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Satsang starts from <0:10:45.2>

Translator: Bapuji, we have questions for you from all of the meditators. We would like to say in a humble way, say thank you and the only way we can, I bring you a small gift, I hope you –

Gururaj: Thank you very much. Have they understood what you say? Thank you very much. Now I have a message for you. <0:11:48.8> Good, what shall we talk about today?

Public: Gururaj, in a book I read, there the spirit behind the sun is a god of our solar system and that this planet earth is <0:12:39.8> in the body of the entire solar system. We all know that without the sun nothing could exist, is the sun our god?

Gururaj: Um-hmm. You wanna come sit here, you're so shy – good, being the last satsang, you – you know I can answer half a dozen questions at a time. So if you have any more questions, ask anything. A very good question. – say – say it in Danish and then you --

Translator: <0:14:26.6>

Gururaj: Very good, anymore?

Translator: Is it god who created the universe or has the universe created god?

Gururaj: Aha, today I'm gonna give three satsangs, no lunch. I can't see <0:15:01.0> yeah, shift over so I can see you, we haven't seen each other for a long time. Yes, if you look at our emblem, you'll find the flame or light in the centre. The greatest symbol of light on our planet, on our solar system is the sun. You find so many different sects in India that worship the sun and there on the symbol the third one on that side, the fire burning, that is Zoroastrianism – Zoroastriani – yeah which was founded by Zarathustra and they are fire worshippers. Now the real significance is not worshipping the fire, but it is symbolic of the light within, because the sun is the greatest significance to us, of light. There are – there's nothing more powerful than light and we are all children of light, not only referring to the light which is god, but this planet and other planets in our solar system have been pieces that were broken

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off from the sun. That light is so powerful and it has a great gravitational pull so that it makes all the planets revolve around it in total precision and if the precision was not there, then the planets would collide. The sun is the greatest force for gravitation. Yes, so you have, for example in hatha yoga, where every morning the people go and bathe in the Ganges River and they do certain hatha yoga exercises which is called Surya Namaskar – Surya Namaskar. The sun is a brilliant sun, yeah. In other words, all those asanas or the postures are directed towards the sun, symbolising it as the greatest force on earth.

Today you find scientists experimenting with solar energy, and the time is not far away where you will not be needing the ordinary electricity. A lot of researches are being done where solar energy will be used for light and anything that needs electricity today. Without the sun you can have no rain because it is the sun that makes the water rise into vapour and the vapour forms into clouds which falls down in rain and food grows. If there was no sun, food will not grow. So the sun is the cause of the rain and the cause of the heat that makes food and flowers grow and without either of them, we would not have food, we would not have grass, we would not have flowers, we would not have this beauty around us. So you don't actually worship the sun, the sun is not the god of the solar system, but it is a symbol of a great power that could remind us of the greatest power which we call god. There were times ago before Galileo and Copernicus – what do you call it in Danish? Yeah, that they believed that the sun was revolving around the earth and both those poor guys were sent to jail and killed. Then later they found it is the planets that are revolving around the sun. Right! So sometimes people that tell the truth or discover the truth and the world not being able to understand them, crucify those people and only after hundreds of years perhaps, they realised that what those people said was truth. That happened to our Jesus. Right! So to repeat again, the sun is symbolic of that great light which is not only outside us, but in us. You see, that is the significance of the sun. Without light no one can survive. Without heat, no one can survive. And our advice, all you Danish people, to come to my home in South Africa. We have so much sun, here it is dull (laughs).

Yes, now to get on to your question of vegetarianism. Now, when through meditation and spiritual practices your body becomes finer and finer, then the intake of your food will also become finer and finer. Yes, so therefore, your desire will end for meat foods. If you try to give up meat just all of a sudden or even smoking or anything, it will cause a lot of repressions and inhibitions in your mind but if it comes about spontaneously by the refinement of your meditational practices, then no harm is done. Now the finer intake of food does not only affect your body, but has a great influence of the mind. It has the influence of thinking of more finer and finer thoughts because as I might have said here in one of the talks that the mind is not separate from the body. It is one continuum. The mind and body is inseparable for any living creature. So through meditation and spiritual practices as your body

becomes finer and finer, your intake, what you feel like eating will also be finer and finer foods. Do you know in the western countries I've noticed, specially in America, there are three meat meals a day. In the morning for breakfast bacon and eggs, lunch time hamburger, so thick. At night a roast or a meat stew.

