

KMOX/CBS RADIO INTERVIEW
"AT YOUR SERVICE," WITH ANNE KEEFE
JULY 13, 1982

ANNE KEEFE: Our guest this afternoon is a guru. A guru, I guess is the correct pronunciation, is it not?

GURURAJ: Yes.

ANNE KEEFE: Gururaj Ananda Yogi. And he is visiting in St. Louis and with us here at KMOX. And we're going to take a little break for some commercials here and then we'll be back.

[COMMERCIALS]

ANNE KEEFE: Gururaj, you have traveled all over the country, and I would imagine that each country in which you find yourself people think that they are quite unique and that their needs, desires, and goals are quite different one from another. How different are we globally?

GURURAJ: Well, really speaking, I don't think we are very different at all, because there is one common denominator in very human being: is that eternal spirit within. Many people have different ideas. They might think differently. But if they do dive within themselves and examine themselves, they will find this one spiritual force forever there. And that is what I teach, is how to tap that force within. That force could have many labels. You could call it the Kingdom of Heaven within, whatever, these are just labels. But the whole idea is how to go within yourself. And by going within yourself, how to draw from that inner source, that energy, so that it could be infused and it could permeate your mind and your body, and thus make you a happier person. Because is that not the goal of humanity, to try and be happy? Everyone wants to be happy. So, many people might think in different ways, but that does not alter the fact that his quest is for happiness. And that he can only find within himself.

ANNE KEEFE: I was just going to ask you that. Do you find that people look within themselves to find that contentment? Or do they look to someone else to provide it for them?

GURURAJ: Now, that is the problem of most of the Western society. Their search has always been outside, and therefore your society in America has gone external. And therefore, there's some advantage to it. You have brought about great technological advances to the world, and for the benefit of the world. But you have reached a saturation point where you have to turn back and go within to the Kingdom of Heaven within. And that is what I teach around the world: how to tap that source.

ANNE KEEFE: How do you tap that source?

GURURAJ: We do it by meditation and spiritual practices, where you are lead very scientifically it is no mysticism, really. It's a very scientific process where you can go beyond the conscious mind, beyond the subconscious mind, and to that level which I have termed the superconscious mind. There lies the peace and the stillness. Once you reach that through properly prescribed practices, because everyone, as you said, is a unique person, and being a unique person he needs his own particular prescription. So, I go into meditation on you, for example, and I'd be able to prescribe the proper kind of techniques for you, whereby you could expedite your progress and reach that area of quietude and stillness.

ANNE KEEFE: What do you have to know about someone...

GURURAJ: [INTERRUPTING] As the Bible would say, "Be still and know that I am God." That is the area where I lead you to.

ANNE KEEFE: You cannot hear the voice of God if you were not still.

GURURAJ: That is true.

ANNE KEEFE: How do you get to know someone well enough, and do you have to have a personal meeting with someone to be able to do that?

GURURAJ: No, that's not necessary at all. We have our teachers all over the world. And, of course, what one does is normally fill in a form and send me a photograph of theirs, and I meditate on the photograph. For example, here, in St. Louey we have Professor Merrill Harmin and his wife Tamaji who are our teachers here. And, of course, if anyone is

interested I could give you the phone number. It says here (618) 656 3173. And I believe you radio people always repeat one thing twice, don't you?

ANNE KEEFE: Yes, I was just going to do that.

GURURAJ: 656 3173. I'll claim half your pay.

ANNE KEEFE: I'll give it to you gratefully.

GURURAJ: [HE LAUGHS]

ANNE KEEFE: You'll not be a rich man, but with your inner contentment you won't mind. And is this a form of yoga? Is it physical exercises related, to...

GURURAJ: No. No physical exercises. It is a total controlling of the mind, a quietening the mind, and yet not using any factors of control. And yet your mind becomes controlled. You know, there's a little story. A chela came to see me and wanted to develop some psychic power. And he was so persistent that, "Please, give me the secret of this." So, I thought, "This man has not reached that stage to do that." So, I told him, "Okay, I'll give you a certain practice. But when you are doing this practice, just don't think of monkey." And every time he sat down to do the practice, the first thing that would come in his mind is monkey, monkey, monkey. So you cannot control your mind consciously. But there are other spiritual methods, and by practicing which your mind is automatically controlled.

ANNE KEEFE: Could you give me an example?

GURURAJ: I could give you a demonstration. But would your hearers be able to see the demonstration?

ANNE KEEFE: That's true, they won't. But I'll describe it as we go.

