

Gururaj: Now – now today I'm going to use this one – this one to open the lids of your head and if I see any dirt there (laughs) scrape it out with it, yes and then I will scrub this thing (laughs) <0:00:46.6> You know how <0:00:49.2> we were in island <0:01:00.9> was organising the course there and – Diana was organising the course there and the ladies were so busy in the kitchen. <0:01:17.9> and Jyotima made a joke and prepared that <0:01:33.4> (laughs). Ah, that's fine, lovely. You would get the sound through it? Good. Hello, shall we meditate for a few minutes? -- <Chants prayer> -- open your eyes slowly.

Now, I'm sure many of you people know the meaning of the word shanti, those – those that don't know, shanti means peace, peace, peace – Shanti – shaniti – shanti. Did you enjoy your meditation – your chanting this morning? You did? Good. There's one thing I forgot to tell you last night was this that if your mind is troubled with thoughts, yeah then you start chanting in your heart. If there are people around you, they will think you are mad, then you do it mentally, yeah -- <chants prayer> and you'll find those troubling thoughts will evaporate. That's another advantage of chanting, because you bring your mind into rhythm. Then there is no place for wrong thoughts. Um-hmm good, now – oh, sorry you adjust the way you wanted, good – Umm, on every course we have, in America, England, throughout everywhere, we always have one session of rapid fire questions. Now if one person's asks one question and I speak for an hour on it, then so many other people that want to ask a question don't have a chance. Right, so questions and short brief answers in a nutshell, then we can – we can do it now, yes – yes, okay. Yeah, okay give me the slip so that I can understand. Is it written in Danish? Um-hmm, tonight we have two, no, firstly this afternoon at 3:00 o'clock we are going to practice the yoga nidra.

Now I want some of you young strong men to move these chairs away, you can (laughs) of course women can help them too (laughs) and you can put it behind the curtain or along the sides of the wall. And when you come for the yoga nidra practice, please try and wear loose clothes. It is very simple and this afternoon before we do the practice, I will explain you what it is all about. Tonight we're going to have two things, we're having a few new teachers and a few new healers tonight, that is the first thing we will do, the ceremony of that. Um-hmm so you will have to prepare this table, try and put a cloth over it, do that, candles and incense – right and those are just details. Umm then we'd be the – doing the golden thread ceremony tonight and I will explain you what it all means. I did not know about, well I'll discuss it tonight. What we see and then we'll have our satsang, so tonight we won't finish at 9:00 it might go a bit later, but you are free tonight after dinner so it wouldn't matter, I think. Okay, fine. It wouldn't mind <0:12:08.1> (laughs) good. Now this morning all of you can ask any question you like, if you can't speak English, speak in Danish and then she can translate or you translate yourself. Right, someone start. How about you Blondie? Anything that comes to the mind, yes, Ram?

Public: <0:13:09.3>

Gururaj: Right, good. Now the first thing to be remembered is that astrology is as good as the astrologer. Now you study all the books on astrology but it will do nothing much for you. Many people study astrology to boost their personal ego and of course you have many people that study astrology to help others. So you have all kinds of people in all kinds of profession. Now the books you study in astrology is only 10% of the knowledge you can gain, 90% is your intuition that flows and that contains the greatest truth. Now the various planets have some effect on the earth. For example the moon has an effect on the tides of the water, yeah, so it has some effect. Now in various planets there are inhabitants and as our thoughts reach as far as those planets, those thoughts of theirs also reached our planet. So the true astrologer that operates on the intuitional level can give you a better reflection of yourself and how you are influenced. I personally do not draw charts that Saturn is there and Jupiter is there and Jupiter and Saturn is crossing each other, thank god they don't bump into each other, there'll be an accident. Right, so because of the movements of the various planets, there is a motion created and all motion that is there would create a vibration. Now if you have the intuitional ability, you know, that you develop through spiritual practices, then you can become more receptive to the vibrations. You see, now I'll give you an example, there was a person in Cape Town, is living in Canada now, his name was David Fisk and he was the leader in South Africa of the TM Movement. So from Cape Town he moved to Johannesburg in South Africa which is 1000 miles away, right. So one day he phoned me from Johannesburg and says, "Gururaj I must come and see you urgently, can you give me an appointment?" So I gave him an appointment and he came down to my office.

