

Apr 25-27, 1980

Kedarnath, Friday, 25 April

Swamiji spoke in the kitchen to the devotees: Mahalakshmi, Sita Devi, Jai Narain, Chandra Rakhal, Sada Siva, Sri Lakshmi, Satchidananda:

‘When you come here you have to become here. The Lord is everywhere. Does He cease to exist when you cease to think of Him? Those with the eye of wisdom can see Him manifesting ...

‘To Brahman will attain only those whose minds are dedicated to Brahman. The food of the tongue will be the food of the soul when it is dedicated to Brahman... Say grace before eating, offer food and take a long time offering it. Otherwise your toil lets it down from high to low. After toiletry of the body, toiletry of the soul. Take Her Name. Put your mind at the lotus feet of the Lord and keep it absorbed at the lotus feet.

‘The way of divine love is very strict, because without strictness how can it be so pure? Sati means purity, the eternal Kumari. *‘I have worshipped you for many moons, therefore O great Shankara, receive my garland’*¹

‘Without austerity there’s no power. But the Lord says: ‘My maya is greater than your austerity, so know when you’re doing it that it depends on Me to grant it... Yogis are divine artists [working with] colours of God ... These songs I sing are the children of the yogi, children are the fruit of love.

‘What is required is extraordinary firmness of mental state, and extraordinary fineness of mental state. But keep doing in all states. The way you approach Him is what matters.

‘Karma is an empty bag to be kicked when you’ve given your mind to God, which is most difficult. God is always attracting us, through the Sun, through the song of birds - morning and evening continuous they have *sandhya*,² starting first thing in the morning. But it’s not easy to give the mind continuously . The heart must remember MA even while you’re listening. When daylight comes, ‘Forget Me not.’ Faith and love, faith and love. Your 24 hours is limited, mind is limited. Get the mind, body and soul – three in one. But the eye of wisdom is not for cracky men. You have to give your mind 100 per cent – love from the core of the immortal soul.

‘God is very hard to see, so get the rope of love. God seeks you, and you come to realize, taking the path of renunciation *Prema* - divine love - is not a cord but a flower. Sri Ramakrishna said, ‘With flowers in hand I prayed, Mother, here is Thy knowledge and here is Thy ignorance; take them both and give me pure love for Thee...’ When God receives the flower offering, why should you fear? You are a flower – blossom!

‘Pour the contents of your mind at the feet of the Guru. Bow, first thing. Put your mind *there*, and God will see and touch your mind now and then. God may not be visible, but He is tangible. God will take the head, but first He will work through the whole body, from the toes to the hairs of your head – or through other people. After God holds or touches the head, open the eyes, rub the eye of wisdom a little. If God opens the eyes one doesn’t need books. The eye of the soul is God’s property, and part of God’s eye is given here in *ajna* chakra.³ As soon as love swells to *ajna* chakra the vision of God may be seen. When love swells, eyes cry, the little speck of dust that was blurring your vision is washed away. When the eyes are washed through devotion, formality stops and becomes love, the goal of meditation: the upwelling of love from the heart...

‘God is in His Word, and the Word is in your mouth. Every time you repeat the Name of God, God is coming out of your mouth. Swallow it yourself and get nourishment. The Word of God is as good as

¹ from Ambikananda’s *The Marriage of Shiva*.

² A ritual of worship and meditation performed three times a day by Hindus.

³ Sixth chakra. Located in Third Eye.

God. It is Her love that sucks us. *Vak* – the Word of Mother – the VacuOm. She is the Vak-u-OM. Getting the dust of the Mother’s feet, surrender your mind completely to God. But you can’t renounce your responsibility; your wife, your children are objects of love, manifestations of God.

‘You have to become a child of God, sleeping in His lap... Mother plays hide and seek. Bondage and liberation are in the mind, She confuses your mind. Wipe your eyes, it comes from your love.

...Honey of love Maha Mai KALI MAI KALI MAI MAI MAI I AM I
AM

All that is learnt is forgotten. All that is left is MAI MAI MAI

‘ “Ma, I throw myself upon Thy mercy. May the lotus of Thy feet ever keep me from whatever leads Thy children away from Thee. I seek not, good Mother, the pleasures of the senses. I seek not fame, nor do I long for those powers which enable man to do miracles. All I pray for is pure love for Thee, untainted by desire, love without alloy, love which seeks not the things of the world, that wellest up out of the depths of the immortal soul”⁴.

