

Christmas Program 2000  
Paramashiva Yoga  
Command on the Five Elements  
In the Baba Temple at the Ashram  
December 17, 2000



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**Swami:** We'll do, "Om Namashivaya, Shivaya Namaho" everybody, ten minutes, then we'll go deeper in the knowledge.

I'm thinking many people is a little confused, "Swami's supposed to teach every day three, four hours. Why he's not teaching?" It doesn't mean I should teach every day four, five hours; you have to think everyday how many hours you're meditating maximum, you know what I'm saying? I can go like three to four days non-stop, like really like ten, fifteen hours, boom. I can teach that, we have a lot of days, relaxly we are bringing the energy but I'm really so much impressed since especially couple days, many people seriously meditating a lot, much focus - that's really cool. Same time if it possible when you are here I'm giving the permission the nighttime after my talk like for one hour, one and half hour, everybody can sit around the fire. I know everybody love to sit around the fire, I can see everybody faces, and also you can make the fire in your apartment in the southeast corner and you can also spend much time there if you really want.

Fire really helps a lot to burn a lot of karma to purify you. Especially in the holy centers if you spend so much time around the fire. Even it's advisable, you can at least have a candle in your room, in every room, it's really advisable, but don't let it burn your rooms, like Anya, Cyndria and Myuri! Burning one time on the refrigerator I'm sure I thought it was RK with the heat, putted the water. Their refrigerator is blasted. Please, ashram is getting day by day beautiful, I'm very tired, hundreds of times painting, fixing the electricity, I'm

really tired. It's everybody's ashram, so it's everyone's responsibility to take care of this ashram and keep it healthy. So you can keep in your room in the southeast the fire candle at least one hour. It's advisable.

Today what we're going to do in the elements, again reviewing, making some elements mixing, what type of energy we can draw in us, the main points, and everybody has to help me in one part really, because what I am seeing it my energy is going little side directions, you know what I'm saying. If I'm talking on one point, all of sudden, I'm going south, always I go to the south, then I come to the east, "Time? Ok, we'll talk tomorrow," swaha. Something I pick up the serious points, like I'm giving to Philip and Monika L. in charging, they can again cut off the point where the unnecessary general talk, come to point, let Swami talk, come to original points, then it really helps me a lot.

Knowledge as a teacher, if I'm keeping on talking, and talking, and talking, it flows, it never ends. You know what I'm saying? It's not the time. Everybody's settled, everybody's smooth and calm, it's the time we have to jump in, but I'm sure I'm talking to every person, I'm giving personal interviews, no need to worry. This time each person I'm spending the time, giving the healings and personal advices, no need to feel left out. I'm giving interviews to everybody and there's a huge chance I'm going to open your hearts when I'm giving the interviews, each person. Instead of your coming and asking me, I'm coming to you and hey I want to talk to you, there's a huge difference. When I'm ready and I'm coming to you, of course you're always ready isn't it? Then I'm ready come to you, ok, let's come, sit, talk. Then I started to talk to you, please, please remember don't be shy. You have to ask what exactly is in your heart with a dare and dash. If you're shy, if you're guilty, if you can't talk, maybe Swami feel bad and terrible if you think like that - that makes me unbelievable upset. You have to talk, wash your mind confusion clearly, but when you are asking the questions, make sure if it is good question or not. It's advisable you have to choose the most important questions in your life.

In a few days later, the personal interviews I'm going to start, so what you really want to see from Swami, what you really want to get experience from Swami, what you really seeking for your life. For example, I talked to last night one lady, she asked amazing questions,

she came with her personal mantra; for ten minutes we talked. She threw a beautiful question, then again threw a beautiful question, then it started wenting. Many people have the confusions how to really ask the beautiful questions... talk with your heart, not with your 'monkey mind.' Talk with your heart, forget about the world, what your inner deeper consciousness, what you really want in your life. I will try my maximum best to help you. I am here for everybody, I'm always available to help you, even though there is not that much time to communicate to the Swami, but still you can suck lot of energy to your soul, especially in this Mandir from Baba, unbelievable.

When they're giving you the water drinking, when the arati running, that fire, that arati fire enough when you watch with your two eyes, if you bring your sankalpam thought, right now I am burning all my negativity in this fire, and they're doing arati, "om jai jagadish hare," that arati, you can put all your sankalpams what you really want to Baba. He's happy to receive, suck, to give the blessing. Everything is hidden in that process when we are doing it. It is there, inner secrecy in the devotion; through that processes we can develop our divine energy. Already I told it before, even you are a hero, without divine energy you are a zero.

