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## MIDNIGHT EXPERIENCES

GURURAJ: ...if you people are early or I am too late. Well, last night I was up until six this morning. I was busy until six in the morning, previous night 'til four. Well, I was up at nine and started working in with a lot of background things that has to be done. It's not only coming here and giving two satsangs a day and having group meetings and things, there's much much more involved. There's not a single night before I fall asleep that I don't picture you individually, whoever's on the course, because I have you there, alive. And I send out gurushakti to you and energies, so your lives might become better and better. It is the job of a cook to cook delicious meals, and it's a job of a guru... job of a cook to cook better and better meals, rather, and it's the job of a guru to make people's lives better and better. Good.

Vidya just reminded me, would anyone like to talk of their midnight experiences, or were you partying around?

Oh, Joy. Darling, there's a mike over there somewhere.

JOY: Namaste. Early in the meditation I felt your presence behind me with your hands over my head from behind. And I felt a gentle nudging so that my head turned all the way to the left and stopped at the shoulder, and all the way to the right and stopped. And it did it twice. If I resisted you gave me gentle little nudges. If I let go and just allowed the nudging, then I felt as if my focus as a being changing from left into right. Then I felt some pulling from the right side of my head, and then I felt as if you were giving me a healing: pressure on my left eye. You were asking me questions, "What colors did I see?" The colors were mauve. Then I had a pain in my cheek. Then I had a pain in my hand. And when I noticed the pain in my hand, I realized I wasn't meditating and went back to my mantra word. Then you asked me if I could do two levels. And then you said, "Can you meditate on your mantra and can you swirl energy around the pain in your hand?" And you said, "Try it." And I did, and it worked. Then because my hands were touching in meditation, there was a strong vibration and my hands were vibrating. Then I could feel your hands going to my shoulders as in a healing. And then my meditation continued with the colors and shapes that I see sometimes in mauve and purple.

GURURAJ: Beautiful. Beautiful. To actually feel the presence is just like being in the physical presence of the guru, but of course in the subtler form. You omitted one thing there. And that was when I left, very playfully, I gave you a little slap on the bums.

Next. Ah, Ramuji, Ramachandra. Chandra means moon, and ram means beauty: the beauty of the moon. Loveliness, beauty of the moon. So he has, if we go back in genealogy, he descends from the moon. You know from Lunar, Lunar's

spear. No wonder... sphere. No wonder he has a bit of lunacy. [LAUGHTER] Yes. He says yes. He says oh... Nice to be mad in divine madness, and in devotion. Beautiful.

RAMU: The moon is also a reflection of the sun.

GURURAJ: Um, very good. Very good. He's poetic, too. It's a good metaphor, simile. Huh?

RAMU: This is a long distance midnight practice. About two weeks ago Guruji gave a course in Elizabethtown, Pennsylvania. And Madhu and I went up there for one of the evenings, and that evening he gave the midnight practice. Now, Madhu and I left about eleven thirty to go back to our home in Washington, because we just went up for a satsang and to say hello and things. And I....

GURURAJ: It was a long journey ahead, huh?

RAMU: Yes. It was about a two, three hour journey. And we had said, "Oh, it's going to be the midnight practice. We'll try and find our watch and at midnight we'll think about Bapuji. Well, the watch was buried very deep in a bag and we didn't get the watch. We just said, "Well, whatever happens will happen. And we were driving about half way, and all of a sudden I just felt the presence. And I said, "Well, Bapuji is doing the midnight practice." And we both got excited and she fished in her bag and pulled out the watch and it was just a couple of minutes before twelve. So, it doesn't just work down the corridor. It can also work several hundred miles away.

GURURAJ: Very true. Very beautiful. Not only the midnight practice, but it is said of Buddha that where he makes his appearance his emanations are so powerful that it covers the whole city. For example, when did we do communion? Was it last night? Good. I never try to remember things. My memory box is... I just need to plug in. When I do the communion practices, not the people that are around me that benefits, but that radiation or emanation goes for miles around me. At that moment I could sense say a husband and wife is having a quarrel and they'd just be making it up and holding each other in their arms. Many, many accidents that were reported to me later have been averted because of the communion. So what I'm trying to say is that divine energy, though portrayed through an instrument of His, is everywhere. The only thing we require the radio well tuned to receive the communication in communion. So, very beautiful, Ramchandraj. Good. Next.