‘The supreme Self is of the nature of indivisible knowledge. *Sat*. Self-knowledge is not learned, it is “Thy will be done.” Thy will be done through devotees and the interference of God. For those who have merged day and night there is no day or night.

‘You have to face the devil in meditation. But once Hari is recognized then He goes away and frightens someone else. ‘God is not punishment but love – but not in a demonstrative way.

‘First let there be mental austerity till the mental becomes concretized and tangible – you can see God with the pure eye. Then physical austerity. We have to be very austere to ourselves. At every opportunity, cross the legs and think of God, how great He is in brick, stone, air. But those who don’t want the world don’t want these things.

‘When you love, you must give hundred percent love. Before you give a second to God, give without a second; in love to know Him. Out of love I add, and I multiply with love. Numbers are a limitation, but I am unlimited.

‘Bow, first thing. Put your mind *there*, and God will see and touch your mind now and then. Is out of sight out of mind? Is He in the senses but out of them? The boat lives in water, but if water gets into the boat it’s no good ... it’s in the mind. May that Brahman illumine our minds.

‘Love means withdrawing in one way. I’m going to fetch water – it’s no good if I come back with an empty bowl. Who gives? The source is undying, the source of birth and deathlessness. If you take our word, thread it like a bead. Every Rudraksha bead has five faces, tears of Lord Shiva.

‘The soul is Brahman. Put word with soul, sow it in your heart. These words are like seeds, full of life consciousness. “To Brahman will attain only those whose minds are dedicated to Brahman.” The food of the tongue will be the food of the soul when it is dedicated to Brahman. My crop is plentiful, but only those who are really hungry will benefit.

‘I touch the wall of my kitchen and I feel very blessed. *Sat*, my mantra, has sat here. “He who is attached to the Real, *Sat*, becomes *Sat*, Real” (Vivekachudamani). Here it’s a restaurant of *Sat*. Food may be lacking⁵ but bliss lacks not. Come, take *Ananda* from me. I am *Ananda*. Be ready, be full, be detached, be Myself to understand Me. Be My ways of bliss. We will pay you in form of light. The heart must be washed. Money must be given with a pure heart. Here we remould the head. Children’s head are fragile.

⁴ GSR, read by Swamiji at kirtan 16 February 1980

⁵ At Kedarnath food was never lacking!

'The anvil is heavy-hammered, receiving a lot of blows. But there is a solution which melts iron – my Mother's Name. Crushed karma. We are children of Sri Ramakrishna. Here is the place to put head on the anvil, to remould. We say, "Come, shed a few tears, put this head and heart on the anvil. Be like an iron sculpture, a wrought-iron sculpture, make the third eye, the tongue. Nothing else is needed. Contemplation; Iron Age eye; Sweetness from the tongue; Light from the eye.

'God is the love of inspiration. He is known as Thousand Petals to those who know Him in the field of the Sahasrara [chakra]. But here people don't pay attention. The barn is full and not locked. Light is there, but the key is with us. The birds don't know what they're eating – these seeds are going to transform their birth. But if the seed falls on bad soil it decays. Divine madness is lacking. Be reborn with divine madness.

'What is love? The wafer of a tiny particle of penny-sized Host.

'See everyone as wax, including myself. Wax will soon melt and dissolve when it melts. Then [*sings*] "The black bee of my mind Is drawn in sheer delight/To the blue lotus flower of Mother Kali's feet," But "Tasteless to the bee are the blossoms of desire"⁶ The bee works at night to get the honey of love. Prove it. Don't let the honey leak out. You have to give up a lot of things.

'I am a bubble. The bubble rises from the seabed to the surface and bursts. Sea of immortality. My state of yoga is ripened madness. We climb the cobra⁷ to see God. Just tread the path by force? But nothing can be done by force. Then bliss of exhaustion. "Come take *Ananda* from Me. I am Anandaswarupa" (Sathya Sai Baba).

'First God is Mother, the Father, then family, wealth, knowledge ... *Twameva Mata, cha Pitas twameva*. Whenever there's a door of love, He peeps in. Yogis follow the path of light. Love has come. It is you who have intruded sex, gender, colour, etc; but love is samesightedness and oneness.

