

RADIO INTERVIEW WITH SHELLY TROMBERG
WRC WASHINGTON, D.C.

TROMBERG: Good morning, fellow Washingtonians. Shelly Tromberg with a warm welcome to you for joining the one and only all night radio talk show extravaganza. Coming to you directly from the nation's capitol. From one to five weekdays, midnight to five on Saturday. `Til the stars do us part.

And in the studio now, here from Africa on a trip to the United States we have with us Gururaj Anada [sic] Yogi. Gururaj Anada [sic] Yogi with us in the studio. First guru we've ever had here on our show in the one thousand hours of broadcast, for myself, speaking for myself here in the studio.

And then at two o'clock, at one o'clock, the boom in doomsday realty. You read about it in today's Washington Post. Let's talk about it. You worried about civil unrest? It's the thing to think about.

And then at two o'clock the violence in our schools. [Carl Rowen?] speaks about it, deplores it, worries about it.

And then at three o'clock the once a week feature, The Generation Gap. If you're thirty five or under, call in. If you're thirty six or older, listen, they got something to say.

And four o'clock, ladies and gentlemen, the twenty fifth hour of the week make your suggestions. Suggest topics and guests for the coming weeks, the coming months, the coming year. It's your show.

Shelly Tromberg with a top o' the mornin' to you 966 TALK. 966 8255. Gururaj Anada Yogi.

[COMMERCIALS]

TROMBERG: What a wonderful opportunity folks. Our number is 966 8255. An opportunity to speak to a real guru. Gururaj Ananda Yogi, with us here. Call in, won't you. It's a great chance. Gururaj, welcome to WRC.

GURURAJ: Thank you.

TROMBERG: What brings you to America?

GURURAJ: Well, this is my third or fourth trip now to America, and I primarily come and visit the meditators here. And, of course, I do a lecture tour around the country, in various places, in various states and cities. And that is the purpose of coming. Now, we do have our chapter here, which is called The American Meditation Society. And the president of The

American Meditation Society that runs the works here, is Douglas McConnell of San Francisco. And that is where our head office is.

TROMBERG: [INTERRUPTING] Can anybody be a member. Any race, creed, religion, be a member?

GURURAJ: Oh, yes, of course. Because race, creed or religion has nothing to do with it. It is a systematic process of teaching where certain basic philosophies underlying all the religions of the world are taught. That's the theory part. And then practical individual tuition is given in meditation and other spiritual practices.

TROMBERG: Gururaj, what is a guru?

GURURAJ: The word "guru" means, "gu" means darkness and "ru" means light. He that leads you from darkness unto light. In other words, he shows the path to find the universal truth that is contained, or that is within each and everyone of us.

TROMBERG: Then you are a spiritual teacher.

GURURAJ: I am a spiritual teacher.

TROMBERG: And what is an ashram?

GURURAJ: An ashram is a place which one would normally call a retreat, where people could go to for intensive courses in this retreat. And they leave the world behind them, all their problems behind them, and be totally one pointed in their spiritual endeavors.

TROMBERG: Gururaj, where were you born? How did you spend your youth?

GURURAJ: I was born in India. And, of course, I was educated in India, as well. And most of the time I was traveling around from ashram to ashram and meeting various kinds of gurus. I learned a lot from them.

TROMBERG: Were you seeking a guru?

GURURAJ: I was seeking a guru to show me the path on how to find Divinity. And this search started when I was a very young boy. I had this yearning. And at the age of about five I ran away from home looking for Divinity. And when, after several months, they found me ragged and bare in the streets my parents were frantic, of course and when they found me, they asked me how I managed to live. So I said, "I went from temple to temple. And all the offerings that were made to the gods, those stone gods could not eat them so I helped myself to them." [HE LAUGHS]

TROMBERG: Did you find your guru?

GURURAJ: Yes.

TROMBERG: Where?

GURURAJ: Then finally, I found him in the Himalayas. And I spent very much, a lot of time with him there and underwent all various kinds of spiritual and meditational practices. So, what I teach today is not from book knowledge but from personal experience.

TROMBERG: What was the name of your guru?

GURURAJ: Swami Pavitranandaji.

TROMBERG: Did he... did he try to persuade you to stay in the caves in the Himalayas?

GURURAJ: No, not at all! As a matter of fact, for eight months he never even took notice of me, because that is not really done where the chela or the student would approach his guru and bother him. In other words, he was putting me through a test. A test of patience and tolerance and just trying to break down that ego self I had, the arrogance I had within me. And in this slow, beautiful process the ego diminished and I felt I was totally nothing. And when I felt that, then only did my guru accept me. And then one day just all of a sudden, he said, very casually, "Come, let us meditate." And we sat down in meditation and the two hours that I was told later that had passed seemed like two minutes for me. And

the entire environment was covered with gold. And I was in such deep peace and ecstasy, which still fills every moment of my day today.

