

COMMUNION

GURURAJ: You go through all the galaxies and everything that constitutes this universe. You see the brilliance of the stars. You see the precision how things work throughout the universe. And it is something which becomes unforgettable, because it is not only passing through the universe but you become one with the universe and the universe becomes one with you. So, in reality, where have you gone to? You have only gone within yourself, because the entire universe exists within yourself if you can just recognize it and know it. And then you still go further. You go further than the entirety of the universe and you go into nirvikalpa samadhi.

Now, in the beginning you have savikalpa samadhi which is made of name and form. But when you transcend this you reach that has no name and which is formless, meaning that supreme energy that energizes all that we know as name and form. You reach paramatman. Para, beyond the Atman. That means that you have reached Divinity and become one with Him. The true essence, not the names and forms, but the true essence that underlies everything else, that energizes everything. And when you become one with the true essence you become the essence itself, which is what people might term God. You become one with God so you are God.

So, it's a lovely, lovely journey, for there's only one problem that to come back into this little body again. It's so joyful, blissful in that realm or that sphere; and then you got to come back in this little body and you look around you and you see faces, so many of them filled with so much pain, so many sorrows, griefs, problems, you name it. That is why you feel pained. That is the meaning of what Jesus said that, "I am the son of my Father," meaning that super, super, super impersonal God, and he suffered for the suffering of mankind. That was his only suffering. And that suffering is mine too. Same, no problem. What do I need, for example? Two slices of bread a day, and some little water and I can come and knock on your door, on your door, on your door, or anyone's door and say, "I'm hungry, can you give me two slices of dry, stale bread?" I don't mind. I will dip it in the water and make it fresh. And so that is just sustenance you are thinking of. But think of the suffering of humankind, and that is where the pain lies to the self realized man who is constantly in touch with God.

Now, what happens in a communion practice that Divinity is brought into this hall and a great amount of His energy is released. And releasing those energies, people have varied experiences. And if anyone of you would discuss any experience, I will explain you what the experience is all about. So, there's a microphone over there, I think? Mark, who's handling it?

VOICE: [INAUDIBLE]

GURURAJ: Yeh, for someone to come up and say a few words, or whatever. A mike. Forget the phone. Move it a bit forward so I see you speaking to me. Okay. So, anyone who wants to discuss any experience they had I could explain it to you what it actually meant. [PAUSE] The lull before the storm. I don't know why people should be shy in front of their brother and father. Ah, [????????] open up their hearts, that's the idea. [BLOWS NOSE] I beg your pardon. Namaste.

VOICE: Dear, beloved Guruji, it appeared to me during the communion that everything around you was moving. Everything seemed to be going up and down and then sideways.

GURURAJ: Uh hm. And what you also saw is me covered with an aura of gold. Right? There you are. I know your mind. Thank you. It's a very good experience, that. It means that you went beyond the conscious (Ah, thank you very much) that you went beyond the conscious mind and went into deep levels of the mind, which is a very good experience. [VIDEO BEGINS HERE] Very good. It also means that you have developed a greater power of perception and observation. Good, good.

SANDHYA: Guruji, I saw you first as a baby, then you went to a teenager, about a forty five year old man, perhaps, and then I saw you turn into a black man, and then you kind a were an Oriental man, and then I saw you looked like a lamb.

GURURAJ: A lion. [GROWLS]

SANDHYA: A lamb. A little lamb. I personally felt that you were the Prince of Peace in the body of the lamb, like the sacrificial lamb. That's what it felt like. And then my heart was just feeling like it was being pulled toward you.

GURURAJ: Beautiful. Very good experience. Now, what that means that seeing me as a lamb means you saw the humility I have, because the lamb is soft and humble, it is not aggressive. That's the meaning of the lamb. When you saw me as a baby what you saw in me was the innocence that's in me. Good. When you saw my face's change, as an Oriental, and blah, blah, blah, as you said, you saw me of the process I went through in past lives. So, that means that you are developing a greater power of cognition. A cognitive power which does not come from the conscious mind, but it comes from far deeper within. So, your experience has been very good and valid.

