

Gururaj: Quick meditation – (Chants prayer) – Now open your eyes very fast. Namaste -- Namaste -- Namaste -- Namaste -- Namaste -- we are trying to save time. Good, good that's right. Has everyone got this? Now these are all Sanskrit words and alongside it is written what they mean. Now purification technique would mean to purify yourself. It is symbolic, but it has a great effect upon you. Many people have the habit of running around shopping, then coming home and sitting down and starting to meditate. Yeah, or from their office or whatever, the best way to meditate is in a calm state. Good. So if you would like to do, which you should, the purification practices before meditation, it will be very helpful to you. Now the purification practice, it is not just using the words, but to understand the meaning and to do it with total sincerity. I don't know if you have seen the little statue of the three monkeys where the one monkey is closing the eyes which means let me not see evil, the other monkey is closing the ears which means let me hear no evil, and the other monkey is closing its mouth which means let me speak no evil. So in this practice, very sincerely and with very deep feeling, we ask for these things that let my speech be pure, my breath be pure, my eyes not see evil, ears hear no evil and the naval you'll find which is the biggest complex of the nervous system, let that be clarified so it won't be so tensed and nervous. And then the top of the head, let my intellect be brightened so that I do not think wrongly and knees give me strength then after doing, we're talking of part one – and then we do not only pray ourselves, but we pray for all around us and the whole world.

Now let me give you – repeat this for you so that you can have the idea of the sound (Chants prayer). You get the sound of it. Now take the cup in your left hand and dip these two middle fingers in them, right. Now why the two middle fingers? Imagine a rabbit with a two ears up, the two middle fingers. Science has proved that the greatest amount of energy from one's personal self flow through these fingers. So therefore our healers, I can't see too well love, <0:09:11.6> just sit -- yeah because this – because this son of mine is so tall (laughs) so even my healers are taught to use these two fingers mostly in healing because the greatest amount of energy flows through there. We have done these experiments through science and also through Kirlian photography where you see the emanations. That's Kirlian photography. Karen has read up a lot on this, she knows very well Kirlian photography because I think – I think in your study I saw a book on Kirlian photography when I stayed with you. So step number one, blow nose – don't you do it. where are you people gonna find a guru like me? All those laughing and joking and – right, now watch what I do while you – you dip your fingers of course in the water. Now I will explain you after this why we use water. (Chants prayer) you offer it to the world. The reason why we use water, the entire universe is composed of five elements, earth, water, air – earth – earth, water, air, fire and ether. Right, so I'm sure you know that 70% of the world is – has water and only 30% is land and even in your bodies you're composed of 70% water and 30% flesh. Another thing, water has a very calming effect, I'm sure you must have tried this when you're tired, you got lied down in a nice, hot bath and it calms you and it relaxes you. Right and you all know about that. Good.

So let's do the first one again. (Chants prayer) do all, fine. Now all these you can do as many times as you like, you can do it six times, twelve times, but I'm just – we don't have to sit here the whole day so I'm just giving you the idea of it and you will have a very calming effect. Right, part two **Punatu** means – the word punatu -- <0:14:29.0> means again, (chants prayer) you get the idea? Right. Now part three – change of climate – this is a pranayama mantra and you Maharishi charges \$4000 in his levitation technique and this is what he's used, a part of it. You know some of this plus something, little bit else which I can teach you free of charge. Good. Now this has to be done in one breath, yeah. There's seven, right and the meanings are given next to it, right. Lord you are the vital energy – you can follow reading it instead of, you know she also gets tired. Lord you are the vital energy, lord you are the taker of my burden, lord you are the giver of my happiness, lord you are that which we all worship, lord you are the creator and preserver, lord you are the destroyer of all my negativities, lord you are the eternal truth, everyone, every theology believes in this. But now, to bring your body into rhythm this is also a certain form of pranayama with sound. So now with breathing in and not letting the breath go out, you say the seven. Right, (chants prayer) you get the idea?