Karna in *Mahabarata*, he's the toppest, biggest fighter, he can kill entire Pandavas, he have unbelievable capacity but he have only one minus point - Krishna is with Pandavas, and he have a lot of curses from a lot of saints he received, unfortunately he lost the battle. The Karna in the battle, he is the most top person, one person is enough to kill the Pandavas and the Krishna too, but the Krishna, the tricky man, the Divine person, is with the Pandavas. Pandavas is only five people, but the Kauravas is hundreds. Pandavas has a few soldiers, but huge majority of the military is with the Kauravas, but one Karna is enough to kill all Pandavas, but Karna have no Divine blessing, there is no Divine force his back, that's why he failed.

That's why always in spiritual statement they say, even though you do unbelievable supernaturally exactly the perfect pronunciation, the perfect process, if you have no divine force energy in your back, in your soul, there's a chance you're going to get failure. There is a chance you have to get the failure. Always you have to build up the Divine energy in you. It never goes away once you develop that divine energy in you. What I'm going to teach now nobody cannot

suck your energy. How to seal your divine energy, today the major subject point, how to protect your own energy even though Mother Divine wants to suck your energy, she can't suck it. That, the most talent techniques, today I'm going to release that. That's why it took a couple days really strong break. Before that, Om namashivaya and then Gustav will sing.

Always wait until you understand clearly. This is the biggest mechanism of the siddhi purushas. This is the simple chart to understand, it's very simple but it is so difficult to understand, can you sing a few more songs. Relax. How to keep your energy, mainly even Mother Divine cannot destroy you, even anybody in the universe cannot suck your energy - how to prevent. You can take care, even Swami gave your personal mantra to you then you can prepare your own personal mantra for yourself to preserve your own energy. How you can fix that mantra in these channels I'm going to explain it. When you're connecting Mother Divine or Shiva, then you can choose either path, then you can fix your own personal mantra too, as your personal yantra, you know what I'm saying. You have to pull your personal yantra, you can fix your personal mantra too, yourself your soul personal mantra. So, it is very interesting chapter. Can you sing one more song? Swagadam Krishna.

**Swami:** Good. Is anybody understanding this structure? No idea? Little bit? Virginia Gray?

Virginia: A little bit.

**Swami:** Herbert? Dr. M.D. Clint Thompson?

Clint: Little

**Swami:** Dr. Philip Lipetz?

Philip: Is that nine or ten lines down below?

**Swami:** eight

Philip: Coming off the circle?

**Swami:** It's almost near ten. Ten, isn't it... How many holes in your body you have?

Philip: Ten.

Students: Nine

**Swami:** But generally they says in the most point nine to ten, one up and down, I put it as like a neutral. They says in Indian tradition, I told it before, “\_\_\_\_\_” Is it recording? The illusions we can suck and we can decharge. Ok, let’s start from the beginning.

Who is Shiva? And who is Shakti? Is it really Swami’s keeping on buttering on them, “Oh Shiva is that much great. Oh Mother Divine is that much loving and cruel. How far, how much it is fair Swami is putting blamings on them, or buttering on them.” If we started to thinking on that deeper point according to the Indian tradition, Shiva is the name of the Bhola Shankara. You can remember that name, you can ask any priest anywhere in the universe, Indian tradition. We can suck Shiva, we can have darshan of Shiva in a very short time, the most short time. Actually, as an Indian tradition, all the rakshasas, the rakshasas they most worshipped the Shiva, they called Suryapujata, for example, Ravanasura he’s a rakshasa isn’t it? In the Ramayana, he’s a rakshasa; Bhasmasura, he’s a rakshasa; Gajasara, he’s a rakshasa; Herinikeshvara he’s a rakshasa; there’s a lot of rakshasas. Mostly, they worship Shiva. What is the inner meaning of all the rakshasas worshipping Shiva?

Shiva, he’s a kind of pure opening heart nature. He never see the negative points in any person anybody life. Big, big, big forgiving nature, unbelievable. Actually, we thinks Mother Divine is forgiving nature generally, because a mother is big forgive, but in this tradition here, Shiva is the most huge forgiving nature here. The Ravanasura, he meditated, meditated, meditated - he got the Shiva darshan. The rakshasas means they are like fools. They have no sharp brain, generally. There’s the biggest law they have no sharp brain. They meditated very hardly, perfect chanting, and chanting, and chanting; they makes appear in front of them Shiva, then they don’t know how to ask, what to ask. Just they go with the huge egoism, “Make me not to die anytime, anywhere.”