Translator: That was a bad interpretation.

Gururaj: What? Screw? So in seven days they have 21 meat meals. Yeah, and no wonder they are so materialistic. Remember we discussed it last night I think. Yes, so I myself was born a vegetarian. From childbirth I never ate any meat at all, no meat, no fish, no eggs. So when I was about 45, which was just about six months ago (laughs), the doctors, because of my severe sugar diabetes, I've got to take an injection of insulin every day. So my doctor, Professor Marie, is a specialist, he forced me, he says, "You must have a little bit of meat. The reason is to counteract the insulin." And for months and months he was arguing with me. So one day he pulled out the trump card. So he says, "Do you know the insulin injections you're taking every day is made of ox pancreases? So if you can take it in your blood, then why can't you eat little bit? It's for your own health or else you won't be able to travel to Denmark and America and Spain and everywhere? It will weaken you." So I say, "Look professor, I can't eat any heavy meats." So now and then I have a little bit of chicken, a little bit of fish, sometimes very very tender lamb, little bit – little bit, but mostly vegetarian food. So I do it for health. Now anything that is done within a limit is nothing wrong, yeah, but don't eat 21 meals a week of meat. (Laughs) you're feeling hungry? (Laughs) don't they give you breakfast? (Laughs) Little bit, yeah. Good, your question was on?

Translator: God and the universe, which was created first? Did god created the --

Gururaj: Okay, yeah, yeah, yeah. Hmm, this universe was never created. If god is eternal, the universe is eternal. In other words, the universe is a manifestation of the manifestor. So I do not believe in creation. I believe in manifestation. Creation means you're creating something. Manifestation means that it has come about without the mechanics of creation.

Translator: Sorry I missed the last part.

Gururaj: Umm, manifestation comes by its own, it is not made. For example we were talking of the sun, or say fire. Fire does not create heat but it is the nature of the fire to give off heat. The flower does not create fragrance, but it is the nature of a flower to give off fragrance. So it is the nature of the manifestor which we called god. So it is the nature of god to manifest the universe. You see, now the differences, say if god is eternal, manifestation is eternal too. The changes that come about in the manifestation is because of the various elements in manifestation that act and interact with each other. Like you take yellow and blue, when the two colours meet, it becomes green. Is that right? Yeah, blue and yellow makes green. Same thing with other colours. Like yellow and red would turn into orange. So it is the inherent elements in the manifestation that has caused all the changes and those are the changes that you are seeing around you, but basically it is one. You see, now at the time of the big bang, when this universe came into being <0:36:50.2>. It is – the universe functions in cycles. It gets sucked into a black hole where not even the slightest bit of light can escape. It comes in on one side and when it becomes too heavy, like the clouds becoming heavy come down as rain, then an explosion occurs on the other side and it shoots forth in sub-sub-sub atomic matter. Um-hmm and atomic matter has the ability to duplicate itself and replicate itself. And that is an interaction within itself which also interacts with other atomic nuclei. That is how everything you see around you has come into being. That has happened, that's happened, stopped.

So man does not create the external universe. Man creates nothing, but he can discover or unfold the entire universe within himself and you do that through meditation and spiritual practices. And as I said the other day, if you want to know more, meditate, meditate, meditate. You will really be surprised that some of you will bear me out that in mediation so many of your problems get rid out. You'd just be surprised where it comes from. Because as I've said in some lecture somewhere that there is only one mind and you can be in contact with the totality – shut up – yes okay, tell us what's for lunch – and you can be in contact with the entire universal mind. If you play the violin and you tune your strings properly, and you will produce very sweet notes. And it has been proven that the violin played at a certain pitch can break all the windows in this building. You must have heard of that? Yeah, has anybody got a violin here? I can demonstrate. Yeah, there's only one thing that I'm afraid of, that the owners of these people will sue us to pay the expenses. Good. That thing went off now. <0:41:43.8> few jokes I don't know if I got any, they can wait few minutes.