TROMBERG: How do you know the difference? How can a person know the difference between meditating for two hours and thinking it's two minutes, and daydreaming or going into a self hypnosis or trance?

GURURAJ: Well, self hypnosis or trance is based mostly on the mental level of things, while meditation is something that goes beyond the mind. So, what it means is that self hypnosis or being hypnotized by another deals with the subconscious mind only. While here we go beyond the conscious mind, the subconscious mind and even beyond the superconscious mind and we reach a realm, which in Sanskrit could be described as turiya, which is a different state of existence altogether, a different dimension where there is no time nor space. Everything becomes timeless and spaceless, and you are just it.

TROMBERG: Do you speak to Christians and Hindus and Muslims and Jews...?

GURURAJ: Oh, yes. I speak to people of all various creeds. And the organization I founded about four, five years ago, the International Foundation for Spiritual Unfoldment, has as its main principle that we have non sectarian views. And what we try to find is the basic truth underlying all the various theologies of the world. And when one understands the basic theology, the basic principles of one particular religion, then be sure to know that you will know the basis of every religion or every theology. Because basically it is just one.

TROMBERG: Gururaj Ananda Yogi. Shelly Tromberg. Our number is 966 8255. It's twelve fifteen in the nation's capitol. Gururaj Ananda Yogi will be appearing today, at eight p.m., at the Dunbarton Methodist church, in the thirty one hundred block of Dunbarton Avenue Northwest. That's in Georgetown. But for now here's a wonderful opportunity to speak to the guru in person. We welcome your calls. 966 8255.

[COMMERCIALS]

TROMBERG: Well, only one phone call. A guru is visiting the United States from Africa, we've made this appointment in January so that he would be here with you today, and only one phone call welcoming in someone who's bringing spiritual contentment? And that is his soul aim. That's surprising, for the best audience in radio. 966 8255. You're on WRC.

CALLER: Good morning. I'd like to welcome the guru to Washington.

TROMBERG: Could you speak right into the phone?

CALLER: I'd like to welcome the guru to Washington, since I'm the first caller, I think.

GURURAJ: Thank you.

CALLER: At one point during my meditation I saw a vision of an eye inside of a triangle. Are you familiar with that symbol? And can you explain to me what significance it has?

GURURAJ: Yes, I could. Now, first tell me, was it really a vision? Now, to explain that, did you see that outside of your head, or did you see it inside your head?

CALLER: It was definitely inside my head.

GURURAJ: Well then, it could well be imagination. Because visions do normally appear outside. But to see the eye in the triangle is the sure sign of the developing of the ajna chakra, which is situated between the eyebrows. So if you do a systematic form of meditation which is personally prescribed to you, as we do we do not have a general form of meditation, but each meditation is given particular prescriptions for his own particular use. So seeing a process has been started in your mind this definitely... this imagination could definitely lead to visualization, where you could very easily enter a different dimension, rather than the three dimensional view you have now. I would recommend you to contact the American Meditation Society, and they will definitely put you in touch with me by asking you various questions on a form. And you'd be required to send in a photograph, on which I'd go into deep meditation and really become one with you, with your subtle body, and know what your needs are.

TROMBERG: Pardon me, Guru.

GURURAJ: Um hm.

TROMBERG: [???] something out of the way. And I think it might be on many minds. Is the American Meditation Society, is this path to self realization, this fellowship of individuals, is it a cult?

GURURAJ: No. We are totally against any form of cult. There is no guru worship involved at all. And, I'd like to be known as a very, very ordinary person that has found that union with Divinity. And that does make one very ordinary so that you could relate to the people of the world.

TROMBERG: And you're on WRC. Good morning.

CALLER: Good morning. I'd like to ask the guru two questions, please, Shelly.

TROMBERG: Go ahead.

CALLER: One is, I'm not sure whether I have visions or not, but I have observed this. I wake... I dream and I wake up and the scene, my room has changed to this dream. And in the beginning it frightened me, and I'd shake myself. I'd shake myself and wake myself up. Because...

GURURAJ: Oh, don't do that.

CALLER: Excuse me?

GURURAJ: Carry on.

CALLER: I stopped doing it.

