

Excerpts from notes taken during and after lunch at Madonna's house at Corfton Rd, Ealing, London, May 31 1993.

Get rid of passion, that's the greatest conquest. Through the power of purity you become immortal, you become God. God is not a fantasy or a whim. He creates all this [maya] to test how strong a man is, how transfixed a man is in Him, in singleminded, onepointed consciousness. That was the advice of Krishna to Arjuna. When aiming at the bird he doesn't see the tail or anything, nothing but that part he's aiming at, nothing else; this is onepointedness.

But without practice...without practice a man is tossed in the world by the detrimental influence of the world and its unawareness, like a fish that thinks it is safe going in the net. What is practice? Practice of goodness; you don't have to practice all the sastras and sutras and upanishads, not completely, but to a minimum of one sixteenth, so says Ramakrishna, and then you are walking with the knowledge. But still your eyes are blindfolded, you know this is your room but you are feeling your way, so remove these and see what is what. Meditation is to analyse; with meditation you go through death, through the body, to develop invisible lives, more than death; that is immortality; that is meditation: deathlessness, the immortal self. Your nature is divine, God is unborn, birthless, deathless. It's unification, like a river merging in the ocean.

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I am the river of consciousness. I clean, I wash, I purify, I quench thirst of souls. I deal with souls, I don't deal with bodies. I dwell in a body like a garage, I go through the rite and ritual of birth like anyone else, subject to hunger, thirst, a few desires. But I don't let them grow till death, I kill them before death, I bury them; if they raise their heads I nip in the bud. This is the practical philosophy, to nip in the bud, to trim, to suppress, to have discipline. And then on top of that, if you practice all these disciplines, you gain samadhi, attainment, and you go beyond, you aren't subject to these things, you become *karmatita*, you go beyond nature, and nature becomes your friend.

These are different states of advancement, of reach; [then] you aren't affected, you don't need air to breathe, you don't need this body, you are in an etheric condition. This body stays here, it is subject to rot, it cannot be there. [But] you merge in elemental cause in an etheric body, causal body, thought, mind. The mind is so pure, so powerful, it can even lift that body. So you must control it; [but] the mind is not easily controlled, it wants to control everything, so you must be a bit of a boss of yourself, tell yourself off, be the boss and the servant as well. Tell yourself terribly off, put yourself to shame; say, 'This is shining, your soul should be like that; your desires should be toasted, roasted, so that they don't germinate.'

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Remove desires, then 'Wake up the note!' You don't have to walk, you fly. That's the quickest way, the flyover, by the power of thought. The transport of immortality...

If you can't meditate, have a break on the piano, go back to school of music. Practise a scale, know how to advance onto the next scale in life. Transcend this scale and go into another scale, which is bhava [spirit world]. From Muladhara [basic chakra] to Svadhista [second chakra], from Svadhista to Manipura [navel chakra], from Manipura to heart, from heart to divine, and that's enough for the time being, it all depends on Him.

Go back to school of music. Practise. Play music, loosen fingers, Radha will come, Radha is the teacher of music. The third stage of Radha is the eternal Radha, but this eternal Radha is hidden. The basic Radha is the romantic Radha¹.

Ramakrishna was a musician, he never let [pass] a false note. So be a musician. Take refuge in sound. Sound is Brahman. Even in meditation, God is expressed in sound. The progress of meditation is perceived in cymbal, drum, then flute, then the rest. Once Ramakrishna was meditating, by listening to music, and all of a sudden the Goddess Herself appeared. And in that state he saw all life, everything was alive, he saw yogis sitting and flocks of birds flying. And we too have experienced this. Raja Ram was there.

Play music, and you become sound. Sound is the reformation of the deformed soul. After he left the world Guru Dev [Ramakrishna] told the worldly-minded Girish to get all the poems of Ram Prasad and Kamalakanta, read them well, and sing them. And when Naren sang [kirtan for Ramakrishna and devotees], the room absorbed the divine power, it became electrified. The room is just bric and brac, but you are human beings, more than bric and brac.