Now some years before that, he went to a very well-known astrologer and the astrologer wrote on his chart that if he gets married, he will be unhappy and the marriage will not last for two years. So he came to me and he says he's fallen very deeply in love with a girl which he met in Johannesburg. So I read – read the chart and I tore it up into one million pieces and throw it in the dirt box. So you go back to Johannesburg and you propose marriage to this girl, Elaine. Now he got married because when I tell people something, they normally listen to me, thank god. So he married this girl Elaine and that's about 9 years ago, they're very – very happy and they have two lovely children. So what is the use of that astrological chart? Study astrology, you know for some kind of alternate knowledge perhaps, but do not take it too seriously and many people practice astrology as a profession so I say this with due respect to them, but that is the value of astrology. Now I don't practice, draw charts, I look at a person's face and I will tell you everything that's within you without you opening your mouth. Hmm, you got too many boyfriends.

Public: Yeah (laughs).

Gururaj: So simple (laughs) you see that's nice. It's an interesting hobby – it's an interesting hobby. Yeah, so as I said with great respect, use it as a guideline perhaps, but do not use too much importance. Do you know many of the newspapers in the world creates a circulation by having an astrological column, um-hmm and many people, the first page they open of the newspaper is the page of the astrology and then you have the zodiac on it, you know Pisces and Sagittarius and bla bla bla and bullshit and what's the other one? I forget, twelve of them. Now can you really tell me that all people in the world, 4,000 million people can be categorised into 12 sections? Impossible. I know one person that came to see me that writes for a news paper, the astrological chart, and after questioning she didn't tell this to me straightly but I got it out of her that the chart is written according to her mood. Now if she is feeling happy, then the Pisces or the Sagittarian or the Leo, you know will all have growing reports, yeah and if she's in a bad mood, she will be writing depressive things. You see, what a waste of time. Good, next question?

So while you're thinking I'll share a joke. So this school inspector went to the school to inspect the class, do you have it here like that? Now he says, "Little children, anyone of you give me a number from one to a hundred," it was a, you know, lower primary class. One to hundred. So one little girl in front stood up and said, Sixty four." Right. So the inspector wrote down 46, the girl said, "Sixty four," he wrote down 46. Then another boy in the middle row said give me a number and he said, "Seventy nine." So the inspector write down 97. Then there at the back of the class, a blonde freckled hair – freckled boy, naughty one, he says, "You give me a number." Right so this boy stood up and gave the number 33 and told the inspector, "Now you try and muck this up." (Laughs). Good, right. Next question? Yes please, you see if you stand what happens and your voice travels and everyone can hear better and after these lovely ladies like to see you also (laughs).

Public: It's something about what you told last night about the band between two people –

Gururaj: The bond.

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Public: --the bond, sorry. Umm, when they meet, when you talk about the love was going through. Is this because they are just even in this totality? When they meet so if – if you've fallen, it's because the girl is not in love with the man but the man is in love with the girl? So I'm <0:28:18.7>

Gururaj: Yes, I – I understand your question. What actually happens there, sit down –

Translator: Well, I'll just translate.

Gururaj: Yeah, for the others, yeah. Now the boy loves the woman, but the girl does not love the boy. So what you are doing is wasting your time, you are chasing a rainbows. You sometimes think that the boy loves you and all the time she could just be a teaser. Right, so when you find that there is no proper response from the girl in question. Now remember, like the fishes in the sea, there are many girls like that and many fishes come out of the same old, same old, yeah, look I don't know the names of your fishes but you get stock fish, they all look the same, you get kingklip, they all look the same, you get <0:30:17.2> I'm mentioning South African names, I don't know your names. So catch another one. Because love, as I said last night, is a two way street and the two-way street must work in two ways and if it does not, you don't go the wrong way up a one-way street, because you will just get a traffic ticket and pay a fine. Yeah, and the fine will be in the form of mental turmoil. So you try, yes, to win a love and if your love is not a mental projection but a real sincere powerful love, and you will make that man or woman fall in love with you. I have never yet met any woman that has not fallen in love with me, because I am love, I pour myself out totally and I drown the woman with love and not with beautiful expensive roses (laughs). You see, so if we do find, and this happens in life, where because of our mental projections we form an ideal in the mind so we are not chasing the women, but we are chasing the ideal of our own mental projection. So therefore, we don't chase rainbows, we recognise the person and the truth in the person and both flow together. Good. Next question?

Public: Was Allah an enlightened man?

Translator: Was Allah an enlightened man?

