

## RAPID FIRE

Q: Do you use a mantra also, or is it different for you because you've been doing it all the time?

GR: Why do you want to know what I do? How is it going to help you? [laughs] When a doctor gives you a bottle of medicine are you going to ask him all the components of that medicine, that it contains cyanide? I'm joking with you! I do a totally different form of meditation than what you would be doing. My guru gave me a mantra which is 13 syllables, and I experience all 13 syllables in one impulse. And even while I'm talking to you that impulse is there all the time, even during my waking state and even during sleep state the impulse is experienced. So you can be aware even in sleep. At the biggest hospital in South Africa the Groote Schuur Hospital in Cape Town, and at St. Thomas' Hospital in London, they wanted to do some experiments and they put me in a sleep laboratory. They wire you up first and then, of course, they leave you alone and you go to sleep, and according to the readings on their various machinery and gadgets they can see how deep a sleep I was in. And yet even at the deepest level of sleep, I was totally aware of what was going on in the room. When I woke up I could tell them, "You were doing this and doing that." So you can be totally aware even in your sleep, and me I do get fed up so much sometimes, that the room is pitch dark and my eyes are closed and there is nothing but light, light, light and I say "Why the bloody hell don't they switch the lights off." You see. So my experiences are totally different. When I meditate I take that particular impulse and I don't meditate for myself for anything. I send it out. All the time out and there's always balls of light in my meditations just floating out. They are subtle energy and I could see them, visually see them. All these balls of light just floating out to all. That is my form of meditation. It is different.

[Inaudible question in background]

GR: It is directed when I get a letter where a person is really in distress, and as I am reading the letter I am sending out those energies to that person to help the problem. But if it is a severe case then I direct those energies to that person, and we've had wonderful results with many kinds of diseases such as terminal cancer and things like that where these energies directed to the person has helped and, you know, the cancer has cleared up and things like that. And, of course, it also depends upon the receptivity of the meditator. If they really want to build a wall against the energies that come to them, then it would still help those energies would still sweep in although not as powerfully as if they were receptive to it. Therefore that between guru and chela, the deep love and devotion should be there, a mutual love and devotion. Not only

one sided, for the chela has love and devotion for his or her guru, and the guru has the same love and devotion even more perhaps for the chela. That forms the channel. Good. Next?

Q: In gurushakti do we use the mantra?

GR: No, you don't use a mantra in gurushakti. Gurushakti is a kind of remembrance, that's all.

Q: [Inaudible]

GR: He can do nothing, he's a puppet. Yes, that's all presidents of all countries. David is better. You know, Presidents are cabinet makers. David is a better cabinet maker. [Groans and laughs from audience] No, these presidents, they are leaders and of course they've got to have leadership qualities, but all the proclamations they make, or the statements they make does not only come from them. They have hundreds of people on their advisory committees on various subjects that study a particular problem and give him the results of their studies and he is a mouth piece.

Q: [Something about decisions]

GR: They do, but those decisions are definitely influenced by the advisors. In other words, the advisors can convince the decision making. So it is not one man. That's what I'm trying to point out. And that's in every country.

There were these two spinster sisters sitting at the fire and reading the newspaper. One was reading the newspaper, the other was sitting knitting in the other room all alone. And so the sister reading the newspaper read a news item there and says here was a woman who got married four times, and each time the husband died he was cremated (four cremations, in other words). The other sister replied, "Here we are spinsters sitting here all alone and lonely and that woman has four husbands to burn."

You know the best way the boy was asking his father who is the one he can go and see on how one can make contact with the spirit would. So the father replies, "The bartender, my boy."

I just crack these jokes to fill in the time. Yes, Carol?

Carol: How do you feel about the energies in California and how the time is near, and they're talking about the big earthquakes. How do you feel the atmosphere here is now?

GR: The atmosphere is definitely not getting better at all. There are a lot of spiritual movements and cults in California and 99.9% of them are false, money making businesses. That's all that they are! The atmosphere is not improving at all. And part of California is going to be submerged into the ocean. There is going to be such a vast earthquake that part of it is going to break off and be submerged into the ocean, but that is going to happen in about 200,000 years time. [Laughter] And all these little occult and various kinds of movements you have, they're going to go in first. [More laughter] You are immortal.

Q: What is the purpose of the holding parts of pranayama? It seems kind of awkward.

