability to uplift that consciousness to a higher consciousness. So stop being a rock. Because as you develop higher consciousness within yourself you will develop a greater awareness-ness and that awarenessness would be combined with this rock and you will recognise in your life that I am not separate from anything else in this universe. I am the rock and the rock is me and therefore we stand on the rock of life which provides you with all the energy that constitutes your consciousness. But yet that is not the end. We have to go beyond that with greater understanding, with greater consciousness to realise that the molecular structure of this rock is the same molecular structure within me. The only difference is this that I have developed an intellect to be able to discriminate. But how far does your discrimination reach. You know how far your discrimination reaches, only to your sense organs, hearing, touching, smelling, what else, feeling, tasting, that's all.

So what is the difference between you and this stone here? The stone does not feel the senses that you are involved in of touching, smelling, tasting, seeing, hearing. Good. So we have to go beyond that my beloveds. We have to go beyond that to develop that awareness that takes us beyond our senses. Senses are so confined to the sensual life that once you reach a higher level of the spiritual life then you will say that this rock is me and I am this rock. Do you see the difference? That is awareness. And that is how you can identify yourself with all humanity for the entire universe. You can feel yourself at one with the grass there, the lawn, the trees, the beauty and as the wind blows through the trees, you would start appreciating the beautiful symphony. For life itself is a symphony. I have invented a new word which you can put in your dictionary 'syncoffany'. Not sin, no, no, no, there is no such word, forget it, that's guilt. But to syncofate the symphony of life then you will find the truth of life. And once when you find the truth of life you need nothing more,

nothing more. For once truth is found what more do you need? For truth - write this down - for truth finds every need of life. That is how the flower of the heart blossoms in its full fragrance. It is forever blossoming, that is true but how much of its fragrance have you felt? Have you walked through a field of flowers, beautiful daisies growing there and felt the fragrance? You have failed to do that. The fragrance is there but because of your ignorance you have not found the beauty of the fragrance. That is the problem. That is the truth of life. The ideal of life is to find that beautiful fragrance of God's creation or whatever you want to call it. But we pass by on the road, we see these beautiful flowers and say they're beautiful. But have you tasted or smelt the fragrance which these flowers exude. You have not and that is why you are lost. So at any time my beloveds you look at the flower, just don't look at the flower alone. It is beautiful admittedly so, but also experience the fragrance that the flower exudes.

I'm telling you deep secrets of life and when you can find beloved Joyce its beautitudes, the glory of Almighty's creation life becomes more enjoyable, becomes exciting. It becomes an adventure to explore what life is all about. You're only existing doing your job, okay fine, do that, coming home having a meal, fornication, sleeping, waking up the next morning and starting off your job again. Is that life? How about just taking a walk in the garden. You must take me for a walk my darling because I'm just from my bedroom to the Satsang room, and from the Satsang room to bedroom, I need some fresh air. And yet to go out to appreciate the fresh air. How wonderful it is for why is the fresh air created? It is for you to enjoy the oxygen in the air as our scientists here will tell you, our Doctor Hill will tell you. It is there to enjoy yourself, to refresh yourself and can anyone ever tell me that they do not need refreshment physically speaking? And can ever anyone tell me that they do not need the mental stimulation which your Guru gives you? And can ever anyone tell me that they do not need the expansion of the spirit of the heart. All these three things are needed so much in life. And if you can form a perfect combination between these three factors which I have mentioned, you can live a full life. Why be the living dead when you can really be alive with life? For what is life made for? Life is made to live but we have to, we have to do something about it. If not, life is waste, garbage can, is that what you call it here? So do you want to carry your life in a garbage can? Jump out and enjoy the beauty of life that is there. It's your priority. It is your heritage, it is your right. So please try and do it if you can and your Spiritual Practices will help you do that. For once you're involved within yourself in your spiritual self, you will appreciate all these things that I have talked about. So stop being damn garbage. But yet there is so much garbage in life, we know that, don't we? But turn it through your machine, incinerator and create it into nectar. For garbage is created by yourself and you yourself can create it into nectar. You see? The process is simple. Is this clear water, what the hell is this? Oh, here's water, sorry. (Laughter). Where are you going to find a Guru like me, tell me?