Gururaj: Oh Allah? The Mohammedan, the prophet, founder of the Mohammedan faith. Right, their most famous saying, I will say it in Arabic, "La Ilaha Illallah Muhammadur Rasulullah," I speak many languages, La Ilaha Illallah Muhammadur Rasulullah – Rasulullah, you see I've taught you a little Arabic, right, now you must teach me a little bit Danish (laughs). Good. Umm, Mohammed was not an enlightened man, but he was a brilliant psychologist. If you study Mohammedanism, you will find that they have wonderful laws of hygiene – hygiene, cleanliness – cleanliness. Right. The reason was this that there was very little water in Arabia being desert, and there's so much sand of the desert. So one of his laws were to bath yourself, for example, after making love. Now similar to that, there are many hygienic laws. He was not only a psychologist, but a very good politician. Every – there in Arabia there were so many tribes worshiping different gods and he tried to combine all the tribes together to worship one god. Now the political, which is a good thing, but the political purpose behind it was to unite the people of Arabia and he did not do it with love, but with the sword. I've been told by the Mohammedan Moulana's and imams and moulanas, you know that's what the priests are called. That if you can convert a Christian or a Hindu person into Islam, they call it, or Mohammedanism, then you will go directly to heaven. And that is how they were converts to Mohammedanism. It is a religion that is very dogmatic. You got to follow certain principles.

There are certain principles of the Islamic religion that demands things of you. Some of them are that once in your lifetime, you must go on a pilgrimage to Mecca. Now that was economic policy, not a religious policy, because people around the world who were Mohammedans used to come to Mecca for the pilgrimage and they promise you'll go to heaven – carry on – because Arabian Mecca at that time was very – very poor. So because indoctrinating people, saying it is religion, they had tourist trade to make money. Um-hmm, now Arabic people are mostly nomadic people, you know they go from place to place, they don't settle down too much and the main, what they used to breed a lot would be sheep and goats and when you go to Mecca, you got to buy a goat for killing it as a sacrifice to the god and so there was business. And if you go to Mecca, which I've not been to, because they do not allow non-Mohammedan's there to go into the holy mosques and shrines and I've been told this by many people that have been to Mecca that on the day of the sacrifice of the sheep or the goat, there are millions of goat or sheep lying dead and – and they rot away and because of that rotting away, so much disease is been produced. So I told this one big Muslim leader, very well known, his name is Moulana Saddique, I told him that, "Okay, you kill the goats and the sheep, that is al right but why not open up a canning factory? Yes, can the meat, yeah, and send it to poor, starving countries. That will be a greater service to god instead of killing them and letting them rot away.

So as in every religion, there is some good and there is some bad. Swami Vivekananda has said that there's no more harm done to the world than religion. In Islam, even in Christianity during the time of the crusades where millions of people died and then there's nothing else than religion that has done more good to the world. And it has been proven statistically that more people have died in religious wars than ordinary world wars that we have had. So to put your question in a nutshell, Mohammed was not a realised man, but he was a clever economist, psychologist and politician and he was also very ambitious man. He used to work with caravans those times taking goods from one place to the other. They had these caravans and there was one woman, Fatima that used to own one of the largest caravan business in transporting goods. So he made Fatima fall in love with him and yet she was 17 years older than him. So he quickly became a rich man. He allowed every man to marry four wives and even up to today, any person following the Muslim religion can have four wives. I'm sure all the men here will agree with me that's a good idea (Laughs). There was a reason behind this that there were more women than man in Arabia at that time. Even today, when a young man tells me he can't find a girlfriend, I say he must be a cuckoo, because even today there are seven women to every man, oh the poor – oh the poor women. Yes, you see that's how it goes. Fine. We were talking about statistics, I think I got something on statistics somewhere here. Yeah, now statisticians believe in the law of averages <audio skips> when you go home, you put one foot on a hot stove, hot burning ring, yeah, hot – hot stove, one foot on that and one foot in very cold ice or cold water. So you are averaging it out, hot and cold and you will feel very comfortable (laughs). Next question (laughs).

Public: Why is it that – that some of us start meditating in our teen and there's other ones of us have to wait till we are maybe in our thirties, why would we pre-decide to suffer first before we find meditation in our life?