For example, Bhasmasura, I think I told this story, he meditated and meditated Shiva appeared. The Bhasmasura is a rakshasa. As a demon, he meditated as a strong person in the forest. He’s the easiest

person you can bring him on earth in front of you, you can talk to him very fluently, whatever you want he will give you. He meditated, the Shiva appeared, then he asked the Bhasmasura, that rakshasa man, "Hey Bhasmasura, I am so impressed your meditation. You did a perfect channel, your energy brought me here to come. What you really want?" "Hey Shiva, I'm so happy you came here. Give me a boon, my hand whoever I putted on their head, they have to turn as ash." Then Shiva thinks, "What, are you stupid...? You are asking for disaster?" Because of he's a rakshasa his nature is always negative. You know what I'm saying?

Why I'm saying this point, your intention is so important with what you're going to do meditation. It always counts to your growth or your disaster. Very dangerous negative illusion is always in your back. I will talk that part later. "Whatever, whoever you put your hand on them, they have to turn as ash, what you gain?" "I want to kill all Krishna devotees. I want to ruin every Krishna, no more Gods in the universe, only the demons. I have to take control of the entire the planet. Everybody have to worship me - that's my biggest desire Shiva, please bless that power. Transfer your meditation power to me right now."

Shiva came, appeared, he said, "What you want, I'm happy to bless you, it means (SK snaps his fingers) he has to give it - that's his word. "Ok, think one more time." "No thinking at all, just give it!" Shiva gave to him, "Ok, fine, take it." Then Bhasmasura have a doubt, "Ok you gave that boon to me, on whom I have to test? First in front of me, I'm seeing you. I want to test on you first." "What? Then Shiva he took his triangle, he put it under his arm, he ran away." Seriously. That is Shiva Purana. He ran away and he's running, and running... Bhasmasura is running his backside, "No Shiva, you're unfair, I have to test on you first." "Hey, I give the boon to you, why you coming on me? Test on somebody." "No, I want to test on you first."

They run the mountains, forest and Bhasmasura asking, "Is the Shiva going in this path?" Many people know, but didn't see him. He search for Shiva long time for to put his hand first on Shiva. Shiva hided in the Krishna palace, finally he went to Krishna, "Please, you are the only person to protect me." Then Krishna laughing, he's the man of the illusion, that part now we are going to discussion that later.

Krishna asked the question to Shiva, "Hey, you are incredible soul genius power than everybody else in the universe. You have such a huge power but you don't know how to handle that. You're not seeing how to put in a good way - to whom to give, whom not to give. Just they are making you impress, you're appearing, what you want, and you are giving it. That's it. You are unbelievable stupid in the universe!" He's saying, "Ok, yes." He says, "Ok, I'm not giving protection in my palace, maybe Bhasmasura will come and he will also come put his hand on me too." Krishna also huge nervous because of Shiva meditation power transferred to Bhasmasura that demon, that meditation power can ruin any person, no matter he's a Krishna, no matter he's a Bramha, no matter he's an angel, (snaps) can turn ash.

Then Bhasmasura is walking in the forest. Who was meditating on the Krishna, hundreds of saints, just he keeping on putting the hand, his hand on everybody. His every day duty from morning to evening, they brings all Krishna devotees in the huge line, just he's blessing, putting on everybody his hand, turning ash, turning ash, turning ash. He ruined Krishna devotees, then a lot of saints they run away to the Krishna, including to Narada. Bhasmasura also researched where is Narada, catch him and bring him. Narada is so sneaky, he's always running, then Krishna finally in a beautiful way, how to really to solve this problem. Then he found what is his weaknesses then he found he loves the women a lot. Okay, here you go.

Then he went his palace, Bhasmasura demon palace, as a beautiful never ever seen in his life as a beautiful girl. Krishna is always tricky, unfair. He's always unfair. No, that's true, he's carrying a lot of illusions, he's always unfair. Entire *Mahabharata*, he's lot of things unfair. You can read *Mahabharata* history - he's unfair. Unfair means if you're really doing a good work for protecting many people, even if you do a little lie, it still counts as a true. That's my statement in the universe. In previous times - that's a different story. If you're really protecting a person, even to me, many times for example, a patient came with cancer. I know he's going to die in three or four days, in a month. He comes, "Swami, can you heal me? I really want to live." He have a huge faith and confident on me, he comes. What I have to say. I have to say you're going to die in one month? If I say that, that one month - how much he's in the pain - huge, unbelievable pain he's carrying in his heart. I just say, "Don't worry, God will take

care of you, I will try my best." Ok, bring the confidence, pray, do it, go ahead. Relax, so what who cares, giving inspiration words. You know what I'm saying? Nowadays, one part to be as a Krishna, the Krishna way is necessary. It means I'm telling to everybody, it's advisable, even your future students, if you go straight, there's a lot of problems, different persons, different situations. What even the Krishna he faced, I'm telling.