Now you guys relax a bit before I carry on further because we have got some questions to answer and then I'll get on to that. Because after that we've got special practices to do. I beg your pardon. Come on, light up relax damn it, I'll put my feet down too, they are all swollen up. Vidya gave me some Lazex this morning, was it this morning? Yeah. That's soda water, what is that shit? (Laughter) Clear water? That's the garbage. Yeah. You're right, Joyce. So light up a cigarette and relax before I carry on more. I have spoken for, oh yes thank you my darling. I'm getting old now I don't know how long I am going to be with you. Nevertheless, I'll do my best. Don't sit too near my son. Move. I don't want to stretch your minds too much. Have a little relaxation and I'll carry on again. You know with me every Course is a different Course and to speak to thirty people its (funny noise) (Laughter) I'm used to speaking to thousands of people. Do you want to borrow my hankie darling? Okay. Right. Fine. I can read the minds of each and everyone of you. I can see all the thoughts that go through your minds. I can see all the problems you have and please Lord help me to help you. That's all I can pray. So we'll have a few minutes break and then we'll carry on again. Okay. Wake up you, you are going into meditation. You do that afterwards. People don't know how to smoke. You know the art of twirling your cigarette, the finesse, that's important. How many people know finesse? Very few. Suni, why don't you light up your cigarette?

Sunita. I didn't have one.

Gururaj. So come on have one of mine. Have one of mine. Offer it around why don't you? They are special, especially made for me I think, hopefully. Carry on, relax a bit, give you a few minutes break and then I'll start up again. Why not? Yeah, pass them around darling, whoever wants one. Try one of my specials, carry on. There's a lighter somewhere I think. Hi Lesley, hello. Namaste. Namaste. Karuna I've been waiting for you. Get your flute so I could compose a song for you and then we'll start with any question that's required. Have you got it somewhere round? Okay darling bring it. Right. You missed the talk dearie, well she can always catch it up on the tapes. Oops darling bloody hell. I get so absorbed that I even forget to flick out my ashes. Now that's the very important thing of life. Fling out the ashes. Always do that and by flinging out the ashes of the mind, your mind becomes clear. Remember that. It's important. For your mind is so filled with ashes - my God this old body. Would you move this way darling so that Karuna could sit here next to me? Right. Sit here, sit here my darling daughter. Play anything and I will improvise on it and create classical music for you now. (Karuna plays the flute).

Right now see if you can follow me. Okay improvise. Hold on. Let me blow my nose first and pull up my pants. Okay. Oh that's better. You know to come thousands of miles to Canada for thirty people it's not worth it for me. I want

three thousand people around me. Perhaps in future. Okay. The choir is organising. We do need organisers. True. My bloomin' eyes. Got to go for an operation. Fifteen thousand bucks, Jesus I don't know where I am going to get that from. We'll see what happens. I'll start off and you follow me. See what you can do. You don't need to be perfect. My daughter. (Gururaj hums/chants and Karuna plays the flute). Everyone starts clapping. (Gururaj continues singing in Sanskrit). Without you how can I live? (Singing and clapping ends). Thank you darling. Ah sweetheart.....
(Inaudible)

Voice. Definitely

Gururaj. Unrehearsed, impromptu, on the spot that is the mark of a Master. He rehearses nothing. He doesn't use his mind. I've got no mind by the way. He uses his heart to pour out knowledge, wisdom and shit. Okay. (Laughter) My beloveds that you are here I am showing you practical demonstration, my words are not the only teaching, but my life itself is a teaching showing you creativity, were you can flow with that Divinity in your own creativity. For are you not creativity itself when the creator has brought you about into creativity. Appreciate that and learn from that. That will bring you great joy in life. It would. What happened to my hankie darling, I had it somewhere? Oh here it is. Thank you. I'm blind, I can't see too well. Now anyone could suggest any subject for any poem. Give me any subject?

Voice(Inaudible)

Gururaj. Right. Okay, that's a good one. Right. More, I could combine

Voice. Fun

Gururaj. Fun. Right, sky, fun.

Voice. Treasure

Gururaj. Treasure.

Voice. Crystal Blue

Gururaj. Well she's got it.

I saw through the sky and what great fun she is
for as a swallow I fly into the sky and from there to infinity.
For finite me could never find myself in finite
but I do know I could find myself in the vast sky of infinity.
In there the swallow eye with wings fluttering
and trying to fly high.
But yet when I come back to roost
I found that the sky means nothing at all to me
because all infinity is enclosed within me.

Okay. Good. What is the time? Nine. Fine Question, any question. I hope it's deep.

Questioner. Beloved Preatamji, please speak to us of the sublime paradox of the phrase 'Thy will Lord', which in reality is no paradox.