Gururaj: Hmm, very good. You see, in teen say a boy of 15 – 16, right they are teens. That boy or girl of that age could even be more further developed in his yearning than a person of 30, 35. The most important point is not the age, but the yearning in trying to find the truth. You'd have young children, look for example me, at the age of four, four and half, I ran away from home to find god. You see, some people are born with that yearning. You, take for example, Yehudi Menuhin – Yehudi Menuhin, right, at the age of four, yeah - -at the age of four you know he could play the violin and at that age he could play some of the world's greatest concertos and symphonies. Yeah, at the age of four – four and a half he could play Bach and Beethoven and Vaughan. You see, so some people are born with it and other people have to make effort to learn it. That's the reason many people get attracted to meditation and spiritual practices for different reasons. We have studied the world's movements very thoroughly and all those religious or spiritual leaders that I've met, we've all agreed that there's a very small percentage that take up spiritual practice to find

god, good – good. But the majority take up spiritual practices because of their personal problems and if we talk of people's problems, we can fill up a long list, someone has girlfriend trouble, boyfriend trouble, husband trouble, wife trouble, job trouble, sicknesses, all these that, but for whatever reason if they start, it is good. Perhaps the problems you have were necessary to make you start on the path. Yes, now things don't happen overnight like I've had a letter from someone in Denmark, he writes to me, "Gururaj, I've been meditating for three weeks now and yet I haven't found a proper girlfriend and I am not rich yet. These things take time. You see over all the lifetimes we have accumulated a lot of dirt, samskaras, impressions and it takes time to rub away the samskaras.

We used the analogy of a dirty pot yesterday, you can't just look at the pot and it will get cleaned by itself, you got to scrub it. You see, then it becomes clean. So it takes time. Some people progress faster and some slower but that is those that are slow must not be discouraged. You'd find world leaders like Churchill and others who were very stupid in school –and others, Einstein also. And they became world leaders because they carried on and on and on and were not discouraged. Now the same principle applies on the spiritual path. Keep on keeping on, you see. Good, next? Or shall I find another joke while you're thinking? You know there's a boy Sean, Sean right and he had a girlfriend called Eva, and they went out and of course they never got married, it broke up. Then he had another girlfriend, Hanna and for a while they carried on, it didn't work out and then he had a third girlfriend, Susanna. Now in between all these love affairs of his, he went to his father to ask, "Must I marry this girl?" so even for Eva and Hanna and Susanna, the father said, "You know my son, don't tell your mother, but all of these three girls are your half sisters." He must have been a terrible old man. So one day the mother asks the son, "Why don't you get married?" So then the mother forced him and he told the mother, "you see these three girls that I wanted to marry, father tells me that they are your half sisters. That is why I couldn't marry them." So the mother says, "Nonsense, they are no relation of yours at all." <0:59:00.2>

Public: Oh yeah, the father was not the father.

Gururaj: (Laughs) The father was not his father. Um-hmm then there was this young man, so he took the red-head girl home and the mother didn't like her because she was one of the fast, you know, disco girls. Then he took another girl home which she wanted to marry and there too the mother found fault, you know, she was too la de da. Then the boy decided let me take a girl that is something like mother. So he took another girl home and said, "Look I want to marry her." And – and the mother was very pleased because she used to cook like the mother, she used to walk like the mother, she used to dress like the mother, she nearly even

spoke like the mother, so the mother liked her. So then he met a friend one day and he says, “ Man you had all these girlfriends and there was that girl that your mother liked so much. Why did you not marry her?” So this man tells his friend that, “My father objected because she was too much like my mother.” (Laughs) good. Next question. Yeah.

Public: Day before yesterday <1:01:47.9> went to the zoo.

Gururaj: Went to the?

Translator: To the zoo.

Gururaj: Soo?

Translator: With all the animals.

Gururaj: Oh, zoo! Z – Z – Zoo, Z – Z -- zoo.

Public: And then we had an experience with the gorillas was like a –

Gururaj: Oh sorry you had an experience with the gorillas, did they recognise you? (Laughs) I like teasing. (Laughs) carry on.

Public: What we wondered is if the gorilla can think and what kind of consciousness it has, because it was – it could have been <1:02:41.0>

Gururaj: You know that is a very profound question – it’s taking long – (laughs) it’s a profound question, very profound question and – and I would not be able to do you --<horn honking behind>

Public: It’s food time.

Gururaj: --and – and I cannot do you justice in replying you in five – ten minutes, because here the question revolves between the difference of animal consciousness and human consciousness and I would like to speak an hour on that subject. So we could use that as our subject for tonight. Okay? Fine, it's a lovely question. So we remind me of it because you know I don't remember anything, yeah. The reason I don't remember, because I live in the moment. The past is gone, the future's not there. If you live in the moment, then you know the meaning of eternity. Good. We heard now some ship hooting (laughs), they're calling for lunch. Good, fine. Right see you later this evening.