He went as a beautiful woman, than Bhasmasura, that demon, he really, really want her, her means inside Krishna. He covered with a lot of illusions, never seeing he's a Krishna. Then the demon came, the rakshasa, "Hey beautiful girl where you came from? Such a beautiful girl I've never seen. Which planet you came? What? You came from heaven? I didn't seen... You seen anywhere Krishna?? I really want kill him but he's... you seen Shiva? Where is the two guys? They're hiding. I send my soldiers to searching, searching entire this planet - they can't find them! Of course such a beautiful girl, he never leave you. He's always (snaps) on the beautiful women. I'm sure you know the Krishna address, please let me know."

"Well, I heard you're so beautiful than the Krishna, that's why I came here to see you." "Oh yes, that's right! I'm so beautiful than the Krishna, you are so smart lady, really I want to marry you." She says, "No, no, no, I don't want to marry you." "What? I'm a big powerful person, if I putted my hand on anybody they turns ash, you know that? I have such incredible power. You don't want to marry me... why?" "Well there is more tests. You have to dance with me, you have to win with dance with me." "Oh, that's not a big deal, I'm happy to dance with you, go ahead."

Then they started to dancing each others. All dancing, dancing, dancing, one and half, two hours later, he's a little tired. The Krishna finally in the all gangimas, you know hand movements, finally he putted himself his hand this direction, the Bhasmasura in this moments, he also putted his hand to him - he turned as ash. Then whole universe, all divine souls, saints, there's so much relief. Everybody's screaming on Shiva. Mother Divine also screaming on him. He said, "Ok, I'm sorry," but he keeping on doing the mistakes. He's a big mistake, making the mistake person. Mistake person means his heart is such a loving person heart. He can't stop. Once if he do, he wants to give something to you. Even if you touch his lingam, hey namashivaya, that's enough, He'll transfer some energy

to you. That is a big statement from him, he can't stop it, even though he created trouble, the energy is there again to maintain it. The Shiva energy if we go through the five elements, you know that fire, earth, fire, sky, water, air. If you really want to hear the process, my sincere advice, even though whatever everybody jump in the Concord process, it's a purely Mother Divine process, plus at the same time it's a Shiva energy is also there. At the same time Mother Divine petals, energy is also there. You know what I'm saying? So, I no need to repeat that again.

My main point, you have to win the pancha bhutas. You have to get controlling of the five elements. Once if you started get controlling of the five elements, either the Shiva process or the Shakti process, both are coming like a Shiva, Shakti, S.S., both are joining here, they are the persons to giving you siddhis, the eight siddhis, these are all the illusions. Once they join with you, once they started to melting with you, this is the illusions, what are they, how are they, how does your soul have to protect? Your soul means there in your third-eye, Brahma consciousness, gurusthan, from there to Brahma consciousness up, you know what I'm saying? One is the Shakti, one is the Shiva, one is to your side Brahma Consciousness, always intimating you what's exactly running in your Brahma Consciousness, inner sense, always intimating you, inner judgment. But the Shiva and Shakti, once if you're aggravated doing it, sometimes, it's very hard to divide the elements. Finally, I figured out it. I told it, earth and sky, to whom does it belong?

Nancy: Mother Divine.

**Swami:** Why is that? Can anyone explain me in your sense what you're thinking? Philip Lipetz? Why I gave the bottom to top, why I gave the priority to Her?

Philip: It's all of creation bottom to top it's all creation.

**Swami:** Think, try, it's ok, when the Shiva in the universe, he's only the one person, having the third-eye. That eye, who gave it to Him?

RK: Shakti.

**Swami:** Shakti, she transfer that special eye to Him. That eye is so, so, so powerful. It's a light. When generally He uses that light?

RK: To destroy negativity.

**Swami:** Just burning, it's a fire, just burning it. My point here, any type of the illusion - doesn't matter. I'm putting all illusions in one row, you know what I'm saying, like a one container. Crazy illusions is around you, crazy disturbance, crazy maya, crazy disturbance, crazy up and downs, lot of negativity, huge confusion, your money is losing, your peaceful is losing, all your friends is cheating, your souls is so hurt, the people is hurting you intentionally, your trying to be so nice with them, they came with a lot of negative poison, they're vomiting on you, strange things is happening. You have to figure out where it is coming, number one point. How it is coming, number two point. Where it is coming? How it is coming? Which part you're so sensitive, and you're reacting. You know what I'm saying.