Now the next time you do it -- we did it breathing in – next time you do it exhaling, breathing out. We enter the lungs of the toxins, carbon monoxide or is it carbon dioxide? Carbon monoxide, yeah that's right. (Chants prayer) you see how the entire breath is expelled and then of course you do it again with one breath of inhalation, that's the idea and this too, all of these you can do six times or twelve times, as much as you like until you feel nice and calm. And then at the bottom is the prayer which you do in your mind, you can use the same prayer if you like, or you can use your own personal prayer, but to repeat again and again, you must feel it and feel sincere. Well, of course in English it reads, oh lord you are that which spreads the nectar of life, in other words, to bring the sweetness into life, you spread it. Oh almighty you are that which is the container of nectar, so you contain all that sweetness which you are spreading. Oh almighty father you are truth, love, success and the beauty of life. Like we said the other day, *Satyam Shivam Sundaram*. You are my life. That's a prayer but you – you are you know, you can organise your own prayer and – and this purification practice, to repeat a million times over, must be done with sincerity. Right, now this you could do mentally, but did you know that your hand is an extension of your brain? I give you an example, you can try it right away when you reach outside, you pick up a book, now if you just read a passage from the book, you know by looking at it you will read much slower, but if you follow the line with your finger, you will read much faster. That is why we use the physical body as well as the mind together because the hands are but an extension of the mind. Good, so do this and again, be sincere when you say (chants prayer) and let there be that inner feeling that may my mouth never speak untruth or foul words. Let that feeling be there and you'd be surprised how wonderful it works.

There was a person, one of our meditators, thank god not in Denmark, but who had a habit of in every sentence he uses – he uses a cuss word, a swear word. You find many people like that – you know that – that in every sentence or paragraph there must be one cuss word in it. So when he started on the purification practice he change his entire habit, so when he wanted to say, “Oh you

bloody fool,” he used to think immediately of <0:23:25.4> so he would say, “You fool.” And he chucked out the bloody or damn or whatever. And these are just minor, small swear words but some people use you know bigger swear words. Good. Now we did the midnight practice last night, midnight special. Would anyone like to describe any of their experiences? Okay.

Public: <0:24:21.2> a very peaceful at the same time, guruji, the two factors the <0:24:33.6>

Gururaj: Can you remember that in a long --

Public: At the same time <0:24:45.2>

Gururaj: Ah, beautiful. He felt – the gist is, he felt very peaceful yeah and the – and the brain cells were opening that's why and the movement in the heart chakra was that feeling of pouring out your heart. It's love. And of course, because of that you felt that beautiful calm and peace. That's what it is, next?

Translator: Mrs <0:25:55.1> says that it felt as if she received healing number two.

Gururaj: Yes, yeah.

Translator: It started over the eyes and then it reach the nose. When she felt as a child and smashed her eye, she also broke her nose and that was where she felt the healing.

Gururaj: Ah, beautiful!

Translator: And then it sort of move to the <0:26:37.8> and around all of her face and she was very calm, peaceful and fell asleep.

Gururaj: Good, very good. Yeah, it produces a calmness because of the healing energies that was sent to you in the spots where it was really needed. Good.

Translator: And she has walked without her stick several times during the day.

Gururaj: Ah, beautiful bravo (applause) good, next.

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Public: I first of all felt a great heat of energy and then I had your face here at my <0:27:48.9>

Gururaj: You saw my face, um-hmm.

Public: And then it was Christ's face.

Gururaj: I lived in that body, nothing wonderful.

Public: And then there was the cross of Christ and when – when I saw that, <0:28:21.4> came out of this side and sort of went all the way down my body.

Translator: Over yours or his?

Public: Over mine.

Gururaj: Yeah, that's compassion.

Public: And then there was beautiful colours and then my – it felt as though my hands and my feet and part of my body was gone.

Gururaj: Ah, beautiful! So that was – that was a lost of physical consciousness. In other words it means loss of a great part of the ego self. Thank you, good.

Public: <0:29:23.8>

Translator: As if somebody was dragging everything out of her.

Public: And I was so empty.

Gururaj: Ah, that's beautiful!

Public: After my meditation I felt a little bit dizzy and very tired afterwards.

Gururaj: Yes, that – that signifies that all the toxins were drawn out of you, empty you of the negative things and that is why you felt tired. For example if you take a long run and you – and you sweat, like that, naturally you will feel tired, but you had a very good deep sleep.

Public: Oh yes, very much.

Gururaj: Yeah (laughs) good, good, good, right thank you. The next?

Public: <0:31:15.4>

Gururaj: Lovely.

Public: <0:31:39.6>

Gururaj: Very good, you became breathless. When you have an exciting experience you always become a bit breathless. Anyone else? Did anyone see your room lit up with a golden light? Aha, you too? Good – good – good.

Translator: I had a wonderful experience – umm – I didn't – I didn't see you in that form, I felt the physical presence but I had the experience that something that happened to me in my past suddenly came through and I really think in a way that when I stop meditating, every pain was gone. It was lifted out and I was, my whole face was swallowed by crying, but I felt so peaceful, I have never slept nor calm in my whole life.