Gururaj. Very good. Very good. People find, - look I want you guys to relax. Don't be tense because I can go on and on for hours and hours and hours you know. Life is never a paradox ever. But it is our minds that makes it into a paradox because all paradoxes are composed of the mind's thought of opposites. Now, when the mind thinks of opposites then paradoxes are created. Para, you know what that word means, para, to be beyond. And what's the dox? Go to the bay there down the corner, there you will find the docks. So, to live in the para which is beyond, then all the doxes will cease because all the stuff of life merge in that one dox of life, d o c k s.

Now the major problem is that, is how to go beyond the conception of paradoxes. Go to the docks and drown yourself for damn sake. But it's better to be para and there are no doxes, they all become one. That is the message you must understand and that is the way you get rid of paradox. So when you are beyond it all there are no paradoxes, no. Everything becomes one and you become one with the truth of life and there is only one truth. For the one truth is Divinity itself and Divinity knows of no paradoxes. Paradoxes are a creation of the mind. They create conflicts - this bloody thing seems to be so tight - paradoxes are the creation of the mind and why should you allow the mind to interfere with the purity- thank you dear - with the purity that is within you. Because it's only the interference of the mind that creates

paradoxes and let me tell you something which you might know perhaps I don't know that all opposites are true. And when all opposites are true in that oneness, where is the question of a paradox? Do you see how it works? The mind creates so many illusions, so what are you doing really, tell me, what are you doing? You are living in illusions and not in truth. For it is the very illusions created by your mind that produces paradoxes.

So, go beyond that. Let the mind not be illusioned or disillusioned. Let the mind be tranquil through your Spiritual Practices and all paradoxes will - my God - all the paradoxes will cease. Because then when the mind is brought into a state of tranquillity through your Spiritual Practices there will be no paradoxes. All the opposites will cease and the opposites will combine together into that oneness where no paradoxes could exist. Because if you look up your Oxford dictionary, paradoxes or paradox rather, is based on the law of opposites and to find the togetherness of mind is to bring the opposites together. I might have said this some place, I have given thousands of lectures throughout the world, if you are on the seesaw, if you sit on this side that side will go up and if you sit on this side that side will go up. If you are stand in the centre, nothing can go up or down because you are centered and when you are centered the opposites cease to be there and all paradoxes disappear. Do you understand that Chetanji?

Things which I talk to you about you will not find in books. No. All these philosophies and all this bullshit. Aaah. Talk from the heart. Talk from experience. It's no use me saying to my beloved, for example 'I love you'. What does that mean? It's verbalisation of a feeling. That's all. That's all it means and feelings change from day to day. But when I can say 'I am you', the opposites cease because there is no you, neither me. It is us in oneness together. These are truths of life. These are the lessons to learn and there will be no paradoxes. Because the constituent of a paradox is opposite and what we have to try and do is get rid of opposites and all paradoxes would cease because there is oneness. And where there is oneness there is no paradoxes. Do you understand me, Chetanji? That's the purpose of life. That is the truth of life. That is true living. That is being one with our Father, one with being with Divinity. And being one with Divinity there lies the bliss, the joy and you can capture then the totality of eternity. I talk of experience. I know what I talk about. I don't talk from books, bullshit. I stopped reading books many years ago. Now and then I pick up some and it's just to see what other people are saying. But when you find that unity consciousness of that oneness like I found with that rock somewhere there, there it is, then you get rid of all diversity and one of the ingredients of a paradox is diversity. So you proceed from diversity, okay, you are made that way, don't blame you, but from that diversity you reach unity. And what unity are you reaching to? It's not a paradox at all. Unity is to find yourself, to become one with yourself. Because none of you here is one with yourself. And when you reach that unity, automatically I can promise you this you are with Divinity. It's so simple, so simple.

One of you guys must start writing a book and call it 'So Simple'. Take it from my lectures around the world. There are about five or six thousand of them all around everywhere. Do it. Do it. And you will understand more and help the world at the same time. I just keep on talking, talking, lecturing, lecturing, but I do need people to put things together. Vidya is getting a book published next month. And in Spain Raman Carballo Sanchez, a Psychiatrist, he is putting a book together. So many other books are being put together but the amount of lecturing I have done would amount to about five hundred volumes at least. Even in our Course in Cyprus, in ten days I composed three Volumes. But I need people to help me to put them together. Not for me. I don't have very long to live anymore. But it's for you to do it. You my children do it, not for yourselves, well you will get a better understanding of it but for posterity which will go on for ages and ages and ages. And, I can tell you one thing I'll come back to this Planet again after six thousand years. I know that. I was here two thousand year ago and I need to come now and my next journey to this Planet would be in six thousand years. So you my friends, my brothers, sisters, my beloveds do what you can, whatever you can to get things together. I should not say this myself but it's valuable wisdom I am giving you which you won't find in any books.