All of the sudden I am walking, for example, Cyndria say, "Hi Swami, good morning." Early morning, just I'm walking out, I'm a little different moody with some energy. Even I didn't look her, just I turn my face up then I walk. She feels so hurt. It's a feeling very, very interesting, observe it everybody, it's necessary. I didn't say hi to her, saying good morning. She said, "Hi Swami, good morning." I didn't look to her - just I walked away. It means Swami is giving hurt, or herself she's bringing her negativity up, or she took the pain like a sensitiveness, the cosmic is hitted her very badly? Which one is right here? I'm asking the question.

It's a part of she's attached to me, she said good morning, I didn't respond to her means, again she knew Swami, there's some process running, she can understand that, but still she hurted very badly. Whole day she's in the depression. Depression means she's carrying a lot of pain - that type of pain where it is coming from? I'm asking the question, it is inner feelings? I need to know. That same pain, if you are holding that pain, then it started to growing other seeds. It started growing another seeds, then even though the main pain you wash out, the seeds is still growing there, then again it's getting bigger, and bigger, and bigger, and ever endless. How to put the acid to burn - no more seeds to grow. How to do that process? What type of prayer you have to do for that type, especially for that Maha Maya place, illusion, the cosmic, the nature? The vibrations you is sucking it, and easily you can suck out. For example, today just I'm

in the office room. I came, you're working on the computer; it's a kind of energy, just I started to talk. Five minutes later, that entire twenty-five minutes later, how the energy is, Ron?

Clint: How was the energy after twenty-five minutes?

**Swami:** After I'm starting to giving a talk, some pretty interesting amazing things I am talking, what type of the energy is flowing around me, around everybody?

Clint: Very, very high vibrations, very wonderful.

**Swami:** RK?

RK: Unbelievable energy, like everybody's you can't blink...

**Swami:** Like before it's a little boring, and boring, and why I ask, hey am I boring everybody? They say, "No," okay they're working, they're tired, ok lets bring one pretty interesting channel of the knowledge. Just I brought, then I switch on (snaps fingers), that's it. Than all guys, Cyndria, Anya, RK and Clint, their face is completely changed. The eyes like that, watching. All of the sudden the phone is ringing and they're begging, "Please don't lift that phone, please, wait, wait!" But certain serious stuff, certain serious inner, deeper mechanism of the mantra and tantra that knowledge, certain some new people here, I don't know how to talk to them. I'm very, very uncomfortable. Uncomfortable means, that part of I'm very sensitive how I can talk or not. Of course it also helps a lot, we'll see some serious students they can get it, some different channels in future they will help it. It's ok. Where we are Philip?

Philip: You were talking about earth and sky and the nature of Shiva.

**Swami:** The fire he's holding in his third-eye. Fire means actually huge burning nature. Actually it came from Mother Divine, what they wrote in the manuscripts, they wrote a little funny, but it's very difficult to divide them. We can't divide the Mother Divine and the Shiva, it's always, they're shifting it, they're always controlling all the elements, let's put it that way. It makes very clear sense to us. You know what I'm saying, that phase very comfortable to us.

This illusions, once if you win the five elements... how to win the five elements means there is no chance you have to learn all the five elements prayers, number one. If you really want to win the Paramashva Yoga, you have to purify the five elements number one - period. Number two step, you have to try earth, air, fire, sky - sky, air, water air - all at a time from up and down, down and up, up and down, down and up. All combinations, suppose you're doing first earth element, then sky element putting it, then jumping to water element. You have to go all the prayers. You have to mix the energy, grind it like a soap opera! It's not a good word? Someone teach me soap opera. That's not a good word, I'm sorry. You have to make the bonds. It means once you grind it, doesn't matter, there's no need to be order. Grind it, grind it, grind it, grind it... Do one full moon to one full moon very intentionally, as a strong process, just on the elements, but make sure your personal mantra is never forgot.