GURURAJ: You see, what's happening there you're running away from yourself. You know, there's a lovely little story you remind me of. There was a chap called Fasladin, who had his adventures throughout the desert. And he was telling his friends that a hoard of savages appeared, and I made them run. So they asked Fasladin, "How did you do that?" And Fasladin said, "I ran and they ran behind me." [HE LAUGHS] Good. Nevertheless, when you have such an experience again, just flow with the experience because at that time you are not fully awake and neither are you asleep. You are in a transitional state. And in that state there is a certain calmness in the mind, in the conscious mind, and through the vehicle of the conscious mind many things that are happening on the level of the subconscious and the superconscious can shine through. And it could have a visual effect.

CALLER: Yes. Well, I stopped shaking myself awake, but I decided that the next one I had, I would, after my eyes opened and the scene of the dream was still in my room, I would pinch myself to see if I was really asleep or awake. So, I tried...

GURURAJ: Don't pinch too hard.

CALLER: I tried. I pinched myself lightly, and I was really awake. After that I stopped trying to awaken myself. I just, you know, let it go on until it faded. Now, is that actually a vision?

GURURAJ: It could very well be. But from the description you have given me, one could never really decide in such a short time without having a much longer chat with you if it was a vision or not. But there is one thing, that the mind has the ability to project like a cinema projector, to project outwardly. The film remains in the projector, but the outward projection can be seen visually.

TROMBERG: You're on WRC. Good morning.

CALLER: Good morning, Shelly.

TROMBERG: Hi, there.

CALLER: Double question, I guess. First one is to the guru. And it has to do with... I understand the objectives, for instance, for Christian mysticism, Jewish Hasidism, Islam Sufiism, and also Zen Buddhism. What is his objectives? What is his personal objectives in terms of being a guru? What is the message, or what is he attempting...?

GURURAJ: Oh, yes. That is very, very beautiful. I see what you are trying to say. The objective is this, that man today lives very fragmentedly. There are three aspects of man, the physical, mental and the spiritual. And man, living fragmentedly, does not live a full life. In other words, he does not live in totality. So my objective, and the object of my teachings, is this, that man can combine these three aspects together into a form of integration. Man can live an integrated life and thus bring to himself greater harmony and peace. And by doing that he also brings harmony to his environment.

TROMBERG: But guru, in today's strong pace in America in our culture, we almost have no time.

GURURAJ: Now that is a terrible excuse. There's no such thing as "no time." I want to lead you to timelessness and not into no time.

CALLER: Right.

TROMBERG: But we're immersed in the world and problems, everyday problems with our families...

GURURAJ: You have time to go to the toilet?

TROMBERG: Yes.

GURURAJ: Meditate in the toilet. Okay?

TROMBERG: Go ahead, caller.

CALLER: Well, the problem... okay, fine. Yes, integration is the same as reaching a state of holiness [INAUDIBLE]. It seems to me however, that you're purpose is really anchored to this life, in this world.

GURURAJ: Absolutely. I hope so. And I hope my message goes far and wide. We are established in several countries of the world, with thousands of meditators and spiritual practitioners. And from the thousands of letters that we receive, they are benefitting very well.

Now, when it comes to integration, let me use an analogy here for you: that it is the nature of a flower to grow beautiful. And it gives off a wonderful fragrance. But that's not the only thing it does. It also enhances the beauty of the garden. So, when man improves himself, when man betters himself, he also betters society. And this is what America and other countries, most countries, need today.

TROMBERG: Caller?

CALLER: Yes.

TROMBERG: Shelly here. I'd like to ask a questions that's, along with you. The caller asked the question a moment ago. Do you believe in reincarnation? And what is reincarnation? And what can we do about it?

GURURAJ: You don't need to do anything about it. Reincarnation just is. Now, there is a definite fact of reincarnation. And there has been several studies made where a little child could remember a past life. And this little child, in this particular instance, took her parents and people to the place where she was born and pointed out various things of which she had no foreknowledge at all. Now, this is just one instance. And there are so many, many instances that has been recorded. Now, I would not like to speak of instances, I only use this as an illustration. But I myself know and have experienced previous lives. I could go into meditation and go back into previous lives that I have lived. So what I am saying, as I've said before, I speak of experience only.

TROMBERG: Well, guru, that means then...

CALLER: That's where you differ then from a good portion of the mystics of the Oriental churches, and Hasidism as well as Sufiism in Islam.

GURURAJ: Yes. Well...

CALLER: Reincarnation is something that is quite different than the underlying premises of those types of mysticism.

TROMBERG: Are you saying you are responsible for your own life, then?

GURURAJ: You are responsible for your own life. And what you are today is the sum total of the experiences that you have gained in all your previous existences, as well as this existence of this particular life. So you are the sum totality of it all.

TROMBERG: You're on WRC. Good morning.