I kissed you last night. Tell us all about it. Come, come, come. She's going to make a very fine teacher, and I'm encouraging her to be able to stand up in public and speak. I mean, we're all one family, but she might have to speak to strangers and she will lose her stage fright. You see these gurus are funny people, they have ways of teaching things. And sometimes force them into it.

SUNITA: Gururaj, I don't remember the kiss because I was somewhere else, I was in the stars somewhere. But I do remember as I was meditating I was saying your name, because that's my mantra. I remember children running everywhere.

GURURAJ: Who was the father?

SUNITA: Okay. [LAUGHTER] Did you say you were the father?

GURURAJ: No, I said who, question, who was the father?

SUNITA: Oh, I don't know. And I just saw children running everywhere. And then I saw kind of what looked like stars. And then well, this is kind of embarrassing, but I didn't wake up 'til one o'clock.

GURURAJ: It doesn't matter. It doesn't matter.

SUNITA: And then I said, "Well, I'm sure my superconscious realizes. I wish my dumb mind would." You know. But I imagine my brain's going to get smarter as I continue my practices.

GURURAJ: So you feel asleep.

SUNITA: Yes.

GURURAJ: Yes, and no wonder. You didn't feel that soft kiss on your lips, the fatherly kiss. Therefore the image of the father... the children came about, because the real Father is that guy upstairs. I don't know what room He is in. [LAUGHTER] Very good. Beautiful, dear.

She speaks well, doesn't she? She has lovely intonation of voice, modulation. There's diction there. She expresses herself very beautifully, succinctly, to the point without rambling on and on. Because I know American people, I mean, not you, of course, you know, have a habit of writing six pages which I could put into one sentence. Yeah. And so, it's very, very beautiful. And you speak very well, and with sense. I was analyzing your form last night, because it'll be given out tomorrow morning. I've still got some more to do, which I will do after satsang and lunch. Good. Next.

TERRY: Beloved Guruji.

GURURAJ: Namaste, Terry.

TERRY: Well, it all started about ten years ago when I was a young... [LAUGHTER] No. I was meditating last night and I began to feel spasms in my legs and lower legs and in my neck. And they were just infrequent at first. And then they began to be very frequent. And I saw a very subtle shape of very white light. Even though my eyes were closed it was like coming through, and the spasms increased tremendously around that time.

GURURAJ: Very good. What this means is this, that you are given more to physical activity. For example, you would be an admirable teacher of physical training or athletics, or something like that. And you were made to feel... you know when you do exercises you get those spasms, you know, in the neck and thighs and things like that. And the white light that encompassed you symbolizes or means that, pursue your ideal because you will become what you want to become. You will definitely. I promise you. You will be away from your present post. And I have a feeling that you work at nights, do you? Yeah. Good. But of course exercises you do in the day could teach the kids. And, of course, some people work at night as well. Other kinds of work, you know, so many kinds of work people can do at night. So, that's good Terry, very good. So, pursue. Perseverance. Namaste. And stop being a flirt. [LAUGHTER] Because you overestimate yourself that you are very handsome. I am more handsome than you. [laughter]

VOICE: Terry's a pretty good looking boy, I don't know.

GURURAJ: Of course, he is. Like to joke with my children, you know. He's like a son to me. Very devoted. Oh, yes. It just bubbles up in his heart, his devotion and love. Always willing to do things. He has in his dictionary there's no word as

no, n o. There's no word as no, it's been scratched out. Like in my dictionary there is no word as impossible. I don't know how the printer slipped up, but the word is not there.

Next. Ah, mother.

NIRMALA: Morning, Guruji. Now, I'll go back to where we were at the communion practice. When you held your hand up like that, I felt a terrific wave come toward me. It was very strong.

GURURAJ: This reminds me... excuse me, mother. How many of you, if any, saw light coming from my palm. Quite a number. It was a blessing energizing your spiritual force. Now when... I'm never conscious of it, but they tell me that the one hand goes down and the other goes up. It means that within you is married the relative and the Absolute. That's the meaning of it. Sorry, mother.

NIRMALA: It was quite a zap. [LAUGHTER] Then I was busy last night. I had a visitor in my room. I don't know whether you saw the visitor or not. But about quarter of twelve I was in bed, and ten minutes of I started meditating. And then at five minutes of twelve it came on very strong on the forehead and the top of my head, and that went on for about twenty minutes or half an hour or so. Did you notice a visitor?

GURURAJ: I noticed some force there. Not in the physical form, because I did not appear in the physical form. But there was some visitation there and it could have been me.