There is a huge chance I gave a few people two personal mantras, I gave to four personal mantras, some people have five. Four personal mantras many people have I think. You can use that all, but drop one you are not comfortable with, and stay with three - Brahma, Vishnu, Maheshvara. Drop one and pick up three; do that very strongly. My point here, grind it one full moon to one full moon very seriously, including Concord people. It's advisable. Minimum 8-15 hours per day. Once if you've done that, it's enough in your life. Whole your life it's done. One month. Most of time when you're doing it, something, a leaf or flower has to be in your hand. After you done that, there is one hundred percent you can walk in the world as powerful healers. You can heal unbelievably. You can wake up the channels to many people's lives; you can a lot of experiences to them; you can open their third-eye; you can make them to grow their energy unbelievable. One sincere point here, when you're doing the sky mantra, that Shiva, when you're connecting that, when you're doing that, try to do maximum in the nighttimes.

Suppose for example, you're putting first earth mantra and the sky mantra. Never do only one - you have to do at least two, three, four. Do it systematically, like a process here, minimum two, three, four, five. Do you understand? Keeping on, keeping on, keeping on, keeping on, keeping on, back and forth, front and back, up and down, down and up...

I gave personal mantras some people, Om guru guru paramaguru. There is the words in the elements words - all the elements energies, personal mantras is there. When you're doing the elements, at the time, never ever pull... suppose you're sitting like a three hour sitting for the two elements you are charging it. Everyday after you've done your meditation, break the coconut and put in the fire. Every night break a coconut and put in the fire. In your life, you no need to do, some people have the huge confusion, "Swami, we're in the middle of the sky. We are still in the slow process running it." It's ok, I bless them, they can go through. Who was new people, they don't know how to bring up the energy, they can take a piece of paper they can go.

RK: If you pick up two elements, lets say you pick up the earth and sky; first you chant the earth, than you chant the sky, earth than sky.

**Swami:** Then you go sky than earth. Do Shiva mantra in the nighttime in the nature of course in the night there's huge pin-drop silence - melt, melt with the divine energy to your soul. Suck energy as much as you can. This is the best time in your life. You can suck unbelievable divine energy in your soul. Everyday you have to break the coconut. Even though the ladies have the menses, it's ok they can do the prayers, still they can break the coconut, they can put in the fire - absolutely fine.

I gave the personal mantras. What happens, your mind is always little monkey mind sometimes when you're chanting it for example, you pick up the sky mantra; for example a person got the shivayna saha mogatay, that personal mantra; when he chanted sky mantra, he might get stuck on the personal mantra line, shivayna saha mogatay, etc. That will destroy your personal mantra energy forever and ever. Personal mantra is like a diamond in your hands. Even though in your prayers somewhere it came, you know that you're going through your personal mantra but never stop, never stay there again repeating that point - that word, word, again, again.

Generally, it's a natural habit it picks up. If anyone ever did unfortunately, suppose five hours is ok, after eight hours, your mind is a little tired, your so intense energy, you're so drowsy, falling asleep, then all the sudden your mind picks up that personal mantra without your notice, you're doing it, and doing it, and doing it, and

recognize finally you've done it. Please consult me if that happens; I'm going to erase that, again I'm giving you a new one.

Philip: Any personal mantra or just the personal mantras contained in the elements mantras?

**Swami:** Whatever the element mantras, especially that words if it hitted, if it came in that sentence, then only it counts.

RK: I'm still unclear how to mix them. Is it randomly, or is it one day just do two elements?

**Swami:** One hour you do all mantras at a time, then next hour you can go earth to the air, again air to the earth, then sky to the air, then air to sky, then sky to water, water to sky.... Mix it as much as you can, just grind it. Never do one, minimum two, up to five back and forth. Once if you started to do that it means the energy with one hand no sound, no energy, something stopped. Do you know what I'm saying? That, everyone's going to start getting experience, once if you started onwards (snaps) boom, no doubt, absolutely wait and see.

Student: Should we use the second and third earth, as well as the second and third air, because there are nine? Should we use all of them or just the first ones?

**Swami:** Fine. Fine. Fine. Go ahead, squeeze it, squeeze it, squeeze it, grind it, put it in a glass, drink it, drink it. Then it starts the energy intense, intense, intense energy it starts on your soul affecting. That one part everybody clear? I think everybody have the personal mantras and all the elements mantras. At the same time when you're doing it, you're feeling unbelievable stress, depression, negativity, pain, like a really hard time, you can't breathe, headache, feverish, getting sick, mind is going crazy, terrible illusions, all people screaming at you... how to avoid that? These are all illusions; what you have to do, you have to sit in the nature, there is a one mantra controlling all panchabhutams, one prayer.

Mantra controlling all Five Elements:

Om aham pancha bhutanam,  
 Om nakara namashivaya,  
 Om makara namashivaya,  
 Om shikara namashivaya,  
 Om vakara namashivaya,  
 Om yakara namashivaya,  
 mama sarva papa, prakshalana raksha."