Gururaj: Good, explain it. – Good, let's just have one last one if anyone would like to say something. You see, this is to give you an idea that if you have sincerity and love in you, I'm never far away from you. You see, you just need to do your gurusakti and any of your spiritual practices and I'm there. The experiment was to show you that although I'm meditating in my room, you could feel the presence in your room and as you go deeper and deeper into meditation and develop greater and greater awareness, and you can be thousands of miles away from me and you just call me and I shall be there in physical presence. At this present moment I'm not only here on earth, but I'm existing on at least a thousand planets, at this very moment teaching – teaching, teaching – according to what is required on those particular planets. A lot depends upon you. If you have a sieve, you know sieve and when you pour water, it will just run through – just run through, yeah, but if you have a solid basin and you pour water in it, the water will stay. Many people worry about their negativities, now I give you an example that if you take a jug of dirty water, put that jug of dirty water under a tap – shut up – so if you have a jug of dirty water, you put it under a tap and say you haven't got the strength to pour out

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the dirty water. So you put it under a tap and as the clean water pours in it, then eventually all the dirty water will be out and you'll have clean water in the jar. So by doing all your practices that have been given to you, eventually you'll have a clean water or purity in our case. Do you see?

Now that fire alarm went off. What a pity I came late, 20 minutes late this morning. But I was working till very late and I woke up early but then I went back into meditation. Is there anything else you can think of?

Translator: Yes, afterwards I think.

Gururaj: After I leave? Oh tonight we're going to have the communion practice.

Translator: I was just going to <0:39:23.9>

Gururaj: Well, I read your mind. So communion practice is very sacred. Right, so have a nice wash and clean cloths, regard it as if you're going to church, I mean you don't go to church dirty, understood. Right. So see you later. Good. Have a good lunch.

(Another audio starts)

Gururaj: --Expansions and contractions and you start feeling sadder and sadder that why could there not be that stillness which I've been in that light. Because the whole universe is in the state of flux, creation, destruction, preservation, and then you come back through all this long travel and you come back to the human body, and you look around you and you see the faces of your beloveds. How much turmoil you see in their faces, their hearts, the sufferings the miseries, petty troubles, big troubles and the past and the present and the future could all be seen at the same time and you feel sad. You feel as if all the troubles of the world was just like a big rock that you could just lift up and throw it away and instantly rid the whole world of their troubles. Unfortunately it cannot be done, it can only be done in stages, only in stages, because this world is governed by certain laws of nature and even god cannot interfere with the workings of the law of nature. So you come back and see all the problems, here at one moment you are in the highest form of joy and the next moment you come down in this little body and observe the sufferings of people. It hurts, but there is hope that everyone will overcome their sufferings and misery, that I promise you, I promise you, I promise you. If people are sincere on the path towards divinity, and get filled by that energy, the problems diminish. The more we put into it, the quicker it diminishes.

Now if you put one teaspoon of sugar in your cup of tea, it will be so sweet, but if you put two teaspoons, it will be more sweet. So this means that everything depends upon us, how to make our lives more and more sweet. Proper understanding, proper perspectives, proper attitudes, acceptance of that which we are facing, doing our practices which will develop humility, kindness, compassion, we become total human beings and then only do we develop that Buddha or Krishna or Christ consciousness. When Christ said, "No one goes to God but through me," it has been so misunderstood, it actually means that reach the stage of my consciousness and you can become one with god. And everyone has the ability and it is so simple. I think I've said this before, but say for example for five seconds you have a negative thought, so for the next seven seconds you have a positive thought, so you have two in the credit balance. Next ten seconds as a negative thought, and then for the next 12 seconds have a loving positive thought, so another two seconds in the credit balance makes it twelve. Right, and as you go on, at night when you go to sleep you know the day has been well lived because there has been more positivity than negativity. So you have a credit balance and you times that by 30 days or a month and twelve months for the year, and life improves. The quality of life improves and your practices give you the strength to do that. There is nothing in this world that is impossible. Now you that know English, impossible spelled IMPOSSIBLE, now the IM is just a negation of the possible. So in the impossible, the possible is there. So if you put an apostrophe between the I and the M, then you will say, "I'm possible." You see, very simple.

Good, Now if any of you would like to discuss any experience you had during the communion practice, you're welcome to talk about it so – so I could explain you what it means. Yes, someone makes a start.

Translator: Then I would like to start guruji.

Gururaj: Okay. It's the quiet before the storm.