'No artificial light without inner light. Those who can meditate, let them meditate at all times. Give, give, give, give. Share, love, share. When you give, give handfulls'

Then Ambikananda told devotees of a vision he had had recently:

'I saw with these eyes Sarada Devi coming to the caravan, carrying a blanket on her shoulder, her hair grey. She was about fifty, so beautiful. You must believe in devotees.'

Apr 26 (Saturday)

Devotees including Sada Siva, Chandra Rakhal, Sri Lakshmi, Satchidananda went for a walk with Swamiji around Clatworthy Reservoir in the heart of the Quantock hill country.

Swamiji said:

'The plucking of one string is enough to create a world⁸. The spider makes a world/web from its own body.

'Remember, the less your luggage, the lighter the journey. That extra effort of willingness can be very good – God sees self-effort. He knows we are very weak. It's not the amount of austerity that matters. The mind is like a radar, reflecting what passes in the *akasa*. The pure mind sees God. The fruit contains the seed as well. The gist of it all, the first thing, is to surrender the mind.

⁶ GSR song

⁷ The cobra round the throat of Shiva

⁸ Ambikananda may be referring to Sri Ramakrishna's vision of Sarasvati creating worlds with the music of her vina. See *Visions of Sri Ramakrishna*.

‘We want you to be the same [as us] so that you can enjoy our bliss – not mind, not intellect, these come after. The Face of the Mother is Knowledge, but who can read it? The vision is good, but greater is the interpretation. Without faith millions of books lack memory.

‘First was love of Shirdi Sai. But only those who receive his blessing can proclaim. Otherwise they must abide by strong faith in that Word. Sai Baba is Kundalini yoga himself, sun and water. Ask him if he’s really the equivalent of Babaji? Ask him, “Are you Mahalakshmi?” You must have faith and talk to God. Talk to Him and God answers every thought. And the answer of God is enlightenment...

‘I sneak, I snake in everywhere where God is. But don’t go beyond your experience. You have to be very alert to anticipate God’s thought. Ignorance is material delay and loss. Our presence is to curb your sight, put you in a blind state, clip your outgoing senses.’

Saturday Evening:

‘First think of God; then open the petals of your heart and see your God with radiant face. Here it is all radiant. [sings]:

‘Upon the Sea of Blissful Awareness,
Waves of ecstatic love arise...’

There was always music at Kedarnath.

‘You are too conscious of your gross state. Fly on the wings of Sraddha and Bhakti.⁹ Speed patiently towards God. Why rush to see Me? I am everywhere... Atma manifests Itself of Its own accord. Wave after wave of bliss in the Ocean of Satchidananda.

‘Keep aloof. *Vivekachudamani* says:

“He who is aloof while living is alone aloof at the dissolution of the body.”

Beyond death is immortality. But who has headache to love God without formality?

‘Whoever is in the circle is a member of the inner circle – they can’t beat about the bush. Meet the jivatma in the inner sanctum. Knowing him one has an idea of who the Father is. By getting knowledge of the spark you get knowledge of the fire. Fire cooks, fire nourishes – but don’t mishandle it, it will burn you. Do not misuse the gift of human birth. Worship God in man...Smriti [memory] is a form of Mother. Learn by heart things about God.

‘See, Jai Narain and Sita Dev both are writing. Handwriting differs, that’s character, but love does not; the words are the same because it is Thou Art, that is *Neti, neti*, last step before the roof. A minute of self-effort is worth thousands.

‘Without Guru Dev [*Sri Ramakrishna*] our life would be worms. We would be at a loss if we just degraded in daily living without Guru Dev.

“Chant AUM after getting up at 3 a.m. to wake properly. It takes many nights to make the self-effort of the One Night. Every night is a step. Again, you can’t over-tune or under-tune the harpsichord. So long hours of meditation when there’s opportunity. Self-effort is a sweet thing. “I am a farmer. I will till my crop, come what may.”¹⁰

‘First find yourself as a human being. Then find God exists, that’s a goal of life. Everything is made to be helpful here – so why go to the market?

⁹ Faith and Devotion, as described in *Garuda Purana* by Sathya Sai Baba

¹⁰ GSR

“God cannot be reached by the outgoing tendency of the mind. It is only accessible to noble souls with perfectly pure minds.”¹¹ “Noble” is the essence, it means keep up your words and deeds.