GR: Yeah, it would. The practice is 4 16 8. Now as you practice more you can increase the period, but in the exact ratio: 4 becomes 8  
8 becomes 16  
Or you can halve it if you like:  
4 becomes 2. And some people can't... they have to start easier. [Ajay? enters the room] Namaste, Ajay. Just make yourself comfortable somewhere.  
You know, Ajay, the stupidest things in the world are sardines! You know what they do? They crawl into a can, get themselves sealed off and keep their can key outside. Very silly little creatures. [Laughter]

Yes, 4 16 8, that's the ratio, and if you can stand outside the universe, the universe would be moving like that in that same ratio. Now the practice of pranayama brings a greater rhythm in your body. When a greater rhythm is produced in the body, a greater rhythm is produced in the mind. And anything which is rhythmic is calming, soothing and harmonious. That is the purpose of doing pranayama. So when you breathe in to the count of 8 and you keep in your breath, what happens there is that you allow the oxygen and the prana that you have breathed in to circulate your entire system and then you breathe out. Now the most important part of the 4 16 8 is the exhaling part, the 8. That is where the greatest control is needed, because after keeping in your breath to the count of 16 you tend to breathe out fast. That is where you control, so at the same time you start developing discipline. You see. You start developing discipline also. And if you can breathe out completely you do not need to worry about inhalation. The exhalation is more important than inhalation. With the exhalation you are removing the toxins from your body. And for example, I do not recommend smoking, although I enjoy a cigarette myself, but those of you who are smokers if you do your pranayamas regularly, your lungs will be as clear as a baby's lungs. For example, I have to go to the hospital because I have had an open heart operation, and

whenever I am at home, I have to go to the hospital every two months for a general check up, and they find my lungs totally clear. So it is very good for smokers as well.

You know, there was this Chinese person who was invited to an ambassadorial dinner and of course there were all people from the various embassies there and next to him there was a young Englishman sitting. So this young Englishman thought this Chinese gentleman might not be speaking English, so after the soup was served the Englishman asked, "You like soupee?" So this Chinese gentleman just smiled. So after the dinner was over (and you know I've been to some of these ambassadorial dinner parties and I know there are so many speeches afterwards) a few people were called up to give a speech. They came to the turn of this Chinese person to make a speech. So he got up and made such a lovely speech in impeccable English, full of wit and wisdom, and as he was sitting down amidst the applause he turns to the Englishman and says, "You likee speechee?" [Much laughter]

Q: Can you describe through meditation what begins to happen to the left and the right hemispheres of the brain?

GR: Oh, yes. A person has the two hemispheres of the brain, the left and the right. The left hemisphere is the part that rationalizes, analyzes, that counts numbers and calculates, while the right hemisphere is more intuitional, and more connected to the inner self of the person which has greater awareness the right hemisphere. Now with meditation what happens is this, that there is a greater synaptic control. Those nerve endings that shoot over those sparks from the left hemisphere to the right hemisphere, to the left and vice versa. There is a greater control and a more coordinated functioning. So by doing meditation and the other spiritual practices, you become more intuitive. Then you eventually with more and more practice enter the field of knowingness without even analysis. You came to a fork in the road and you just know which turn to take, the right or the left. So it has a great effect on the brain.

I've said this in quite a few talks because it's an important point, that this little brain of ours, weighing 2 1/2 to 3 lbs., contains 12 billion cells and we are using only one millionth of 12 billion cells. So you see the capacity that man has. Even Einstein only used about less than 8% of his brain capacity, and he was supposed to be one of the world's greatest thinkers.

You are talking of Einstein and there is one lecturer and he was lecturing on Einstein's theory of relativity and he carried on, and on, and on, for about two hours so when he finally finished his talk, one person got up and said, "Sir there are only 12 people in the world that could understand Einstein. But you no one can understand."

Yes, so meditation plays a very, very important part as far as your brain waves is concerned. And this has been proven by people being plugged with these electrodes and the alpha, beta, theta waves have been measured. But our

instrumentation, although we say we are highly developed technologically, our instrumentation is still very, very limited. You still can't measure the finer things that are happening in the brain. The mystic sees these things very clearly from his mystical angle, but unfortunately he cannot put it down in scientific terms. He can make you experience it, yes, but it's very hard to verbalize it because verbalizing, rationalizing, is just to do with the left hemisphere which is very limited.

Q: ... cells of the brain.

GR: You'll burst.

[Various inaudible questions]

GR: Well, yes, we have been given them to use them, but how many things that we have been given by Divinity that we use. Huh! Very few. Divinity has given us to be pure love. Divinity has given us the ability to be totally kind and compassionate and all the things that go with it, but we don't use it. Likewise the brain.

Q: Why do people fear things?

GR: I've made about half a dozen tapes on that. Why don't you borrow a tape from Mary Beth sometime? I can't put it in a nutshell, but basically fear comes because of the unknown. That's the basic fear fear of the unknown. And from that the rest follows which produces insecurity and inadequacy, anxiety, and things like that. So meditation helps you become fearless because your awareness expands. Your understanding grows. So it's important to come to these courses even if it's a weekend intensive. It's important because in our talks, you know, what I normally do, not what I try to do but I do it very spontaneously, to show various aspects of a problem of a situation and how best it could be handled. How things can be looked at holistically, instead of just sectionally. Why look through the key hole when you can open the whole door? Do you see?