God I've been talking for more than two hours. Let's have another bit of music, they'll enjoy it I'm sure. Come on Luvvie, yes a shortie, a shortie. Yeah, okay. You just blow and I will do the rest. (Karuna plays the clarinet). (Gururaj starts singing).

I am getting old now. I don't know if you guys know this, I don't know if I told you, can't remember things that, yes darling, oh yes, yes, yes, light them please. Old body - getting old now.

Voice(Inaudible)

Gururaj. I see. Thank you my darling

Voice (Inaudible)

Gururaj. Yeah. Right. Okay. Fine. Good, good okay darling. Sit down, go away, you're my daughter.

Voice (Inaudible)

Gururaj. That's enough. That's enough. Have we got any more (inaudible). Right a little more..... I'm waiting for the water. Good. Thank you my darling. You that are meditators, you have your Swirling Techniques on the various Chakras, carry on with them. But today I will be giving you the greatest gift in your life, I will open up your Ajna Chakra which is awareness. You'll find that in a few hours your awareness will expand far greater than what it is. Now I am too weak to move around to you, I don't know if you care to come here so that I can open up your Ajna more, so wherever you want to start, wherever, no problem, no problem, kneel, kneel. Have we got a pillow here somewhere, make it more comfortable for them. Oh yes. Fine. Yeah. Lovely, kneel there. Good. Right. Fine. Do you feel much calmer now? Fifty, sixth, seventy, eighty, one hundred percent? The touch of the Master remember that. It's not me, it's my Father. God bless you, darling. How many percent do feel much calmer now?

Voice. One hundred

Gururaj. One hundred. Good. Good. Okay. Next please. Are you comfortable there dear, Joyce, are you alright? Can we remove these for a moment. Hold it for me Karuna. My darling don't cry. You don't need to cry. You don't need to cry, I have done nothing. Come my sweetheart. Feel much better. That's the idea. Come on guys. Don't keep me waiting, its getting late I never had anything to eat all day. No we did have something to eat this afternoon. Look into my eyes. Remind me tomorrow to give you a prescription for something. Remind me, I am very forgetful. Eighty, ninety, hundred percent calmer?

Voice. Much more. One hundred.

Gururaj. Much more. Okay. Fine. Give the glasses to Karuna here, she is helping me. Sorry but I have to do this. Don't do it in private. Just relax dear. What's your name?

Voice. Linda.

Gururaj. Linda. Good. The consciousness is there. You had some. How many children have you? Any? None. You had some cancerous lumps growing in your breasts and I've removed it. Get yourself checked by your medical. My daughter. Be happy. Feeling better?

Voice.(Inaudible)

Gururaj. Of course you should. Look I can't do the whole lot, I'm getting tired now. So yeah I'll do one or two more and then tomorrow we can do the rest. I am getting very tired now. Ah my two honeymooners. My lovely children, so lovely. Wanda, open up your eyes, I'll just see them. You have too much acidity in your vaginal system and you get an alkaline solution, douche, use that and by next year I want the two of you to give me a grandson. And you stop flirting around, you're too damn handsome. I know you don't do it, I'm joking, you know me. (Laughter) They're on their honeymoon and their honeymoon is spent on the Course. Request anything of me and I'll grant it to you. What do you want, what do you want?

Voice. To be channels of Divine grace

Gururaj. Channels of Divine grace. No problem. Within the next twelve months or less you two will come into a good deal of money I don't know how much yet, have to work it out, have to get a calculator someone to work it out, but you will be happy that I assure you. I wish you best of the best of the best of the best. I could repeat it a million times but you've got the idea. And with this awareness that I am developing in you opening up you're Ajna Chakra we'll see what is coming to you. I know what's in your future, I know it. It is going to be very, very successful. Why be asleep like that in front of your Guru? Be happy. You are going to be, that's for sure. Vidya I am tired now, I'm tired, the rest we'll do tomorrow. Okay. A Course, thirty thousand and thirty that was my largest.

Voice. You left out the zeros.

Gururaj. You left out, hey that's great. (Laughter) Now it's quarter to ten. Have I returned that watch? I did return that watch. It was yours, wasn't it? Good. Fine. How does the time compare? What does yours say?

Voice. Fourteen hours

Gururaj. Quarter to ten?

Voice. It's now thirteen minutes and thirty seconds before. (Laughter)

Gururaj. Jesus. (Laughter) That computer bastardo, right, he split hairs. Do this before they all go and retire. Would you darling? Come on. Anything you like. (Karuna plays the clarinet) Thank you. (Clapping)

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