NIRMALA: And she was very quiet on the floor.

GURURAJ: Thank you. I was quiet on the floor?

NIRMALA: No, the visitor.

GURURAJ: The visitor. Oh, it was a she.

NIRMALA: She was very quiet, yes. She'd been very restless all along. And when you came through, she lay down and was very quiet and restful and looked as though she was sleeping.

GURURAJ: Aha, very good. Very good. [LAUGHTER] Good. Yes. Visitations can take many forms.

NIRMALA: A visitor, not a visitation.

GURURAJ: A visitor is a visitation.

ROOPA: Are you going to explain to him about your visitor?  
Was it a furry visitor?

NIRMALA: Yes, yes, covered with fur. A four legged visitor.

ROOPA: A tail? Four legs?

GURURAJ: Oh, but that's no coincidence, because I know you are very fond of cats.

NIRMALA: Well, this was a dog.

GURURAJ: A dog, or animal. Yeah, you are fond of all animals.

NIRMALA: She noticed when you came, too. She quieted down. She'd been highly restless, wondering where Iris was.

GURURAJ: Yeah, a lot depends, you know, now talking of visitations which comes from the word visit. Visit, visitations, visitor. Right. It takes manifestation in many forms. I give you one example, it just comes to mind. We have a meditator in England, well, he's emigrated to Canada because his mother was in Canada and he wanted to be with the family. And... qualified psychiatrist, he used to work [Shokee?]. Do you remember him, Roopa? [Shokee?], the psychiatrist? His wife is Scottish. Actually, when I visited Scotland I stayed a few days with them. And well, this is besides the point, but his wife, a frail woman, and she was doing the practices of some other, you know who. Yeah, and although being a frail woman, in her room she used to do somersaults. You know [Shokee?] Rajesh, Jasmini. Hm?

RAJESH: [Shokee Mohammed?]?

GURURAJ: That's right. What's his wife's name, I can't remember now?

RAJESH: I've only met him.

GURURAJ: Oh, you've only met him. Because his wife and two children, you know, they came to courses regularly until they emigrated to Canada. And then of course the wife, you know, she used to do somersaults, a frail woman. So, what they had to do... and the husband being a psychiatrist they could do nothing about it, so they had to move all the furniture out of the living room where she did her meditations because she might hurt herself against a piece of furniture. And we did a healing and then all those somersaults and things disappeared. Now, let us get back to the husband, [Shokee?]. Right. He's a qualified psychiatrist, but he wanted his F.R.C.S., which is the highest degree in England: Fellow of the Royal College of Surgeons or whatever. I don't know what it's called. He not only got that, but he also became a F.R.C.S. of the Irish British medical association. So, he phones me one day and he says, "Guruji...." Actually, a trip before that he paid my fares, you know, and of course our very, very dear friends that are in Australia they deducted it off the gifts that I receive from people without me being told it was paid by [Shokee?]. You see, you find people and people. Some are crooks, some are good people, some are con men, some are who cares? Right. So, he phones me and he says, "Guruji, I sat down for the F.R.C.S. twice and I failed both times. Now, I've got to sit down tomorrow to write the same exam the third time." Of course, the questions are not the same on every exam. "And if I should fail now I will never get my F.R.C.S." Because once you have your F.R.C.S. you can practice in any part of the world it is recognized. So, he was on the phone I said, "Just hold on a moment." And about two minutes or so I went into meditation. So, I told him, I said, "When you leave the hospital this afternoon," or evening, or whatever it was, "you just open up the book on psychiatry," you know they have a general volume which they normally go through and which questions are based. [COUGHS] (That's sitting up in the hall and doing forms. The hall was a bit cold last night.) And he just opened a page and read it, and wonder of wonders those were the very same questions he had not read the whole book those were the very same questions of the page or two that he read and he passed his F.R.C.S.

So, these things do happen, mother. And it's no miracle, really. There's no such thing as miracles. I do not believe in miracles. What people take to be miracles is an understanding of the finer laws of nature. And when we do not understand the finer laws of nature we call it a miracle. Yet, really speaking, there are no miracles at all. Because

understanding the finer laws of nature, guidance can be given, and guidance can be given in so many, many different ways.