‘Meditate on Paramatma [Supreme Soul] and you get sanctified. OM as God Sabda, Para, beginning and end of destination. While there is name and form you need words. Our word brings weight – the world needs a witness. Whatever reflects in a pure mind is the voice of God. When He shouts the whole world hears it, for He is the Father.

‘In a cheerful mind bliss can be realized,¹² while the misery mind is karmic -[subject to karma]. But the ever-free are not subject to the world. The rope that binds is broken. When Mother is realized what more can you do? But some children have no respect for their Mother; complaining that Her ways are not very intellectual. But She doesn’t mind. What matters is perfectly pure minds by means of *samadhi*...’

‘I am a sower with bagfuls of seed – my granary is full. Every seed is precious. Here in the gross state we scatter them, I just take handfuls and keep throwing, I’m not a miserly sower. There’s more in giving God what belongs to God than taking. Love distributes, it’s not an accumulator – it shines, sparkles, dazzles. Like a thousand million moons He shines to the one He wants to reveal Himself to. The Invisible is visible – only invisible to those with too much visibility in front of them. So in trance eyes may be closed.

‘The jnani [knowledge-seeking] monkey won’t let go¹³. But the bee sucks honey. All noise stops when he is being fed by his own love.

‘Blessed is he who sees the Two beyond One , the *Ardhanarishvara*¹⁴
‘Live in the world, work, but do not forget Me lest you die, whereas if you remember Me do all these things for Myself alone. Seek the fruit to give it to God.

‘Sacrifice this life, bring all your lives into this one life. Empty yourself. Bring your burden here. Proclaim that glory to yourself. Let Thy will be done. Surrendering all actions... Song, singer and listener become one. Remember Me constantly, without a break. Let the Swami be the encyclopedia talking to you. Let Kedarnath be your office. God is always present, so time factor is nonsense, time factor is past.’

During the long periods of meditation in the shrine caravan there was often sublime music with Sada Siva on sarod, Ambikananda on harmonium.

Sunday

Reading and commentary from Ambikananda on Srimad Bhagavatam.

“Human birth reflects My image. ...Having surrendered in love to Me, man ascends in his own being to Me ... Man becomes free from the false ideas of individuality.”

Swamiji said:

‘We are prisoners of love, going to jail of our own accord – retreat within retreat.

‘Visualize the soul in form of light and get it into your heart ... Renounce pleasure to take pleasure. Renounce attachment to become attached (to Reality). Where there is no will there is deafness and

¹¹ Vivekachudamani

¹² Vivekachudamani

¹³ Ambikananda refers to Ramakrishna’s parable of the monkey that can’t get its hand out of the pot because it won’t let go of its handful of food.

¹⁴ Ardhanarishvara - double-sexed Shiva.

blindness. “Surrender to Me who am the Divine Self within, the heart becomes pure and tranquil” – where the soul manifests quietly and without show ... Truth is love. Divine power is the control of nature external and internal. What matters is the consciousness, not the birth – from Brahma to a blade of grass”.

‘Silence is God heard, the silence of the heart. Read Shivapuri Baba¹⁵ ... The heart swells, here in the breast a yogi can inflame a nerve due to the word and will of God – a spasm quiets him, a “hand presses my tongue” (GSR). The dripping of bliss becomes the nectar of immortality that drips from the fountainhead of bliss.

‘Calmness is a steady flow of mind towards God... Patience is bearing the burden of life cheerfully. Write it with your mind onto your heart and let the heart press it into your mind . Surrender. That’s it, simple. Face the devil again, but this time with the Lord...

‘First Kali, Mother aspect, then Kala [time]. Mother is love and liberation as well, because the Mother has delivered the child. The strength of the grownup child is vision in the inner chamber of understanding of reality. Love personified has two aspects, Mother and Father, and you must revere your human father and mother who gave you the great boon of human birth. ‘The light is not outside you, my child. It is within.

‘MA is the last word in spirituality...’

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¹⁵ *Long Pilgrimage: The Life and Teaching of Sri Govinananda Bharati known as the Shivapuri Baba* by John G Bennett London: Hodder & Stoughton, 1965.