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Excerpts from discourse at Ramakrishna Loka,

'Satsang is very important. You have to change, to throw away the old rubbish garments and put on new. You have to be in the thing, in the fitting; you must throw away the old excessive thing, the old ugly thing that is not required. Chip and clip the fetters. Your body is to be fitted into this.

'Music is a part [of meditation], then you form a harmony. Our Master [Sri Ramakrishna] was a master of harmony, not only in music but also in religion. The harmony of religion was his work. This is God's work; ordinary beings can talk and talk, but who will listen if they don't get their power from God? "*It is Thou that singest the song, Thou that clappesst Thy hands, man only thinks he is the doer.*" You must be in that harmony and in that tune...

'Devotees are like strings of a bass guitar; one of the strings is E - know ye the Lord. A is Atma. D is divine. E is also Mi, *Aham Brahmasmi*. Four strings: OM TAT SAT OM. All sounds come from OM, so we have to demist[ify] ourselves completely in this hidden God, in this light, this self-effulgence.

'God comes down to Earthplane, and as soon as God comes down man starts to cry, seeing God in spiritual experience. Why does he cry? God comes down with the Goddess; the Power of God is the Mother, and Mother sheds tears when Her children come, [but] not because of pain. Why cry? I can't explain why ... "*Some weep, some laugh, some dance for joy ... drown me deep in the sea of Thy love.*" There is initiation on the throne of immortality. Dance in samadhi...

'God comes down and does us a favour to help us out of this mere maya mesh. He helps us to help ourselves. So man must revere Him. Everything about Him is God, every single action. Even the rubbish of God is still God. The dust of His feet gives salvation and forgiveness. Blessing comes down from the dust of His feet. Wherever He looks is blessed.

'The mind is like a bird. It can either fly to a certain height or it can just spread its wings and glide. There's something very special about that state, very beautiful, and if the mind happens upon that state it can play itself a tune. The music of the mind is like a gliding bird then, and any instrument will do, anything that touches on that mind will have a divine tune coming, even if you only have one string, or just a clapping hand. Didn't Sri Ramakrishna say we should clap our hands and sing, and the birds of sin will fly far away?

I see with my mental love - there's a mental body of love, a love that has crystallized in this body and become form - gross, coarse, but really the soul of that is candy, it's not just 'treacle tart'¹. That's perfect, nothing lower will do. That's the *Neti neti*² plectrOM of a picky-choosy bliss of Vivekananda...

'God has eyes everywhere. When He is in trance He follows the line of his vision and goes to the path of light. That's why He follows light. Whenever someone is meditating with great love, wherever He is, whatever part of His realm God may be [in], Jana or Maha plane, He will come down and disturb the devotee. And not alone but with the Goddess, the family, and the devotees. God is never alone. God seeks His devotees, lives with His devotees. That's His company.

... God is in His name. Quick chanting of the Name - essence of divinity. God "becomes into" the consciousness of the devotees. Then if you're not ready He hides Himself again. There's withdrawal, but you get a quick flash. Then it's back to normal again because you're not ready in this life. The world of divinity has nothing to do with this world.

'Opening the curtain of darkness a drop of divinity is given - fragrance of oleander, jasmine, sandal paste - and this in itself stills the mind of the devotee. His mind is stilled in the essence of divinity. He has lost consciousness of the world. The vision of God takes that person and makes him cross the three world-seas - Bhu, Bhuva, Swaha - as if God has come with an aeroplane. "Anytime we'll have a little charter flight, a cheap flight together. Not too too high!" But you feel the essence, you smell the marigold [garland]. The smell makes you conceive God. You can see - it might be a hallucination, but it's beyond the world. You have to see for yourself.

I like to sit with a guitar and ponder the Name of God. Here the dream is [clothed] in the ashy garb of the cremation ground where desires are burned. Singing the Name of God on your own, like a beggar on the road, sitting by a tree, "*blest indeed is the wearer of the loincloth*". ... Sometimes you can play with just one string - too many instruments can cover that Thing. Hundreds of deities, all are one...

It's very difficult to see God. [But] He takes name and form because the devotee forces Him. Turning the key of meditation, the devotee unlocks himself out of his prison. Otherwise, why doesn't everyone see God? He's a whole mass everywhere, so why take form? [But] you should take a certain Name, call Him wherever you are, and He will quickly come, crystallizing [into form] just as water becomes ice through the cooling influence of [the devotees'] love - as Sri Ramakrishna says in the GSR. All truth comes from God, and all love is God's. We are a little typewriter tapping out these words.

... The Lord Himself has put your fingers on the right notes; He trains you; He is the doer that trains you, [He] puts the words [in your mouth], as Sri Ramakrishna said: how after one word Mother puts another word, as at Kamarpukur the ladies doing the rice under pestle and stone, one hand puts, then another.

¹ ref GSR

² 'Not this, not this'

We have got heart, not knowledge as such. I have got a small heart and I want to fill it as much as possible. I take my heart, I take my mind, and I put my heart *there*. I fill my mind with my heart's thought. Where your heart is, there your treasure is. Who said that? Jesus...

According to your heart, so will be the visit. God dwells in the heart. He knows how much you are pumping. When that heat of love rises to the surface of the eye, my God, it cracks the dome of the lid, it gushes forth ... to know God is permanent.'

Jai Guru Dev

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