A person came to ask me a question once and I explained him a bit about it. And I said, "But, look, we haven't got much time and you go to a book store and get such and such a book and read up on it." Because he was a bit green, you know, raw, he didn't know the subject. And I said, "Look, get this book, read it and you phone me for an appointment, and we'll go deeper into details about it." Because if a person has no knowledge of a subject and then you try to... you know, it's like talking about a Ph.D subject to a child who is in grade one. So, when he came back after reading the book, he says, "Guruji, something very funny happened." He went into a second hand bookstore as a student. And he says, "Just right in front there...." You know, there's a table there, you know, exhibiting some old books, plus of course shelves right around, and he says, "That very book that you mentioned was lying right in front as I walked in by the door, and it was open, the book was open because somebody must have looked at it previously, and the question that was puzzling me was answered in that book." And then I asked him, of course, "What did you understand by what was written?" Of course, not having very much understanding he couldn't understand the real depth of it, but it gave him a starting point and me a starting point to explain it deeper. So, there are no miracles at all. Things happen if one has a sincere desire to do things, they must, must happen. Yes.

Doctor Padmini, later this afternoon or so I would like to speak to you a few moments. I meditated on the matter we discussed and I could tell you in two words, three words, I can't even count any more, three words, all is fine. Good. You don't like to keep people in suspense.

Next. Who's first? Ladies first. Jagriti, [SINGS IN SANSKRIT, THEN TRANSLATES] Oh, Jagriti, the awakening. You have made me awake. How can I explain this to you? Songs and music come to me together.

JAGRITI: Beloved Guruji, last night when I started meditating and it got close to twelve o'clock, suddenly I heard this rock song in my head. And my eyes were closed and you came into my room and you were dancing to the music.

GURURAJ: Why do you think I started singing when you came up? It wasn't a rock song.

JAGRITI: That's really what I wanted to tell you.

GURURAJ: That's very beautiful. Very beautiful. In other words it denotes harmony. Never mind if it's rock. You know, a young girl, okay. Myself and mother Nirmala, you know, and Mataji over there, Tamaji, you know, we go for the other softer type of, you know, Beethovens and Bachs and Mozarts and all these guys. There is nothing wrong with rock.

JEFF: What was the song?

JAGRITI: I can't remember. Some rock song. Something that's popular right now that I probably heard in my car radio or something.

GURURAJ: Well, rock away as much as you like, as long as you rock away in the laps of God.

JAGRITI: Guruji, the image that came right after that was, suddenly I was outdoors on a stoop outside a house, and there was blinding, blinding gold light and then I passed out. [LAUGHTER]

GURURAJ: Well, I'm glad she passed out, instead of passing over. [laughter] No, that was very good. It's an encouragement. The light you saw is the light of purification, that even through rock you can purify yourself. Yes. Even though rock music, why not? Where your mind can be so attuned to that melody that you become oblivious of everything else. I can't do rock but I can do a bit of...

JAGRITI: Oh, you were doing great.

GURURAJ: What do they call it? Twist. Yeah, somebody recommended the twist to me to lose my belly, but I only did it once or twice and then I got tired of it. Thank you, Jagritiji. I think a hand went up? Yes, Padminiji, do come along. Namaste.

PADMINI: Beloved Guruji, I was meditating last night that I cannot tell you the time, I don't know if it was earlier than others, and there was an intense burning on my face, the left side of the face, and I knew it wasn't the room being hot because I had fan on. And it went off after awhile and then for about, after about five minutes or so I got this very heavy lead like feeling on my left forehead. No, right forehead, I'm sorry, right forehead, and I thought what is...

GURURAJ: Your right temple. Lower forehead, right side.

PADMINI: Right here. And I tried to brush it off. I thought well maybe I've got something on there and then it went away. And then my left arm started to tremble.

GURURAJ: Left arm?

PADMINI: Yeah, right here. It was trembling. And then it went away and that was it.

GURURAJ: Good. Beautiful. Very beautiful. Now, I'll tell you, firstly, where the heat came from. Last night I was very tired, you know after communion, you know, you do get zapped, because you're pouring out. And that energy is so powerful it pours through you, and naturally you would get tired. So Roopaji was so kind to, you know, massage my feet and she said, "Guruji, your feet are so hot." Now, that always happens when you are sending off the energies, you know, my feet get hot or the whole body gets hot. You can't sleep when you're three feet of me, it is so hot. So, that's the heat you felt. The pains or the throbbing you had, you know, on the right side you said?