CALLER: Yes...

TROMBERG: The guru is here.

CALLER: Oh, is he listening to me?

TROMBERG: He's sitting right here next to me. Welcome.

CALLER: Okay. How ya doin'?

TROMBERG: Wait a minute. Just turn your radio down.

GURURAJ: I'm doing well, too. Don't you like to ask me that?

CALLER: I was just wondering about your ideas of reincarnation.

GURURAJ: Yes.

CALLER: Were there ever examples of people that died in wars and then... some spirits that died uselessly coming back to... I don't know.

GURURAJ: Oh, yes. I know, even if you don't. Naturally, if their karma has not been exhausted, you see a person is nothing else but a collection, a bundle of experiences and the impressions of the experiences that he has gained over all these lifetimes. Now, if these experiences are not worked out and they can be worked out through spiritual practices and meditation then you will have to come back to the school of life to learn more and more until you reach that stage of evolution where you jump off the bus. You're no more on the wheel of birth and death. And then you're liberated, and that is self realization, God realization, and whatever name you wish to attach to it.

CALLER: Could you relate this example to a man that could have been in a war and...

TROMBERG: Do you know a personal example, guru?

GURURAJ: A personal example [INAUDIBLE].

TROMBERG: In your previous lives.

GURURAJ: Oh, I've had many, many experiences. That makes me what I am today.

TROMBERG: Okay. You're on WRC. Good morning.

CALLER: Hello?

TROMBERG: Good morning. Welcome aboard.

CALLER: How are you doing, Shelly?

TROMBERG: Fine. Meditating.

CALLER: Okay. Meditating? [HE LAUGHS] I wanted to speak to the guru. And I...

GURURAJ: By the way, may I ask your name?

CALLER: My name is James.

GURURAJ: Dane? Jane?

CALLER: James.

GURURAJ: Oh, James. Sorry. I just can't get the Americanese too well. I am folding my hands and lifting them up, and we always say, "namaste." Now, namaste means that I salute the Divinity within you by thought, word and deed. Namaste.

CALLER: I also salute the Divinity in you.

GURURAJ: Right. Say namaste.

CALLER: I like your message. I think a lot of people need it. And today, and in the age that we live in, people do not take time to look up. They're like the ant.

GURURAJ: Right.

CALLER: They crawl on the ground. All they're doing is busy gathering food.

GURURAJ: Yes. But one thing. Remember, the ants have a system, while we humans function very unsystematically.

CALLER: So the reason why I called is because, I've called Shelly plenty of times, I believe you must take time to thank and to be who you really are.

[LINES ARE MINE. S.A.]

GURURAJ: What is this life full of care
You have no time to stand and stare?

CALLER: True. You must have time... you must take time. I think a lot of excuses are that "I'm busy with the family." "I'm busy." And I talk to a lot of people, too.

GURURAJ: Look, don't take time. Make time.

CALLER: I do.

GURURAJ: Good.

TROMBERG: Is it necessary to go away from your place, your [?????] residence, guru?

GURURAJ: No, not at all. Not at all. I am a teacher for the householder, the family man, the man that is busy. And funny enough, the... if you want to have something done, give it to a busy man and he'll do it. And everyone knows this saying. So one can make time. Take half an hour a day in between one's duties and do these practices. And then there are other practices where, even while you're sitting behind your desk or in the factory, you can do certain practices while you're working, and that will produce such a deep calmness and quietude within you, so that your productivity will increase rather than decrease.

TROMBERG: That's Gururaj Ananda Yogi, here from Africa. A trip to America. And our number is 966 8255. You're on WRC.

CALLER: Hi, Shelly.

TROMBERG: Good morning.

CALLER: I'd like to ask you guest... I just put the radio on awhile ago. And I want to ask him what type of meditation do you practice? What do you think of transcendental meditation?

GURURAJ: I do not pass judgment. It is so clearly said in our scriptures, "Judge ye not that ye be judged." So I would not like to pass judgment on other forms of meditation and other systems that are existing so abundantly here in America. But one thing I would like to see and would like them to recognize: do good, be good. And if they are doing that, they have all my support.

CALLER: Okay, may I ask you then, what your [INAUDIBLE] religious type of meditation, is it not? Or maybe all... maybe all meditation is, to a certain extent. It's a spiritual exercise. Am I correct?

GURURAJ: It is a spiritual exercise and not theological exercise. Because...

TROMBERG: What is the purpose of it?