GURURAJ: No, that is something very individual, which is individually taught. So, if I tell you how I would do it, someone else might try and duplicate that and that could be harmful to them perhaps. It's like a doctor. I mean, he can't just give one bottle of medicine which would be suitable for all.

ANNE KEEFE: True.

GURURAJ: It might be harmful for some, and perhaps very good for another person.

ANNE KEEFE: When you get, Gururaj, beyond the subconscious the conscious and the subconscious are there psychic possibilities in that realm?

GURURAJ: There are psychic possibilities, but I discourage them. Any true master, any true spiritual master, would discourage the development of psychic abilities, because they inevitably prove to be a block within...to the path to Divinity. Because you would get so wrapped up. For example, if you leave your home, your front door to go to the gate in the front to get into your car and you have a lovely garden with flowers and rockeries and lawns. Now, you're not going to get stuck at the flowers and the rockeries and the lawns. You admire them, but you pass by. Your goal is to reach the gate. So, I do not encourage the development of psychic powers. But what I do encourage very much is how to find yourself. People make it so difficult for themselves. And yet there is such a simple formula. It is so simple to be happy, but so difficult to be simple.

ANNE KEEFE: When one gets to this point of comfort within one's own self, does that make you more responsive to other people, more sensitive to their own uniqueness?

GURURAJ: Oh, definitely. The purpose of spiritual practices is to find an integration within yourself. The mind, body, and spirit acts as a wholeness. It acts in totality. While today, unfortunately, people's minds are so, so fragmented. So what we aim for is that integration of mind, body, and spirit. And that alone in itself brings you that silence, quietude, and the joy. That is what you are after. You are not people going for momentary pleasures. Now, if you are going for pleasure be sure to know you will have pain, because pain and pleasure are in the realm of the law of opposites. So you have to rise above that. You have to rise above pain, and you have to rise above pleasure, and reach the realm of joy, which is neither of the other two.

ANNE KEEFE: Does that make one passive?

GURURAJ: No. It makes you more active. An integrated person can perform his duties far better than a fragmented person. Because your concentration would increase, your contemplation would be of a far higher level, and every action you perform would become joyful and beautiful. And you still work. But what happens is this, you take the "irk" out of work. Isn't that wonderful, the "w?" [HE CHUCKLES]

ANNE KEEFE: Um hm. It is indeed.
Let's come back with some calls.

GURURAJ: Good.

ANNE KEEFE: 436 7900 is the number in Missouri. If you live in Illinois, 397 8600. Or in selected suburbs Enterprise 9808.

[COMMERCIALS]

ANNE KEEFE: We're talking this afternoon with Gururaj Ananda Yogi. And we were saying at the break that I was picking up the point that you made, Gururaj, about the fact that life is pain and pleasure. Do we tend, most of us, to accent the pain yesterday's pain, tomorrow's pain rather than today's pleasure?

GURURAJ: Right. Now, what the world really needs to know is this: how to live in the present. What most people do is this, that they either live in the past: something happened two weeks ago auntie Mary said a bad word so you will mope all along and live in the memory of what is past. And then you don't stop there only, you project the past into the future, and by doing that you are bypassing the present. And if people learn to live in the present their life would become more and more joyful. Now, that is one of the arts that spiritual practices teaches you to do: to live in the present, to enjoy every moment of the present to its fullest.

ANNE KEEFE: Do you think we do that ethnically too? That we carry with us resentments from that past?

GURURAJ: No. Human beings are the same all over the world. And I've traveled all over the world many, many times, lecturing in various countries: Denmark, Germany, France, Spain, England, all over. You name it, we've got it. And this is the basic problem where people: live in the past and project themselves into the future, but never never in the present.

ANNE KEEFE: Well, I think, that's what I'm talking about the "revenge syndrome" of "you've done this to my people, and therefore I'm going to be hostile today. And a hundred years ago in Ireland the English were terrible and therefore I hate them for that."

GURURAJ: Right. Now, these are certain negative qualities. You mentioned revenge. Now, if your mind is brought to that stillness, if your mind is lead to the superconscious level, then very spontaneously that revenge would be turned into love. Because the essence of yourself is love. Love is God, God is love. So, when you reach that area then the revenge would be gone. And when it is substituted or rather you allow the love within you to flow because you are made of love, nothing else when you allow that love to flow, then all these negative qualities of unkindnesses and revenge and all these go away.

ANNE KEEFE: Doesn't that make one soft though? If our mate or our children are very troublesome and make us feel terrible, and we just back off from it and don't face it head on, doesn't that...?