PADMINI: [INAUDIBLE]

GURURAJ: Yeah, right. That was a release of tension. Now, for example, to release tension, say a person's feet are painful, so what you do you apply pressure. So, that was the pressure to release tension. And those tensions are brought about by you, my girl. You work too damn hard. Take things a bit easy. We are not getting younger by the day. Although I'm eternal, but still I feel it, you know. The body has its limits. And, of course, then that tension was shifted down to the arm and then it got released through the fingers. The fingers are very important in releasing tension, by the way. They are very important. If you feel very tense, even if you are sitting like me, hold out your fingers, or if you are sitting on a table put your hands down, right, and do pranayama. The breathing, which I explained, pranayama. You do the pranayama and you will actually feel a tingling in your fingertips, or a certain sensation which releases the tension of the body and you would feel refreshed. Does that make medical sense, doctor?

PADMINI: [INAUDIBLE REPLY] [LAUGHTER FROM AUDIENCE]

GURURAJ: Try it. It does relieve tension. Because tension begins in the mind. I tell you the psychological fact of it, tension begins in the mind, which of course can be brought about by excessive bodily tiredness. But the mind has the greatest part to play. Now, when you take the tension, you know, to your fingertips, then you're reducing the blood level that's pressing on your brain. By the reduction of that the mind becomes calmer, with the help of pranayama which brings your body into rhythm, and then the tension dissipates itself. The tension has to go somewhere, so it goes away through the fingertips. So, ladies, don't wear very long nails. I mean that's the fashion today. Medium size, that's alright. Look at my nails. Always well manicured. As you know, I smoke. I love smoking. Fine. But you won't find a single trace of nicotine on my fingers. Nothing sticks to me. Discard it. Namaste, dear. Very good. Good experience. I think Paul, hm? Oh, time. Oh, no. I haven't done any satsang yet. It's just a... You know we normally have a group meeting at half past six where groups are invited. You know, we had two group meetings. (Vidyaji, attention please. I'm quite a hard boss, you know, but a very kind one. I would smack someone's bums, and kiss their lips at the same time.) We had a group meeting the first night. On what subject was that? I think Priya asked the question.

VIDYA: Personal growth.

GURURAJ: Personal growth. And the second satsang was on the teachings and life of Ramakrishna. So, tonight instead of having that group, because I never had a chance to give a satsang because we've been discussing. And even the discussion was a satsang in itself. But still if you would like, instead of just having that small group in that room somewhere here.

ROOPA: What about those people, though? They won't have a small group. When could they meet with you on...?

GURURAJ: No, we all meet together. And they of course would get the first preference to air their views. And everyone can join in. You know it...

VIDYA: And then do another one at eight o'clock?

GURURAJ: Eight o'clock would be...

VOICE: A different satsang?

GURURAJ: Yes, yes, of course. Say, half past six we could have a chit chat where everybody climbs in. You know? I'll do most of the listening, just guide. You know? Guide the meeting like a chairman would, and add on so it would give everyone a chance, because we've missed this morning's satsang and why should people be deprived of that? It's not fair. So anyone can just chime in. You might have a certain thought, Margaret, and someone might have another thought, you know, so you weigh the pros and cons and then discuss it further. It's very, very interesting. It's an interchange of ideas. It's very interesting. So we do that six thirty after you have your supper. You call it supper or dinner?

ROOPA: Either. [INAUDIBLE]

GURURAJ: Either, either, neither, neither. Now, we... lunch is always in the afternoon, that's a lunch. We have brunch, which is a mixture of lunch and breakfast, which we call brunch. Then we have lunch. Right. Then we have supper, which is a light meal. But dinner can be served in the afternoon or the evening, because dinner means "big meal." So, dinner does not necessarily mean, you know, the night feast or whatever. It can be in the afternoon, as well. That is dinner. Otherwise it's lunch and supper. And then, of course, tea. You know, in the northern part of England, I don't know how many of you have been there, they invite you to tea. Also, I was invited by this couple there, very nice, dear old couple, to come and have tea. And I said, "Well, it would be tea, a cup of tea." And they normally offer you a second cup if you want it, tea. And there would be some cakes and biscuits. But, boy, the whole table was spread with various things. It was a big meal in itself. They call it high tea. You've heard of that, I'm sure. But that was my first experience. And then after that I've been to many high teas, and sometimes I really got high. [LAUGHTER] I'm talking of the past. At the present I only live on love and fresh air. Good. You are waiting on me now so that people can go for lunch, huh? [LAUGHTER] Good. Now, what are you going to feed me with? Toasted cheese sandwich? Toasted cheese sandwich and tea. Good. Liptons.

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