It's very simple, "aham pancha bhutanam" your body is completely covered of the five elements. "Mama" is very important word here. "Sarva" means whatever you're carrying with you. "Papa" means, you know papa? Papa means karmas, whatever your soul is carrying from millions of lifetimes until to now. "Prakshalana raksha" washing away, asking the protection. *(Swami chants it beautifully, then some students chant)*

This is the prayer you can use to cut off any kind of the illusions, the maximum. You can go through the Shiva, to asking intention - look very, very important. Intention is so, so important. Even you came to Baba, you are watching the fire, you are with Swami Kaleshwar, you are meditating, you are doing japa, the intention you have to bring first thought, then start your meditation. After the meditation you have to say thank you God, thank you Shiva, thank you Mother Divine to blessing me to meditate, I really enjoyed in the meditation, I sucked a lot of energy, thank you for your kind help. One word it really helps a lot. Always greeting, buttering is very important. The same thanks greeting word, always counts to bring you good energy. Like you have your flower without no honey inside; if you say thanks and greetings, there's something little honey is always created there, automatically created there.

This prayer really can help a lot to you. Many people have the confusion you told the Dattatreya process too, we have to meditate, what we have to do now? How many hours can you meditate? Minimum ten hours, eight, ten hours? Morning just do two, three hours, afternoon just do two, three hours, night four hours, almost ten hours, it's a deal. You try your maximum best how much you really can do it by tomorrow onwards, after a few days later, I'm going to do with water, air, all the elements process, making

everyone sit it, just charging, chhh to everybody. Few days you have to do it then later I will give it, the same energy. It's the deal?

Students: yes

**Swami:** Before you're not doing it, it's not good for me to give it. You have to grind at least few days, two, three days you have to grind it as much as you can. Then we'll celebrate big fire ceremony with everybody carrying a small vessel of the water and some holy sand in the open air, under the sky. What I'm going to chanting, everybody has to chant it, then we'll offer to the fire, then everybody can get the shaktipats, sit down the elements, then again we'll jump in the Mother Divine process to the siddhis. We'll go the deeper steps, deeper stages. Until to then, if any Maha Maya started to playing on you, always at least one time, praying this prayer - most important. At least one time you have to pray.

Monika L.: You were talking before about Cyndria, the example when that kind of self-illusion happens, is this the prayer that you were mentioning to handle that?

**Swami:** Absolutely. Something, somebody hurted you, you don't know how to discharge it - do this, it automatically comes down. No doubt, huge percentage you'll come down.

Philip: Can we give this prayer out to people?

**Swami:** Absolutely. This is really good seva to help the world. It's called "Panchakshari Mantra"

Student: Are we still not supposed to meditate between one and three pm?

**Swami:** To be honest it's not advisable because at that time I put some intention commanding on the fire make it like a burning. I have the really very strong channel, even though I'm maintaining it very little time but still I'm maintaining it, no. One to three, just those two hours take a rest. Wake up at morning, like 4:30-5:00, do that until 7:30-8:00, have a coffee and breakfast, take a sleep, wake up at 11:00-11:30, meditate for two, three hours, take a beautiful lunch, again jump the meditation, take a vacation two, three hours, have a coffee or chai, again meditate and take like a one hour break, take

dinner and come to join the program, you can fix your own time. This is the best time to you to learn to practice, to receive something, to remember the prayers. This is only the best time everyone's in my hands. I have faith one part after everybody gone from here again the western world having a cigar... I'm really so impressed, everybody really strong intense meditations doing it. Any questions?

Ganesh: You started with the question how to seal our own energy and is the answer to use also this mantra you just gave us? And to sing all the elements for one month or did you not answer the question?

Philip: He's asking does doing this process make it so nobody can take your energy?

**Swami:** I'm not coming to that point yet. Just we are pain, illusions, how to cut off that. We're not went again deeper step.

Jonathan: During these couple of days we don't do our personal mantra?

**Swami:** You can do your personal mantras if you're not doing the elements mantras; do it separate from the elements. Just a very simple point here, in two, three days time later, after you're done all with your elements, then Swami did a beautiful process, everyone have the shaktipat energy at the time to your Shiva clay pots where it is already buried, when you're burying that later, sit in the garden, choose any word yourself peacefully think it. Then what Swami gave the personal Mother Divine big prayer and you choose your personal prayer, mix it; first Mother Divine prayer, and what you choose your prayer, mix it. Take the petals, hold it and meditate it, and meditate it and drop it. Everyone who buried your Shiva clay pot in dwarkamai, absolutely its recommendable they can do it.