Translator: Yeah, we're going to have a group photo as well.

Gururaj: Ah, yes, yes, yes, yes, yes. You know this English lord, you know living in a mansion, yeah and he was coming out from the front door, and he tripped over a wheel barrow – wheel barrow – wheelbarrow. Right, so he shouts for the gardener, “What is this wheel barrow doing here?” So he says, the gardener says, “Your lordship, you should know, because last night you were in no condition to walk and I brought you to the front door in the wheel barrow.” There were 12 religious men going on a journey and a big storm came up. So they took shelter in a church. So although they were called religious men, they were very superstitious and true religious people are never superstitious. So they said that there must be someone amongst us that is bringing this bad luck. So they looked at each other and they decided, “Ah! That is the man.” So they put him out of the church, in the storm. As soon as they put him out, the lightning struck on the church and everyone, the other 11 was badly injured. So this one man that they put out told them, “it is – that it is through me that I, with my spiritual force kept the lightning away.” You see, so always love people anyway.

You know, the two young ladies were discussing – two young ladies were discussing about another friend. They said, “Gene does not want to marry John, but why? It was a matter of religion.” They said. You see, Gene worshipped money and John was broke. (Laughs) yes, now I don’t know how this will go down in Danish, you know there was a diplomatic party, and I've attended quite a number of them so I know what happens. That after – after dinner, you know they have after dinner speeches. So there was one Chinese ambassador for dinner and everyone were giving speeches. Right, that’s after the meal, but first of course they start over soup. Now next to this Chinese ambassador there was a young Englishman sitting. This Englishman thought that the China man could not speak English, so after they finished the soup, the Englishman asked, “You like e soup-e?” but yeah, of course it’s English you see, the Chinese man just smiled. Now it came for the turn for the Chinese man, Chinese ambassador to give his speech and he gave a wonderful speech full of wit and wisdom <audio repeats>, but yeah, of course it’s English you see, the Chinese man just smiled. Now it came for the turn for the Chinese man, Chinese ambassador to give his speech and he gave a wonderful speech full of wit and wisdom, of course he wasn’t as good as me you know (laughs), so he gave a wonderful speech filled with wit and wisdom and as he was sitting down, he turns to this Englishman and he said, “You like e speech-e?” (Laughs)

Now we’ll just have a last one, you know and because that thing went off. Now – now here’s something about women’s logic. I like you smiling instead of crying just now. So this is women’s logic. This woman asked her husband, “Please lend me 200 Kroners, but don’t give me the 200 Kroners now, just give me 100,” right she took that and then she said, “Look I owe you 100 Kroners and you owe me 100 Kroners, so we square.” (Laughs) Well, my beloveds, it’s been such a – such a pleasure being with you. It was so nice and I think this was a very beautiful course, I enjoyed it very much and I hope you have enjoyed it too. Yes, good, and most

probably I might be able to make it by November or so, but next year definitely I will come. Yeah, only thing is the more people we have, the better it is because actually speaking, you people inspire me so the more people, the greater the inspiration and the more sharing of love. Because that's all that I've been doing, sharing love. Yes, so see you soon, be well, meditate regularly and these charming three new teachers we have are going to work very hard, I'm confident. And then of course I don't know if Jyotima did ever mentioned this to you that on the courses, not only meditators are welcomed, but those that are non-meditators are also welcomed, because after being with me for four or five days, they definitely 100 -- 101% they will become meditators. So thank you and my deepest love and Namaste to all of you.

Translator: Will you come back for the group picture or <0:52:23.8>

Gururaj: No, no do now.

Translator: Okay.

Gururaj: <0:52:27.0>

Translator: Okay.