PRASEELA: Guruji, I had my usual communion experience, which is no experience whatever. But this time I thought I'd like to hear you talk about it.

GURURAJ: You had... sorry? I didn't...

PRASEELA: Well, you look like you usually look sitting there. Just the usual. No, I didn't have any experience at all.

GURURAJ: Good, very good. [LAUGHTER] I'm glad. The reason for you not having any experience, Phyllis, is because you're concentrating. You didn't let your mind just go, and when I said do not concentrate just focus your attention, which is far different from concentration. Now, when you concentrate what happens is this, that your mind is involved, the conscious mind, and you do not let yourself go deeper within yourself to gain any experience. That is your problem.

JOY: My experience first was that you turned to gold. Then I was trying to decipher between concentrating and focusing, and I think I got that down. And then your head started, it kind of separated, and it started changing into a lot of different people. It wasn't just face, it was whole heads in a lot of different directions. And some of them gave me the feeling of my father, who passed away. And every time I tried to look, to see, it disappeared. And I kept trying that and it kept disappearing. Then...

GURURAJ: How can you look and see at the same time? You either see or you look. Carry on. Sorry.

JOY: It's okay.

GURURAJ: ...interrupting you.

JOY: So, I decided not to look any more. Just to focus. The changes were very rapid, and I think that's all I remember.

GURURAJ: Beautiful, very beautiful experience. Very beautiful. What in reality it means when you saw the changing of faces, like someone else mentioned before, were faces of a person who is universal. He's a man of many faces, and he can appear in any way he wishes. He can be white, blue, green, yellow, black... because, as I said in one of my talks, I don't know here or somewhere, it's a prismatic effect. And we are always looking at things through a prism. And therefore we find the varied hues, the varied colors. Yet if you really can understand yourself, life is colorless. There is no

color. It is only the thought processes that produces color. So, this would mean that color is produced by the mind. But if one can really see oneself in reality, you will see no color, and color will not be colored by your mind. For these colors represent certain variations, gradations of what level of the mind you are at.

Now, for example, if I should concentrate on you now, good, she has a purple dress on, she has a blue one, she has black and red, and a colored shirt there, and a lovely pale (it suits you very well, by the way) a lovely pale dress there, and Mataji there, and you know, blah, blah, blah, right. But I don't see them. I don't even see your faces. What I see is just blobs of light. Some dim, some bright. Okay. So what? And when one learns the art of just seeing light, then everything loses its name, form, shape, color. It's all gone. You just see the white. The white of light.

Did you know that light is not yellow? Did you know that water is not blue? It is not. It's the reflection of the sky on the water that makes the sea look blue. You see. Likewise, there is only white, which is the true color of light, and not yellow. The yellow is produced by the candle wax and the wick and whatever goes with it. Yet light is just white. Why do you see the sun to be yellow in the morning when you wake up at twelve, one o'clock? It's a refraction of various elements that make you see it as yellow or blue or white or green or... So the message is this, let us find the white in the light. What color are these lights here on the ceiling?

VOICES: [VARIOUS RESPONSES]

GURURAJ: [LAUGHTER] Same thing. Same principle. It's white. If they were green, then you would look green. So stop being green, you cabbage! [LAUGHTER] Well, you know we can really go on this subject for hours.

Hey, you know, I've lost a lot of weight. My watch is even slipping off. You're not feeding me too well, I think. No, they are, they are. I do appreciate the American hospitality. Everyone, I mean all over the world, really, especially America. Everyone has been so hospitable, have been so nice, so kind, so gentle. And I can see in the faces of meditators, you know, who have been meditating for a few years, that there's such a gentleness on their faces. Their whole faces. You might not notice it because you do not know how to look into a mirror, but I can see. I am your mirror. I can see that gentleness, that softness that has developed among meditators of standing. And so much kindness in the hearts have developed. So much compassion, so much love. It is amazing what meditation and spiritual practices with gurusakti can do. So, carry on and keep on keeping on.