What you pick up your personal mantra, forever and ever you have to remember that. Once if you forgot that, highly impossible to Swami to help you too. You know what I'm saying? Because you did with the elements, you've been through all back and forth and front and back, and finally you pick up one word and you did that and you forgot that. I can help that, but it takes ridiculous huge headache. Make sure the Concord huge prayer very accurate. When

you're doing the lotus petals letters, before I told the intention, Om, etc... In the lotus petal letters, in the Sri Chakra - very important.

Philip: How many times?

**Swami:** Meditate with your heart for one and a half, two hours, peacefully sit in the garden. It has to be done within three days the process. You have to grind all your things and three, four days later I'm going to do the fire ceremony. Everyone has to get outside some beautiful flowers, some rose water, coconuts, some incense, some ghee, a vessel of the dry coconut, half dry coconut filled with the ghee. That's it then you're not linked anymore with the elements. You're a commander on the elements. You are the commander on the elements, that's it, but make sure you have to remember whole your lifetime the elements mantras like that. Whenever I ask you, you have to go chhhhh. It's always advisable. This chart, again, tomorrow I will explain with more details. How many illusions are there, what type of are there, how she really affects... I have to go, it's a sensitive, delicate chapter with the Bairavi Mata, Ramakrishna Pramahansa, through different type of the channels, how the women can help the men, the men how they can help the women in the family lives. It's a really sensitive chapter. I have to go through deep thinking. Any questions?

Student: What does aham mean?

**Swami:** There are two meanings in Sanskrit. Aham means it's a kind of proudness, egoism, ahamkaram, aham; same thing aham means I am, purely me. Aham brahmasmi, I am everywhere, my soul is everywhere; I am seeing everywhere the Brahma, I am in all, all is in me.

Ganesh: We stop now repeating the Dattatreya mantra?

**Swami:** You can still do.

Ganesh: You said that we should do it seven days, a few days ago.

**Swami:** It's always advisable what is your convenient. After we seal the elements, we can jump that, we can go very fastly that. Also that Dattatreya mantra, I am charging fifty percent to everybody helping a lot then continuing it.

Student: When to start the coconuts?

**Swami:** You can start tomorrow night. Put the water outside, then break it coconut, throw outside in the bushes then take it to show Baba, put in the fire. When you're breaking the coconut, think your desire then break it.

Gustav: Should we make the fire pit in the southeast?

**Swami:** You can use here, this fire pit. Don't burn the hut, that's your responsibility watch out! I think everyone can do it in one hour, isn't it, throwing it, taking a sleep?

Myuri: Does this mean that if we're doing that this time and you're charging it that, we don't do again another time in our lives, the full moon to full moon, it's all done?

**Swami:** It's ninety-nine percent no need it. Once you found your personal mantra, then no way nobody cannot steal your energy. Period. You know what I'm saying? Even your dear friends, dearest Master, even including to me, you no need to say to me. Including to me, no need to. You can find, sometimes easy you can find your personal mantra, but no need it. It's good. Also I have to do a lot of decharging work.

Student: Once we find our personal mantras, do we still do our personal mantras you gave us?

**Swami:** Yes, absolutely, you have to do that too. If you really want to do Paramashiva Yoga, it's absolutely necessary, but somebody not to stealing your energy, somebody unfortunately you went to with a powerful different person, they cannot take your energy, they cannot do something black magic on you, they cannot any negative spirit can attack on you, any like type of the damages, it won't affect on you. You have like a huge bullet proof around you like a Hanuman, he have one word, Ram. Whole his life what he done, you read the Ramayana, it makes very clear sense, whole his life he done, "Hay Ram, Hay Ram, Hay Ram, Hay Ram..." Many people knew that, but he crossed the limits. Even Rama, that two words, the energy, the

vibration, the power, he sucked incredibly. Even the Rama and Hanuman they foughted each-others, finally Hanuman won it.

I will explain more details of what is inner secrecy of devotees. There's a lot of confusion here, what is really inner secrecy in that vibrations. We'll talk very deeply on that. We'll talk a little more on the illusions. I don't want to make confuse on the illusions, to make a little fear. I'm seeing lot of sensitive souls here, but I'm giving what exactly need the world. What you really need it, I'm giving that things. Ok.

**Student:** I'm charging your personal mantras that you have given us, how much do we say Om, before every repetition?

**Swami:** Om is a greeting word, doesn't matter. Ok, done.

End of Talk