GURURAJ: Yeah, the purpose is integration, but let me finish with this question first. One thing that I do believe in is this, that if you are a Christian, I want you to become a better Christian; if you are a Buddhist, I want you to become a better Buddhist; a Hindu, a better Hindu. And you are not asked to leave your belief and your faith. This is a systematic procedure, whereby you dive deep within yourself. And to quote the scriptures again, it would say, "Seek ye first the Kingdom of Heaven within and all else shall be added unto thee." So here is a systematic method in these modern times [CALLER INTERRUPTS] ...in these modern times that could help man towards a greater and more peaceful life.

CALLER: May I ask just one more question? How does a person learn more about your... what you're talking about? I mean, literally how would you learn?

TROMBERG: I'll speak, for the moment, for the guru. There is a lecture tomorrow, that is tonight, Sunday night, at eight o'clock in the evening, at the Dunbarton Methodist church.

CALLER: Oh, I'm right near there.

TROMBERG: And it's the 3100 block of Dunbarton Avenue, which is in Georgetown. And you can meet...

GURURAJ: And, Shelly, may I add this? May I add this on to what you've said, that I am not a guru that sits on a pedestal and is away from the people. I am with the people, of the people, for the people. And during the tea break that we would have, I'd be mixing around. And if you'd like to come along, I'd be happy to meet you. Just come up to me.

CALLER: If you're talking to me I would love to. And I will. Okay? Thank you.

GURURAJ: Good. Lovely. Do come. Thank you.

TROMBERG: Right. You're on WRC. Good morning.

CALLER: Yeah.

TROMBERG: Welcome.

CALLER: This is the old sailor.

TROMBERG: Hey, welcome aboard.

CALLER: I haven't called you in a long time, but I'd like to talk to the guru?

TROMBERG: Guru.

CALLER: Name again?

TROMBERG: He's a guru. It's Gururaj Ananda Yogi. Y o g i.

CALLER: Pronounce it for me, huh.

TROMBERG: [ENUNCIATING] Gururaj Ananda Yogi.

CALLER: Guru [Ponataw?]....

TROMBERG: Well, guru will be fine.

CALLER: Okay.

GURURAJ: And you can add on a ji. Guruji, if you like.

CALLER: Well, I would like to know... I killed a lot of people in my time and... in the service.

GURURAJ: Uh huh.

CALLER: Do you think God would forgive me for that?

GURURAJ: Oh, yes. I'll tell you what you do. If you have killed ten people, you have brought upon yourself a certain karmic debt. Now, that debt is automatically lessened because you did not kill for the sake of killing. You're serving your country. Fine. But even if there is a karmic debt and you have killed ten people, now try and save eleven people so that there would be a wonderful balance and you would be one in the credit.

CALLER: Yeah, I'm a medic driver. You know, ambulance. I have saved over fifty five people.

GURURAJ: Oh, well, then what are you worrying about, my boy?

CALLER: I was just... in time of war, you know, you turn around, look at a tree and, you know, this guy pops up and you had to kill him.

GURURAJ: Yes, yes, yes. I know.

CALLER: Fear, you know.

GURURAJ: Yes, I do understand. I do understand exactly what happened there. And I do understand your particular frame of mind at that time, but there is nothing in this world that cannot be changed. So stop feeling guilty and change your perspective towards life.

CALLER: Oh, please tell me that... I just feel so sorry for the people I have...

GURURAJ: I know. But you are not only feeling sorry for the people, you are feeling sorry for yourself. That is what's happening to you. And you are only projecting that guilt within yourself outside yourself. Now, through meditation you will get

rid of this guilt.

CALLER: [INAUDIBLE] cross my legs and bow down, you know. Then I wake up a little while later, you know, and it's all gone. But... I don't know what's in my brain. It's something or other. It give me total disability, so I just got to work for free.

GURURAJ: Look, come to the lecture tomorrow.

CALLER: Where is that, sir?

TROMBERG: At the Dunbarton Methodist church.

GURURAJ: Good. Come there and spend a few minutes with me, and perhaps through the things that I will talk about tomorrow, you will gain a new perspective [CALLER INTERRUPTS] a new perspective. And perhaps a transformation in your life.

TROMBERG: It's the Dunbarton Methodist church in Georgetown. You're on WRC. Good morning.

CALLER: Guru?

GURURAJ: Um hm.

CALLER: I...

GURURAJ: Good morning.

CALLER: Morning. Yes. I have a question. On several occasions.... Now, I've never taken up.... I don't know anything about meditation, but on several occasions I've been in groups with people and all of a sudden the sounds phase out and everything around me becomes very three dimensional. It's almost as if the world slows down and I'm there but I'm not there. It's like watching television: you're there and it's there, but you're in two different worlds.

GURURAJ: Uh huh. Yes. I'll tell you...