Here we merge in school of practice. Not till you practise what we say [will you receive]... I know you are householders, so it's very hard. It's madness, it's through the borderline of madness, passing through that high tide to the high state, the high state which you know nothing about. Children should not fish about in that high state. You will be taken to task, for your own good. I'm only forcing the share. Who would you like to ride on this vehicle? Shiva? Krishna? Who is the *mahout* for this body? The *mahout* also is Narayana². You must abide by the *mahout*. If you don't listen to the guru *mahout* you will go down.

Music is a marriage of flowers in the form of garland and crown. It's a wedding. Spiritual fiesta. Guru Dev said: 'Sing the Name of the Lord and clap your hands and the birds of sin will fly away.'

These people – Jesus, Ramakrishna – are like letters coming from heaven in human form. And experience is like a postmortem of your spiritual practice. You put the letter of that Word, the gossip of the Gospel, into spiritual practice, and you have experience, and you are carried there. Thus you break monotheism. You start with Ramakrishna and then you go universal. You discover how one God becomes all these other gods.

Devotees have to abide by their elders. You think you are devotees but maybe you are not! Become one and you will see how much the one who is telling you [Swamiji] is helping you. He's not only helping you but is forcing you to write it down and put it into practice. Not until you put it into practice will he re-dress you. Whoever is in charge of you has got that responsibility from the Master. He is only a servant of the master. The Master is invisibly present, hidden in your life of daylight.

...If you're mad for the world when you die you will be reborn in the world. Don't complain. Work with dual consciousness. Work and worship. Don't be a slave to your work. People are not attaining by what we are saying for 25 years. So now we are sending [you] back to the school of music.

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¹ According to GSR there are three forms of Radha, consort of Lord Krishna: the playful, the romantic and the eternal.

² Refers to Ramakrishna's story about the elephant Narayana and the mahout Narayana.

From darkness lead me to light... But for me it's enough to say just 'Lead me from me to Thee', nothing else, 'From I to Thou.' When 'I' is no more, Thou alone... '*Tat twam asi*.' But Ramakrishna says it's no good to say 'I am He' until you have assimilated. So, 'From I to Thou.'

Make acquaintance with your guardian angels. They are your guides, like your semiguru, your paramguru. Your attention is dead to a lot of consciousness. They revive your consciousness. They are your Gayatri mantra, they are your 'May we know the Lord, let us contemplate the supreme Reality...', they are your reminders, your *smriti*, your memory.

When 'you' is denied, bliss flows unconditionally. Write that six times... When desires cease, when there is no desire – then a man is fed by force, like Ramakrishna, he doesn't know how to eat or drink. Such people become like a child, they are a child, eternal companions, divine born. ...

Final liberation, mergence in the great cause, where there is no return. So go home, practise, do scales, scale upon scale, learn it by heart, close eyes, get these things skillfully. Then come to satsang. At kirtan you will be a torch, one to shed light. People will borrow light from you. Beyond kumbhaka is experience, experience of transcendental state of existence.

...Visitation is a great thing. God comes Self-uninvited. Where there is satsang, He cannot resist. He comes and supplies, elucidates, He comes to clarify. He is the clarifier of the satsangis, He is the light of the weak lamp of the devotees. So when you have lit the candle, let that go out last, don't let the windows of the world open, and don't look left and right. Let your mind, body and soul be unaffected by all this worldly condition.

Visitation is not a bait, not a bribery. Visitation is an initiation of eternal responsibility. You have heard of the eternal companions. Who are these eternal companions? One like Rakhal³, one like Peter. Even God lets these judge. Didn't Jesus say, 'What you bind here shall be bound there; what you loose here shall be loosed there?' He said, 'I trust in you.'

I am talking on behalf of Christianity in one way, and on behalf of Hinduism in one way. I am neither Christian nor Hindu. I am unknown. I am unknown. I take name and form where it is in God to send me. Sometimes in this womb, sometimes in this house. I come to your house, I come to you and tell you what is this, what is that, I put everything in order and I go, that's my mission. The gentle Hindu comes in a humble way. He is not violent. He is the greatest child of God.

HARI OM TAT SAT

JAI GURU DEV

Saturday, January 13, 2001

³ Rakhal became Swami Brahmananda, author of *The Eternal Companion*.