

*Kirtan at Quintessence Ashram, 28 November 1981*  
Raja Ram's and Sita Devi's house at Ladbroke Grove

*Excerpts from discourse*

'... We are very blinded from what we are trying to see for millions of years. God at the end, the last rung, pulls the thread of the soul, and you come up. Everything rests with Him, but it feels as if we've been thrown into a pond and the water is stale and getting bad. So life is not that pleasant, though it's very providing: there are writers, journalists, artists, musicians [all] trying hard to earn a living, but the product of it - nothing is so contented at heart.

We're living still in a dark world but we are ourselves the best fruit. It's ourself first, it's up to us now how we're going to take our life up there or down here, we're going to lead our life with all these facings. Everywhere you turn you face something - you go home and there's the house problem; you go to bed, the bed's old; you walk and you fall. Everywhere there are these little things, nothing is harmoniously at peace.

But there is a way to go over this, you have to be very patient; it's long, weary, teary, [and] you have to be very very patient in this game of tossing up and down on present and future worries, [you have to be] strong-minded, to have the grace of your centred thought, the grace of God. [And you may have] picture guidance - God in the shrine. Believe that God is in the picture, that suffices for your turmoil of life.

'...

[Reads from Brahmananda] *"The aspirant meditates on the shining form of his chosen ideal, he prays to him and makes japam."*

'Now, you see those who have realised God give you a clue. The clue is "shining"! That's where the hypnotism unlocks itself. Keep it in darkness and you remain hypnotised. So you accept we're living in a hypnotic world. Darkness, lack of light, lack of knowledge, lack of shelter... You have everything but nothing is working. It works for a minute but it doesn't keep working. And you're in your work, you're like a stitch in it, you're attached to it, stitch and thread in the canvas, making the whole life, which is not permanent, seem together. You must realise this impermanency. It is this the Shining One dissolves.

'When you see light, light speaks without tongue, light gives understanding, you become your superior self. Before you were a lost self, a bit in darkness. Now you can see further with the help of height and light. Height means climbing up; the path is stumbling and slippery - you go out and fall down, so how will you get to the light? Winter is coming. But the height is closer than the close. It's your magnetism of thought, your zoom of consciousness, that brings height, that makes height close

'... Height means thought, how to go there. The procedure of height makes you think, so before you go too high there must be foundation. Our foundation is a human birth - that's the footstool. The footstool is so important, but the foot of the Most High [is greater] - never mind the footstool. "Thy two feet are my boat to cross the ocean of this world." Worship the lotus feet of God. Lotus - the petals - these flowers are light, invisible materialization of soul... The material things of God's creation you have, but the secret knowledge of creation is in abeyance due to lack of practical karma and consciousness and yoga. And realization. Therefore we are like different

threads. Some people are so weak they have fibre coming out, and some [are so] superstrong they can bind God in no time. One thought, one word. They fight with God, they argue with right knowledge. For God doesn't speak with tongues, it's all spoken, it's all understood, He doesn't have to come to tell you, the whole thing is understood without being told.

'...That's why human birth is so important, because people can talk to people, and people can change their being and attain to Brahmanhood. Isn't it so? Fight God with your truth! If you're ignorant tell God, "I don't understand" – there's no fear when there's Him to deal with. Always speak the truth! Try, my friend. Never tell a lie. This is maya, hell and darkness. Promise yourself never to tell a lie. Sri Ramakrishna said, "Truth is the austerity of this age." [Jesus said,] "I am the way, the light and the truth." Truth is being born again and again anew at every age.

'...Light is close, light is the secret of all secrets, my children. Light, light...All this is artificial light, [even] moonlight is artificial light, [but] daylight is not artificial light, not electric light – not shameful karmic light. Man has to play with the dim [side] of the eternal light. Once you have seen the eternal light all these things dim – "There the sun does not shine..." Self-effulgence like a thousand suns. And a little pip in the vacuum of your third eye..