CALLER: And like colors become more intense but things become more three dimensional, as opposed to television as opposed to next door is the real flowers above the TV set, as opposed to the flowers on the television set.

GURURAJ: Uh huh. I'll tell you what's happening to you, and it's a very, very good encouraging thing. You are very slowly and gradually separating the small i from the big I that resides within you. And if you do a systematic process of meditation, individually prescribed to you, then you would be able to look at things more objectively in its true reality, because your little ego self, which composes the mind and everything else, the intellect, will not become an interference and the real self in you would be the seer and the doer.

TROMBERG: You're on WR...

[END SIDE ONE]

CALLER: [INAUDIBLE] just now.

TROMBERG: Okay, go ahead.

CALLER: [INAUDIBLE] ...to the man. I don't know who he is. The man that's speaking. May I address him?

TROMBERG: Guru, go ahead.

CALLER: Alright. I do not believe, I do not believe what he's saying.

TROMBERG: Okay.

CALLER: After a person dies, he dies.

GURURAJ: At the present...? Sorry.

TROMBERG: [CALLER IS TALKING THROUGHOUT] The caller says she doesn't believe with you. She says after a person dies, he dies.

CALLER: That's the way I believe, but I have a dream. To whom am I speaking, please?

TROMBERG: You're speaking to Gururaj Ananda Yogi.

CALLER: Alright, then, thank you. That's who I want to talk to.

TROMBERG: Go ahead then.

GURURAJ: Don't you want an answer?

CALLER: My name is... my first name is Rowena. R O W E N A.

GURURAJ: Don't you want to have an answer to your belief pattern that when a person dies he just dies?

CALLER: I do not believe in reincarnation.

GURURAJ: I see. So you maintain that when you're dead, you're dead.

TROMBERG: Well, yeah.

GURURAJ: Well, how do you know?

TROMBERG: How do you know? Hello? Are you there?

CALLER: In the new testament in the Bible, Jesus Christ [INAUDIBLE]... I want to ask you a question.

GURURAJ: Um hm.

CALLER: Will you just be patient long enough for me ask [???]?

TROMBERG: Ma'am, could you just... we have so many callers...

CALLER: Wait! I dream... I fall asleep and I dream.... In the beginning, before this, I'm afraid of snakes.

GURURAJ: Hm, yes.

CALLER: And I dream the snakes are chasing me and I fall in a hole in the middle of the street.

GURURAJ: Oh, I see. Well, perhaps those snakes that come in your dreams are from your past lives. So, actually, you might have really not been dead, huh? And, you are dead now, really the living dead. For there is no death, there is only life. For whatever God has created forever lives.

TROMBERG: And you're on WRC, good morning. [RADIO REPEATING BROADCAST IN BACKGROUND] Just turn your radio down.

CALLER: Hello?

TROMBERG: Yeah, for all those listening who haven't tried these [INAUDIBLE] calls before, please turn your radio down before you call. There's a six second delay. Go ahead.

CALLER: Okay. Hello?

TROMBERG: Yes?

CALLER: Oh, I want to speak to the guru. Is he there?

GURURAJ: I'm right here, love.

CALLER: Yeah, okay. When I was younger I had the potential to be a professional singer. In fact, I had gotten a scholarship, when I was younger, to go to the Julliard School of Music. Now that I'm older I'm trying to capture this musical spontaneity again. So I've been practicing yoga and trying to relax and trying to recapture this. Do you believe, or do you think, that if I continue to practice yoga, learn to meditate, that this will come back to me?

GURURAJ: Oh, yes, it would. I could tell you something. I'm a great supporter of hatha yoga, and that is what you are doing. Right?

CALLER: That's right.

GURURAJ: Good.

CALLER: I'm doing...

GURURAJ: Now, now do continue with hatha yoga.

CALLER: But I haven't gotten to that.... I've been experiencing some very interesting dreams, but I haven't gotten to the point where I can be like a child again. You know how...

GURURAJ: Right. Now, let me tell you this. Do not attach too much importance to your dreams. Dreams are just but a release valve for the subconscious mind. You should really start meditating, whereby those dreams could become a reality in day to day living. And one thing I can assure you that by becoming more integrated through meditational and spiritual practices, you will regain that spontaneity, for that is what the world wants. We people function in the world today very artificially. It is a put on thing, a facade we create. And that is one of the things that brings us misery and suffering, and not the spontaneity that we require.