GURURAJ: No, I don't think so. No, it does not make you passive. It makes you more active, but more active in a loving way. You develop better understanding. In other words, you will always try and put yourself in the other person's shoes and say, "How would I have reacted?" So you see all the benefits that are involved. A person is healed. And my interpretation of healing is to make whole.

ANNE KEEFE: Let's take some questions.
Hello, you're on the air.

CALLER: I wonder if the condition or the [????] he's describing is what the physicists refer to as the various alpha states?

ANNE KEEFE: Thank you. An alpha state?

GURURAJ: I am always a bit confused with the American accent. Could you repeat that?

ANNE KEEFE: The alpha state. Are you talking about getting into what is called the alpha state?

GURURAJ: It is even beyond the alpha state. And from the looks of it the person that has asked the question seems to be a student of psychology. And it is far beyond the theta and the beta and the alpha and it is far, far beyond them. Because these are qualities that can be measured and described, but I would lead you to an area beyond all description. So, it is not something to do with the left hemisphere of the brain. It is something to do with the right hemisphere, the intuitive quality which is beyond all analysis. So, you experience it. You know why our churches are empty today? Is because the preachers they preach, preach, preach, it's just word, word, word. But they give you no experience. And once they give you experience you will find our churches will become or synagogues or temples will become more and more fuller.

ANNE KEEFE: How much work is involved in this? Do we set aside an hour a day, or a half hour?

GURURAJ: Yes, an hour a day. Half an hour in the morning, half an hour in the evening. That gives you the starting point. But what I'm interested in is the twenty three hours of the day and how you live those twenty three hours, that's important. Do you live it fragmentedly, or do you live it integratedly? Do you live the day with all kinds of different worries, or do you find peace and joy and could understand? That is how you will learn the Biblical injunction, "to be in the world and yet not of the world." So you are mixed in every form of activity. And yet you are so far above it. You are non effected. You are non attached.

ANNE KEEFE: I think there's some people that we've all met who seem to have that quality of "of the world and not of it."

GURURAJ: Oh, you must introduce me to them.

ANNE KEEFE: Haven't you met people just without practice who seem to be able to put things in perspective, to face life as it is, to find an inner comfort?

GURURAJ: You might find...but the percentage is so small. The percentage is very small. They are born with those qualities. It could be hereditary, or it could go into past lives, or whatever one wishes to believe in. Like a person could be born a millionaire.

ANNE KEEFE: Well, we can pass money to our children, can we pass this talent to our children?

GURURAJ: Oh, but definitely. And that is a most important thing that we should do. And especially as far as women go. They are the ones that should pass this on, because in the formative years the mother plays a bigger part. So in my movement, and that is thousands and thousands of people around the world, I would estimate that seventy percent of the meditators are women. And by making the women more responsible to themselves and to their children, the children will grow up to be better children. And a lot of this delinquency we find in society today could be diminished a lot.

ANNE KEEFE: Hello, you're on the air.

CALLER: Hello?

ANNE KEEFE: Go ahead, please.

CALLER: Yes. I was just wondering how he teaches someone to, you know, how do you learn to forget the negative?

ANNE KEEFE: Alright, we're going to take a break here, and when we come back we'll ask that question.

[COMMERCIALS]

ANNE KEEFE: Guru, we were just asked a question about how do you get rid of...how do you rid yourself of those negative feelings and responses.

GURURAJ: Negative feelings, yes. Now, most of your teachers would tell you change your negative feelings into positive feelings. And I would challenge your Dr. Norman Vincent Peale on any public platform on the subject. Because you

cannot make a sudden change from negativity to positivity. What you have to do is to neutralize the mind first, and then sow the seed of positivity. And this is done by spiritual practices, whereby the negativity just disappears. You use a certain formula and the negativity goes away and you start thinking of positive things. It is so easy.

ANNE KEEFE: But you have to deal with the negative first. You can't substitute the positive?

GURURAJ: You do not substitute. You get rid of negativity. For example, if there is darkness and this is where I disagree with all your psychologists what's the sense of analyzing darkness? Switch on the light. Hm?

ANNE KEEFE: Seems simple enough.
Hello, you're on the air.

CALLER: Yes, I'd like to know if your guest feels that physical health is necessary for mental and spiritual health?

ANNE KEEFE: Thank you.

GURURAJ: What was it?

ANNE KEEFE: Physical health. Is that necessary for mental and spiritual health?