Well, tomorrow is our last day together, isn't it? And we have our satsang in the morning, as usual. And we'll have a program in the afternoon as well. We'll see what we will do. You know, I play things by ear. I never plan anything. Never. So what does that mean? What does that teach you? That you just flow. You flow and flow. But always flow in

the right direction. Always. Flow in truth, flow in love, flow in the peace that you can find, because of the love, because of the sincerity, because of truthfulness. So, naturally you will just flow and flow and flow. Does the river require pushing for it to flow? No, it flows on its own. It has its own currents, and whichever forces there are that makes it flow. From the beginning to the middle and to the end, it just flows. Isn't it so simple, my darlings? So simple, really.

You have many philosophers or teachers in the world that try to make things so difficult and complex, charging thousands and thousands of dollars in fees. Because people think that the more complex you make things the more profound it is, but that's a fallacy. Because if you know what you are talking about, if you know your subject, you can take the deepest truths, the profoundest philosophies, and interpret it in the most simplest terms so that our little children here too can understand. That's the real art of a true master, always.

People hold seminars in the Hilton Hotel and this and that, and you know, prepare, lecture, and blah, blah, blah, blah, and you know, and half the time you don't understand what they're talking about. You know why you don't understand half the time what they're talking about? It is because they themselves do not understand what they're talking about. So, you take the deepest, profoundest philosophies and put it in such simple terms. Did Jesus not do that? Did Buddha not do that? Did Krishna not do that? So that you don't speak over people's heads. I don't speak to your head or mind at all. I speak to your heart. That's this little guy. Fine.
I think it's time for them to give me some little supper. Nearly half past nine.

VIDYA: [INAUDIBLE] something she wants to say.

GURURAJ: Oh, sorry, dear.

LEAH: I saw, well sometimes your ears and your nose would get bigger and then I saw the top part of a skeleton and a forty year old man with dark circles around his eyes.

GURURAJ: Very good. Very good. I got dark circles around my eyes because I sleep very little. Right. And thank you for the compliment for calling me a forty year old man, because I am ageless, dear. I have no age at all. I'm eternal. This body will change from time to time, but the spirit within you and in me will always remain eternal. It knows of no death at all. Do you see? And I do admire you, a young little lady. How old are you?

LEAH: Ten. Almost eleven.

GURURAJ: Ten, ah, almost eleven. Remain ten all your life, okay. I do admire you to have the courage to stand up, a ten year old girl, to stand up in front of all these people here, elders, they're elders to you, of course, to say these few words. Very good, keep it up. And I tell you what your future's going to be. Do you want to know?

LEAH: [INAUDIBLE]

GURURAJ: Right. You have a few options. You can become a lecturer in psychology, and you can also become a very good physician. You have those options. Remember them and study hard! Work, work, work! Right. Okay, good.

VOICE: We have another one.

GURURAJ: Hello, darling.

LAKHI: Well, I saw like this jungle and I keep on seeing different faces, but one of them were like this green face and it was like it was really scary. And like another face was like a part of a skeleton....

GURURAJ: Very nice.

LAKHI: ...and like it was by itself, but it was like you. But then when I moved, then I just saw you. And then I keep on seeing different things.

GURURAJ: Very good. Now, every person... brilliant girl isn't she? Every person... it's nice to have children participating. Very good. Now, do you why that happens? Is because you pour out so much love to them that they lose the fear and they participate together. Which is good. Which is what every teacher, educationist, or whoever must learn to do. Even parents don't even know how to participate with their children or form a certain kind of coordination with their own children. Many parents regard children just as furniture. Now, where is that young lady? Now, your experience was this, that man evolved from mineral, which means rocks, to plant, then they had this fish life in the sea, right, fine, and from there, you know, they became, through various processes, they became humans. Now, when you saw me as green

what you saw me is to be the alligator, a green one. You see? Now, why was I not a fish? [laughter] That is the question. I was an alligator. The big one. [LAUGHTER] And all the fish ran away, being afraid. [LAUGHTER] But then they came back to me and I've all the fish of the entire ocean, at that time, in my belly when I was an alligator. [LAUGHTER] Good. I think that's enough, folks. I'm getting tired now.

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