Now, in our organization throughout the world, people, because of meditation, become more creative, for example. Artists seem to paint a better picture. Musicians seem to compose better music. And that comes from a deeper level from within ourselves. Most people function only with the left hemisphere of the brain, the analytical and rationalistic brain. That is all they use. They try and verbalize and symbolize. And they do forget the right hemisphere that brings through to the left hemisphere the intuitive qualities that are there. And without integration one could never bring forth the intuitive qualities, which in turn lead to a spontaneous living and the spontaneous experiences you so much desire. Okay?

TROMBERG: That's Gururaj Ananda Yogi, spiritual teacher, who heads the International Foundation for Spiritual Unfoldment. Ladies and gentlemen this is Shelly Tromberg welcoming you. It's twelve forty eight in the capitol of the United States. Our number, 966 TALK. And you're on WRC.

CALLER: Hello, guruji. I have so many questions to ask you. I don't know where to begin.

GURURAJ: Good. Begin anywhere. That's the best place to begin.

CALLER: First of all, your idea about reincarnation, I'd like to start off.

GURURAJ: Um hm.

CALLER: I'd like to integrate that with the idea of honesty.

GURURAJ: Oh, yes.

CALLER: I have this very honest personality. I say things very spontaneously. Almost to the point of... to my own detriment sometimes.

GURURAJ: I'm glad that you say you are a very honest person, because very few people could truthfully say that.

CALLER: I am a very honest person.

GURURAJ: Good. Carry on.

CALLER: Okay. And would you say that that has to do with reincarnation?

GURURAJ: Oh, yes. As I said before, that a person today is the sum totality of what he has been in the past. For example, say you are at figure twelve. Now, that figure twelve could be composed of six two's, or it could be four two's and five and one, or whatever. Now those are the previous existences you have. And who knows that in a previous life you might have gone through experiences, perhaps adverse experiences, that has brought you to this level of honesty and sincerity that you are experiencing now.

CALLER: And I want to ask you about spontaneity and honesty. It seems to me that that would be very similar, in the sense that both are real experiences.

GURURAJ: Yes, that is very true. And spontaneity is very dependent upon the degree of honesty that a person has.

CALLER: Yet, you can be totally honest and not be fully integrated.

GURURAJ: You can on the level of the mind. You can be totally honest because Divinity has given you a power of discrimination. And through developing discrimination, one could see how honest one is. And if you feel that you are honest and firmly convicted to that, I do send you my blessings, my son.

CALLER: I'd like to ask you another question, if you have time.

GURURAJ: Um hm.

CALLER: Are you familiar with Sigmund Freud?

GURURAJ: A bit.

CALLER: I'd like to know how you view modern psychoanalysis and relate it to what you do. And the notion of becoming fully integrated by meditation. Would you say that there's some parallel?

TROMBERG: [IN BACKGROUND] [PARTIALLY INAUDIBLE] ...personal awareness. Carl Jung.

GURURAJ: Yes. Nevertheless, Sigmund Freud, Carl Jung, Adler, and all these fellows had an external approach. They tried to analyze the mind. My approach is totally different. Theirs was an outward procedure going inward; while my procedure is taking from that which is within and bringing it out. What all these psychologists and psychiatrists do is this and I hope a lot of them are listening that if you want to get rid of darkness, why analyze the darkness, just switch on the light. Which is easier.

CALLER: [I understand?] what you're saying, but could you possibly explain that in terms of realistic...

GURURAJ: Well, you give me an instance in your life.

CALLER: Of darkness turned to lightness?

GURURAJ: Yes. Yah, give me an instance in your life.

CALLER: [I see?] your example is kind of like platonic notion of coming out of the cave.

GURURAJ: Um hm.

CALLER: Isn't that? Sort of.

GURURAJ: Yes, sort of. You've put it right.

CALLER: Okay.

TROMBERG: Okay. You're on WRC. Good morning.

CALLER: Good morning.

TROMBERG: Go ahead.

CALLER: Hello. I'd like to ask the guru a question.

GURURAJ: Um hm. Most welcome.

CALLER: In this day and age, we generally associate activity with some motivation. What motivation does a guru have? You know, why do you do what you do?

GURURAJ: Ah, that is the greatest motivation, if you would like to call it motivation. Yet, it is a motivationless motivation. What a guru is: he loves. And what he does he shares his love. He has experienced that Divinity within himself, a true guru has, and he wants to share the joy and the ecstasy that he feels.

TROMBERG: You're on WRC. Good morning.

CALLER: Morning.

TROMBERG: Yes, go ahead.

CALLER: Hello. First, I'd like to welcome the guru to Washington.

GURURAJ: Thank you.

CALLER: And quickly, if I could, I'd like to relate one little experience I had in 1959, and maybe you can...

GURURAJ: You know, that's twenty one years ago. Do you remember the experience very vividly?

