

RKLoka

31 March 1984

read at kirtan Saturday, 02 October 2004

The 'breathing' mantra *So Ham* is like the duster you use to clean the lens. Love is the lens. When that is cleaned, your concentration and love attract the object of meditation, reflect the light. The mantra is like a solution for cleaning the lens.

Breathing attracts; when you breathe in you call God. If your mind is pure you can attain to God just by breathing, and by holding the breath. I used to have so much capacity, power, I didn't know about it until I told Christna Das - and then I lost it! I must have been a kind of breathing yogi before. Actually you breathe God and you release Him, that's what it is. Breathing is such a magnet, you pull God, you attract Him. And with the mantra, purified, and with concentration, all this combination becomes like a boat on a calm sea in full moonlight. The presiding deity of the mind is the Moon...

If you really want a light, strike the match hard. If this matchstick is soaked in worldliness you are wasting time in meditation - Ramakrishna said the same thing. However much you strike a match soaked in worldliness it will never ignite. But if the matchstick is dry, there is no reason why you shouldn't get a spark and some light. When you see the light it will control all your meditative power.

God speaks to the devotees silently in the depths of his thought. You can hear God silently, in the depths of your soul. You establish a relationship, He guides everything, and you can hear Him in the depths of your meditation. If you're very still and quiet, He speaks to you in silence.

Raja Ram: "In holy quietness..." [quoting Sambhu's song]

Sw: "He speaks to me..." What is beautiful is when you hear it and it's true. In the depths of your meditation, silently He speaks to you. You can hear Him very clearly, soothingly, in a motherly way.

The feet of God - the greatest worship in the world. "Your two feet are my boat to cross the ocean." Everyone takes the dust of the feet. *Guru pada*.¹ M got realization by gently stroking Ramakrishna's feet. The guru allows you to do a tiny service like that, otherwise how will the devotees attain in one life? I saw M still in his meditation now. He realized the Mother, which is not an easy thing. His silence, his depth, his profundity, his love, his concentration, his truth - he came and became, and then he left. M would say, "Listen, it's midnight. Stop talking, let's chant OM as the Master directed us."

OM chanting is everything; it's healing, it's trance.

Ramakrishna has created a loka for his devotees. He chooses his place. This place is called Ramakrishna Loka. Kedarnath [in Devon] was [for] the Lord Shiva. In the egg there is cosmic consciousness. The lingam is like a little egg and in that there is the whole cosmos...

Everyone has his own richness, his own divinity. A man can talk about his experiences, but you may say to yourself, "I have experienced mine and that is more valid [to me] than all the things you tell me you have [experienced]." No doubt he has great [experiences], but the tiny little spark that *you* experience is such a precious thing, it's a gift, it's a visit from the Most High. That's where silence comes from - it's not that you're observing silence, but that He has put you in a silent state. He drops in like a cascade and silences you, a cascade of light and water and divinity, all of a sudden.

So be prepared, pray and watch. Respect God, and give some food to Him. Food is Brahman. Because we feed the Gods they come and eat, they say, "Where is my food?" like little children! they partake of their share - so you can see how blessed this food is. Ramakrishna fed Vivekananda by force, closing the door. And he fed the Mother like that also. Food appeases hunger, therefore God is the food of the soul...

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¹ Shirdi Sai Baba Kings Cross dream Apr 1983