GURURAJ: No, it is not necessary at all. What happens if a person is born with some defect and does not have physical health? Then can we say that his life is totally hopeless, or he has no hope? Although the mind, body, and spirit is a continuum, there is no separation, that physical well being or physical health is not a necessary must. It's good to have it, but it's not a necessary must for your spiritual unfoldment.

You know, the name of my organization is called the International Foundation for Spiritual Unfoldment. Remember the word "unfoldment," not "spiritual development." Because you are already spiritually developed, but you have created these walls and these clouds around you and darkened things up for yourself, which is not necessary. So, once you pull off the veils the sun will disperse the clouds, and the sun shines in its fullest glory. So, physical health is not a necessary must to find that inner peace and balance.

ANNE KEEFE: Can you achieve, if not physical... well, yes, physical health. Can you change your physical abilities, or your physical qualities with your mental strengths?

GURURAJ: Oh, yes, it can. Now, if you learn to meditate and do spiritual practices, you, as I said before, you go deep down to that area which is filled with very powerful energy. If someone throws a two thousand ton bomb here, it'll just make a big hole. But if you split an atom, you'll destroy the entire city. So if you go to the more and more subtler levels, those energies become very powerful. But then they do not stay there. You bring them out through the various layers of your mind and through your body. So meditational practices helps you physically, mentally, and spiritually.

ANNE KEEFE: Hello, you're on the air.

CALLER: I wanted to ask your guest if he's familiar with the works of Paul Twitchell, and if he feels that his teachings are of value?

ANNE KEEFE: Thank you. Paul Twitchell? His works on meditation? Are you familiar with his work?

GURURAJ: No, I'm not familiar with his work. But if his work does any benefit to humanity, I will encourage it.

ANNE KEEFE: You're on the air.

CALLER: Yes, I'd like to ask your guest how his meditation program compares with that of the Transcendental Meditation program?

ANNE KEEFE: Thank you.

GURURAJ: Ah ha, I got that clearly. This man speaks English very well. There's no comparison whatsoever. I would never deride anybody doing any kind of work whatsoever, because first thing we learn, "Judge ye not that ye be judged." We never condemn. But I find that our system has been more successful, because it is individualized and not generalized as the system of my very good friend Maharishi Mahesh Yogi of Transcendental Meditation.

ANNE KEEFE: In other words, you could not say what should be done for everyone in our audience, but for individual people.

GURURAJ: Individual people. Because everyone, to repeat this again, everyone is a unique personality. He has a unique mind, he has unique thought patterns, and they have to be dealt with individually, and the proper prescription.

ANNE KEEFE: Could you give me an example? Could you tell me what I should do so that everyone would understand what we're talking about, sort of, here?

GURURAJ: No, I don't think I could tell you that on the air. But you are very welcome to contact professor Harmin and his wife Tamaji who are our teachers here, and they will explain that to you personally. And, of course, to repeat again, (618) 656 3173.

ANNE KEEFE: I should, perhaps, mention here also that you will be at S.I.U. tomorrow.

GURURAJ: Yes.

ANNE KEEFE: At the University Center. That's in Edwardsville. At the University Center in Edwardsville. From one to four tomorrow afternoon, sponsored by the Philosophy Club and the Gerontology Program. You're on the air.

CALLER: I'd like to know what is the difference in what your guest is teaching and Jesus Christ's precepts. I don't mean the Bible or what our churches are saying, but "Love one another as I have loved you" seems to say it all.

ANNE KEEFE: Thank you.

GURURAJ: It does say it all, but could you truly love? What do you know about love? What people when they use the word "love" they use it in a sense of image making. They use it in a sense of projection. Because a fragmented person could never love totally. For example, how many people make love in its proper way? They just... their bodies get

stimulated by the thought patterns in the subconscious and a desire arises. Because the lovemaking act was pleasurable, so naturally any form of outer stimulation would produce that stimulation within themselves. Now, that is not real lovemaking. Real lovemaking must involve your spiritual self, your mental self, and your physical self so that the woman is not there any more, the man is not there any more in the act, but only this vast orgasm remains. That is lovemaking. So, it is very easy to say, love thy neighbor as thyself, according to the Biblical precept; but how can you love your neighbor as yourself if you are so fragmented?

ANNE KEEFE: So, it starts with self love? Knowledge?

GURURAJ: It starts with self love. Self knowledge, self love and I go beyond knowledge. I talk of wisdom, because knowledge can be acquired. Wisdom is something that flows from within.

ANNE KEEFE: That's interesting. I never thought about that. We can all accumulate a lot of fact, and we say that's a knowledgeable person.