Translator: I felt tremendous heat running of my spine and the next was that you disappeared totally and only golden light was left. After a few moments of that, you came back, but you had changed into a cobra, the snake, a cobra, but I only saw the head of it, it was sort of staring at me and then I closed my eyes and I only saw a vast blackness and suddenly, I don't know who it was, if he was my own voice or somebody else's, but suddenly I saw the whole of the universe as a <0:52:27.5> of the infinite god or something like that <0:52:34.4>

Gururaj: You just say it in Danish so that they could understand. – it's a beautiful experience. Actually you travelled a path with me during communion. The vast blackness you saw is not black but it is light which you saw. It's like a negative, so you saw the reverse side of the positive, but yet you could never have the positive without the negative. Good. When you saw me disappearing, that is a very true experience because I am out of the body and being merged, the inner spirit being merged with the entirety of the

spirit of the universe. The cobra you saw is a very holy sign, if you study the pharaohs of Egypt, they always had on the cap the cobra. And the same thing you find in all eastern cultures. If you look at the symbolic picture of Vishnu, you'd find him you know with the hood of the thousand headed cobra, this now – this signifies protection that you are protected and Vishnu is lying in the lap of the cold – coiled cobra and the hoods, the thousand hoods are protecting Vishnu who is the preserver of the universe. That is the preserving principle. There are three principle in action all the time, creation, preservation and dissolution. Those three principles go on all that – it's a very beautiful experience. Good, next. <0:56:19.1> share.

Public: <0:56:31.4>

Gururaj: Yes please, say it in Danish first I think and then you say it in English so that I can understand.

Public: I'll say what it was in English. At first I saw, it sort of faded away so – I saw various faces.

Gururaj: Oh dear translate as he goes on.

Translator: But he has already translated.

Gururaj: Oh yes, of course, yeah – yeah. No but what I mean is translate my replies. Right, when you saw me fading away, it's a true experience because I, normally in communion, become totally non-conscious of the body. When I'm in that state, you could put a knife through me or a bullet through me and I won't even feel it, because the consciousness is not in the body. Um-hmm carry on.

Public: Well yeah, and the faces were so radiant. I saw a very beautiful lady sort of Thai lady, very beautiful with black hair. And I also saw a sadhu. I got the question where I know you before and I saw a sadhu with beard with hair sort of –

Gururaj: And a moustache down?

Public: Yeah, like that down and I've had that experience earlier <0:59:18.2>

Gururaj: Yes, now what had happened there, right of course in other lifetimes I had taken on birth as a woman also to teach. You see when a person goes to that level of the impersonal god, then you go through all the lives you've taken on in a moment. Yeah



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and whenever you see me with that you know beard drooping down, that is when I lived in the body of Laozi, the founder of Daoism. So you naughty boy is going into my past lives. (Laughs) Yes, carry on.

Public: And I saw also a funny body, not human body, I don't know what it was, it was very strange and so a larger head and then a small tiny – thin – thin arms and it sort of in a bluish light.

Gururaj: Hmm Star Wars (Laughs) that is I think – I think I spoke about it of – of living in different dimensions. So you saw – so you saw me in a different dimension living, very good – very good. Where the shapes are not like ours. Yeah, for example the human shape will soon be changing on this earth too. That in about 25,000 years, yeah, you won't have five toes with only four. One toe is totally unnecessary and in that time, you will also be developing, humans yeah, will also be able to develop such a high mental stature that there will be non-verbal communication. I'm even doing it now. I think of somebody, I say "Look come around, I want to see you," and the other person would come. I want a cup of tea and I just think of tea and here Jyotima is coming in with a cup of tea without asking her. Like that -- like that, but this will become a common experience in time to come. Hmm, and?

Public: <1:03:18.1> there was sort of a -- a pause where nothing really happened and then you move your hands like that and again you spread and when you <1:03:27.2> in your hand like this, it sort of began to glow in a purple pink.

Gururaj: Aha, yes, yes.

Public: And then when you moved around it sort of, my hands became hot also and that light began onto my hands and it became warm, glow in that light also.

Gururaj: Um-hmm, explain.

Translator: He has already translated them.

Gururaj: Oh yeah, I've got to do mine.

Public: Well, right now I saw it on your hands also <1:03:56.4>

Gururaj: Yeah, now in that this coming out of meditation, this happens so automatically and I'm not even conscious of it but what it signifies that it is a giving of a benediction, a blessing to all of you. And that is why – that is why you being more sensitive, picked up that energy in the form of colour and lilac or purple, it's a bright – it's a bright you know light, purple which we call lilac. You see the divine energy, according to one's mind can be experienced through sound, through colour and through feeling. Very good, anyone else?

Translator: In the beginning she felt that her head grew twice the size –

Gururaj: Aha, talk in Danish and she can interpret it, so for the benefit of all.

Translator: She saw you as a negative picture.

Gururaj: Right.

Translator: And it moved about, and then it sort of gathered and then it turned into gold but it was still sort of moving in the edges.

Gururaj: Moving?

Translator: In the side, yes.

Gururaj: Very good.

Translator: Just as, just as when the sun goes down sort of.

Gururaj: Um-hmm, sunset?