CALLER: Right.

GURURAJ: Good. Carry on.

CALLER: It was very quick. I happened to be in a small town in Worms, Germany. That was, I think, the place where Martin Luther [??????] the priest, and he broke away from the church.

GURURAJ: Yah.

CALLER: I had never been to Germany before. I'd never seen the town before. But on my way to the barracks one day, on one summer's evening, I had to stop for a red light. All of a sudden something told me that I had been here before. I [INAUDIBLE] this place before. And I could never figure out why. I know I had never been there. I know it would have to be impossible.

GURURAJ: Well, there you are. You're just proving my point on the question the previous questioner asked, that you came to a place to which you had never been before and just all of a sudden you felt that you know the place, you had been there.

CALLER: Right. Everything was familiar. But I don't see how it could be, because I'd never been there.

GURURAJ: Well, you have dived, at that moment, right deep down away from the conscious mind to the various stratas of the subconscious, where a memory box exists of all previous lives. And in that split second something triggered off through your conscious mind to that level when you have previously existed and found everything totally familiar.

CALLER: Okay.

TROMBERG: Okay. Thank you for calling. You're on WRC.

CALLER: Hello, Guruji?

GURURAJ: Yes?

CALLER: I have tried meditation. I think it's a good thing. I have also tried prayer, and I would like to know what you think of prayer and how you think it's similar to meditation.

GURURAJ: Oh, yes. Now, this is a very, very good question. People don't really pray. They think they pray. What they do is that they bargain with God they make business. God, you do this for me and I will give so much charity to this, that and the other. How about first giving the charity and then making the request.

TROMBERG: You're on WRC. Good morning.

CALLER: I was just... to cut time short I've got the name of the church where he's supposed to be tomorrow.

TROMBERG: I'll give you the name and address for those that are listening.

CALLER: The address, that's what I wanted because I'm not familiar with that...

TROMBERG: Hold on. It's Dunbarton...

CALLER: Methodist church. I have that down.

TROMBERG: ...Methodist church. Also for the people that may want it now: 3133, that's thirty one thirty three, Dunbarton Avenue Northwest. And that's in the Georgetown section of Washington D.C. And, of course, it's at eight p.m., Sunday night. Tonight. Eight p.m. You're on WRC.

CALLER: Guruji?

GURURAJ: Yes?

CALLER: Good morning.

GURURAJ: Good morning to you. Namaste.

CALLER: Pardon me?

GURURAJ: Namaste.

CALLER: Uh, yeah. Namaste.

GURURAJ: Um hm.

CALLER: Alright. Yeah. Have you ever heard of a writer named [Watchman Nee?]?

GURURAJ: No, I don't think I've heard of the writer, but tell me what the question is.

CALLER: Okay, I'll get right to my question. In 1974, I had, I think, well, what turned out to be a prophetic dream. And it was weird. It was strange. In Ocean City, Maryland... you're probably not familiar with it, but it's one of our beach resorts.

GURURAJ: Uh huh.

CALLER: We have a boardwalk. It's like a mile long, at least.

GURURAJ: Ah, thank you for the geography... lessons in geography, um hm.

CALLER: It's right on the ocean.

GURURAJ: Um hm. Right. I must visit that place some day.

CALLER: It's not bad.

GURURAJ: Good.

CALLER: It can be crowded during the summer.

GURURAJ: Right. Now, let's get to the point.

CALLER: Yeah. The dream was one night and there were two angels. And this really, you know, I'm not just making this up. Anyway, I recall me laying on the boardwalk. And...

TROMBERG: Sir, we only have sixty seconds.

CALLER: The one angel drew a sword and pierced me through my head. And about six months later I really came to know God.

GURURAJ: You really came to know God?

CALLER: Yeah.

GURURAJ: Oh, I'd love to meet you.

CALLER: And I believe it was prophetic because the sword is a type of truth, the [?????????] being a type of life and [intellect?]. And the angel being, of course, the angel. And, I believe, bearing my salvation.

TROMBERG: Okay. Well, you can meet the guru tomorrow night at eight p.m., at the Dunbarton Methodist church. And that's in Georgetown, the thirty one hundred block.
And guru, I want to thank you for being with us on your trip to America from Africa, and joining us here at WRC News Talk 98. And what is the expression for "peace be with you," beside peace be with you. Is there another expression?

GURURAJ: Yes. We normally say, "Om shanti, shanti, shanti." Peace, peace, peace.

TROMBERG: Thank you, sir.

Shelly Tromberg with the top o' the mornin' to ya. Next hour, doomsday real estate. 966 TALK.

**** END ****