GURURAJ: Yeah, a knowledgeable person. And what many people do, and I believe there's a book published, Compendium of Useless Facts.

ANNE KEEFE: The educated fool.

GURURAJ: The educated fool. [HE LAUGHS]

ANNE KEEFE: Hello. You're on the air.

CALLER: Yeah, I'd like to ask him, how do you get peace of mind when you've lost your only child with cancer?

ANNE KEEFE: Thank you.

GURURAJ: Oh, then you really need to meditate. And I could show you ways how to help your child with cancer, and even perhaps cure it.

ANNE KEEFE: No, this is a child who has died.

GURURAJ: My blessings...oh, oh...

ANNE KEEFE: ...and the family is bereft. How do you deal with that?

GURURAJ: Oh, yah. How do you deal with that is to develop an attitude of acceptance that you could not avoid. That which is born must die today, tomorrow, or fifty years later. And the thing that hurts is not the death of the child that hurts, but the attachment to the child that hurts. Now, what is the basis of the attachment? That one must analyze within oneself, because attachments are formed through many, many reasons. And once you get to grips with that, when you analyze it properly then you will feel that, "Look, I have done my duty by giving birth to a child, and I do not possess the child." No one can possess anything. You don't even possess yourself. How can you possess a child? Your mother has given you birth, fine. So you have given birth to another child. And if the child was alive, or perhaps this lady might have other children, they would give birth. And like that it goes on and on and on. So you cannot possess anything or anybody in this world. If this understanding is gained, then the pain would be so much lessened. Because you have not killed the child, why should you have feelings of guilt? And that, which psychologists must realize nowadays, heart trouble is not the greatest killer. Cancer is not the greatest killer. But the greatest killer is the sense of guilt. And how to get around that. And that can so easily be done through meditation and spiritual practices.

ANNE KEEFE: Do you find as you travel the world that people do have this feeling of possession?

GURURAJ: They do have the feeling of possession, they have the feeling of expectation; and when you have expectation be sure to know that expectation is the mother of disappointment.

[COMMERCIALS]

ANNE KEEFE: We're talking this afternoon with a guru about how to reach an inner peace. And we'll be right back.

[COMMERCIALS]

ANNE KEEFE: Hello. You're on the air.

CALLER: I go to school at S.I.U. Carbondale, and they had a guy on there by the name of Ram Dass. And he wrote a book called Grist for the Mill. And I bought it and I talked... I started reading into it and it got into this point where it talked about meditation and all that and it kind of goes against my Christian upbringing, you know?

ANNE KEEFE: In what way?

CALLER: Well, like I didn't want to, like, worship another kind of God other than, like, Jesus or the Christian belief. And I didn't want to really get into that because it was like a big conflict. But I was also interested in it at the same time. So, I wondered what your guest thought about Christians getting into this, you know, into the meditation of the Indian arts.

ANNE KEEFE: Thank you.

GURURAJ: I do not teach an Indian form of meditation. The form of meditation I teach is universal. And even the philosophy that goes behind it is universal. If you, perhaps in one or two days you'll see our symbol, our emblem on your local TV, and you will see that all the religions are featured on there. They are mounted on five chords, which we use in music which denotes harmony. And then there is a flame in the center. So, the whole philosophy is this, let there be harmony amongst all the religions in the world to find the light within. So the philosophy that I teach embraces all religions without its dogmas and trappings. We go to the basis. And the basis of all religions is but the same.

ANNE KEEFE: So that anyone of any religious persuasion would be enhanced in their own religion?

GURURAJ: Absolutely. I would like to see Christians become better Christians, Muslims become better Muslims, Buddhists become better Buddhists. In other words, to put it in a phrase, I would like to see humans become humans.

ANNE KEEFE: One of our listeners wants to know the difference between prayer and meditation. Isn't it the same?

GURURAJ: Oh, yes, there is a great difference between prayer and meditation. How many people really know how to pray? They do business with God. They say, oh, God, do this for me and I will donate so much in charity for such and

such a good cause. Why not donate first? You have no right to demand anything of God. Because if you are deserving enough you will get it without asking for it. And that is how prayer should be. Now, meditation helps prayer in the way that when you reach that quietude of mind your thoughts become more powerful at that level. They become more pure and more powerful.

ANNE KEEFE: Thank you very much. And I want to remind you that the guru will be tomorrow at University Center at S.I.U. from one to four. And you may meet him there. Right now we have to join Dan Rather at CBS. Thank you, guru.

GURURAJ: Thank you.

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