So tomorrow, of course, we are going to have something very important, which is the communion practice, and many of you here might have attended one and many of you may have not, but it is a practice in which the meditators do nothing. They just sit and relax. And I go into meditation and it is such a deep level of meditation where I in this case achieve total unity with Divinity and that generates great energy in the room and people go through various kinds of experiences because of that power that is released. So even if it hails or storms or rains, don't forget to come.

Q: What is the goal of us who sit in your meditation? What is the goal of our experience? What is the purpose of it? Why?

GR: You are touched by the hand of God, and what greater gift do you want? It is priceless, and you could never put a value on it. In the communion practice you will definitely become a greater person. The people in the room would be touched by that force and that power.

Pity you came so late. We just did a little experiment where I went into mediation for just a minute, a minute and a half, and I said now you feel the force and practically everyone felt a wonderful peace and calm in their heart. So next time don't come late. I suppose you were tied up, weren't you. [Laughter]

Q: [Inaudible]

GR: Let everything be dreary outside as long as our hearts are filled with joy and sunshine.

Q: I have meditated for ten years now. And I find the experience of the Holy Spirit, which I thought was a very abstract thing that people talked about, for me to be a very real experience. Through the experience of sitting through the Episcopal church, just the feeling of a very similar feeling. What is the relationship between the Holy Spirit and the feeling of the energy we're receiving in meditation or in prayer?

GR: The Holy Spirit has nothing to do with your feelings or emotions. You have to be very careful in discriminating between that which is a projection of your mind, or if it's a genuine experience. Now certain experiences can be had at the finer level of your mind, where feeling and emotion are still there; but the time would come when the real experience that you would have would not have an experiencer. Here you are dwelling in duality, where you are the experiencer and there is an experience, there is a knower, the object of knowing, and knowingness. A Trinity kind of thing. So the two goes into three. But the whole object is to find the oneness, where you become the experience yourself, and that experience is non experience. You're totally in oblivion. Mind you, it is at a high level. It is at a level of the personal God with attributes. But the highest is the absolute which is formless and attributeless. So, for example, the Vedanta, they go to the level of absolute knowledge, absolute existence, and absolute bliss. That's as far as they go. They are the Hindu

Vedanta, the Upanishads, but we in our philosophies go beyond that because there is still subject and object where experience remains. As a matter of fact, we have got a very large chapter on the subject in the forthcoming book. These two girls, Roopa and Vidya, have been working so hard. They are getting two books together. One is a book of excerpts. About nine or ten woman in England listened to tapes and they took out certain excerpts of which they felt to be worth quoting and those are all being compiled in book form. You can just turn to any page and read something like "thought for the day," or something like that. And the other book is a full range of satsangs. And of course the book, the first one, will contain about 15 satsangs which is about 250 pages, approximately that. I have done enough talks, about 2,000 around the world, to fill about 50 volumes actually, but we have to start somewhere, and these two girls have been so brave enough to make a start and have been working until about 2:00 and 3:00 in the morning. The one starts the editing, the other starts on the computer, and Chetanji here has been a great help going through some of these satsangs. And it has to be edited because there is such a difference between the spoken word and the written word. In the spoken word you can leave a sentence half way and just a gesture will complete the sentence. But an expression will convey a thought better than words. That is in speaking, or in speaking you would repeat one sentence twice to add some emphasis, while in the written word it would not sound right. So lots of editing and lots of work, that's all, that's right and if any of you ladies here are interested in doing some typing or transcribing from tapes to the typewritten page, Vidya is taking names and she'll explain the details tomorrow, I suppose. So if you do have some time and would like to transcribe some satsangs onto paper, it would be a service of love. And may all blessings be yours because we need a lot to be done. I haven't got many, many years around with you, so the more we can accomplish together the better.

Roopa: "Are you offering to transcribe to the ladies only? [Laughter]

GR: Oh yes, but you see again, habit of association, for women are known to be more in the stenography field, typing field. But I mean any men that can type well, naturally they'd be more than welcome. Me, I can type, but I type in the Biblical system. It means that "seek and thou shall find," and I do it all with one finger. [Voice:...could be handwritten.] The writing should be legible or we will have to transcribe the transcriptions.

Q: Gururaj, you talk about not being with us, yet you also talk about an ashram....

GR: Sure. It all depends what you mean by too long.

Well, it's past 5:00 now. Tomorrow we're going to do that and any of you that would like to have your mantra checked to be sure you're using it properly, if you're pronouncing it correctly, tomorrow when you come write it down on a piece of

paper a little slip and I'll sit with you and go over it with you. We can use your room, Linda and see if you're pronouncing it well.  
Good.

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