'...Wherever you [look] you will have the heaven glittering, and the Lord Himself will make sure that you shall not be in darkness, because you meditate on – Light. Though you may wear a dark dress, light will interpenetrate out of dim darkness. A yogi will see that these people are having to break their cocoon. Your hair is black, your moustache is black [*to Raja Ram*], but there is light coming out of it.

'...I will tell you a great secret. This vision of God is Parabrahman. A yogi takes his soul out of the crown/centre of head. Therefore in your meditation in your bed (you don't have to sit) you take your soul, and your breath, you hold your breath, you breathe your thought. ...The longer the thought is, the longer the retention [of breath]. At the same time it purifies, [gives] good health, the mental eye gets vision, and that clears the optical condition just the same.

'It's the easiest procedure to hold your breath in your bed (it will keep you warm too!), and take your soul here to unite with this blazing invisible vision light of God. Slowly things will appear with magnetism. Unity of Paramatma with jivatma. Unity means no separation of height or depth – it's one block, one mass, homogenous. Let's try it, at least practise it. When you breathe in, breathe that light, take the light here [to the heart], there is jivatma, take it up from here [from heart], unite it here [in the head] with the divine light. Now think you are in your bed – that's how you're sleeping. It will work, because this is heavenly wealth put in the coinbox of the Sahasrara – the only valid money after death.

'[Do it] slowly , two or three times like that, till you can increase it to as much as you want. But don't get the brain heated (Sarada Devi says) – with love you do it. Do it with great consciousness, love, and when your mind gets tired give it up. Spirituality is not an exercise by force.

'God is love, and love should be far from jnanis. There are two blocks: one is sandalwood, the other concrete. The nail goes into the sandalwood – when you take it out it smells of sandalwood. But the nail gets bent against the block [of concrete].

'...

[*Reads from Brahmananda*] "You have seen enough of the world, Now see the other side of life," 'how to see the other side? There is no light? To see means you must have [light] – I told you, you will stumble, there is a big block. Boulders have fallen in your path, mountains of pulverized

sins have run down in form of boulders and are blocking your path. In your own house, your own path. It was all right when there was some dim artificial sunlight. As it is, the sun is reflecting.

‘There is an *AUM* in the Sun but without this tail. I’ll draw it [*Ambikananda draws*]. Now, suppose this is the Sun, the very edge of the Sun here is the *AUM*, and there is a twist. Now this may also represent the *U* of *AU*... and maybe there’s something here that is not seen. You understand, that’s the visible sun, a reflection of the *AUM*. You can meditate on the Sun with this *AUM*, and the same size of a disc like that, millions and millions of luminous rays. ‘You’ve got the Sun, you’ve got the *AUM*, you’ve got the rays, and it dehypnotizes you, the elements, the filament of soul as it is. The filament that keeps body alert, alive, conscious, aware, knowledgeable, and light. It gives light to the eyes of the soul.

[*Reads again*]: “*You have seen enough of the world, Now see the other side of life.*”

’As I said, the other side of life there are two lives: life according to your deeds, as you sow so you reap what you have sown, my friend. You are a seed of Brahman, yes or no? You are supposed to [yield] harvest – the world is your field, to produce light. What have you done with your light?

‘I said, “in this life.” I love you now, I don’t care for your future coming back – I’m in love, I don’t care how beautiful you will be next birth, I love you now! Therefore you have to see these conditions – “the other side of life”. I tell you, it is in abeyance. It is to be pulled. The veil of maya and ignorance will be thinned down, and you can see through – spiritual experience can be painful, can cause physical pain. If the man is eager, eager, a spontaneous realization meditation – then body drops. Sri Ramakrishna said, “The big elephant gets into a little hut and shatters it.” As soon as the elephant goes it’s not a calypso, it’s a collapse-o. A lot of things happen in the house, in the body...

[*Reads from Brahmananda*] “Remove it and you will find Him!”

‘We’ll not explain that. I tell you, Mother – and we are children of Mother – what’s the time, is it nearly Arati? Play a little music...

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*Friday, 17 February 2006*

JAI GURU DEV

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