

Guru Prunima Program 2002
Kundalini Yoga and Darshan Advice
Teaching in the Jesus Temple
July 19, 2002



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Swami: Good afternoon guys. *Swami chants Guru Mantra.* Today we're discussing the fourth one, Kundalini yoga. I hope last night everybody had a small rough idea on the Paramashiva Yoga. After Kundalini, we'll jump on Paramashiva Yoga.

In my previous talks, I gave lot of explanations on Kundalini yoga, lot of siddhis, lot of incredible healing abilities, lot of channeling and psychic power, and bringing soul system you can gain and gather through kundalini, and you'll also lose lot of energy when you use your kundalini chakra... it's the backside of your navel, little one inch below. Also it's linked with your sex chakra, Kama Chakra. Majority people whatever they did their austerity power, including Vishvamitra Maharshi, and Rishiis, super number one drawback, if they don't know how to exactly implement it. The kundalini energy they're gaining or losing without their knowing. Ninety-nine percent every person who does the meditation they suck the energy through the kundalini. I really want to know how much you understood my last talks about the kundalini. Many people have different opinions here.

First of all I want to know from Virginia Gray. Can you stand up? I really appreciate it, talk the truth; tell heartfully your opinion. Don't hide anything, if you hide it, no chance. Maybe it's a crazy word, maybe it's a little disgusting, maybe it's impolite to say certain words in the group... do you understand? We don't care isn't it? So what we need? The truth.

Virginia: I hope I remember this. Kundalini yoga is a meditation where you're sitting and your fingers are interlocked with your palms facing up and your thumbs are pointing forward, away from your body and you're putting them about one inch below your navel.

Swami: Also you and Monika L., both of you to talk up here using my microphone. First of all, what is meant by Kundalini? What do you mean by Kundalini? Kunda – lini? First you Virginia.

Virginia: I'm not sure what Kundalini means. I think a snake but...

Swami: What?

Virginia: I think maybe you didn't explain?

Swami: Ohhhhh.... is it true Clint Thompson?

Clint: No, you told what it is.

Swami: One hundred percent, I can make you to listen to the cassette, what was recorded at the time. Yes, I explained, I explained... I want to make the link with three yogas majority, and link with one yoga and releasing in this Guru Purnima, and giving new system to everybody who majority is super slow and same time confused. I want to make you hit it, the victory, so that's why I chose certain yogas here, to make the commanding, the gathering so you can do it. Kunda means the pot, the head. I explained that, I told that.

Virginia: As I explained before, it's a meditation, a special meditation, a yoga. You're bringing your hands together, you're interlocking your fingers, palms up and you put your hands about one inch below your navel, your thumbs pointing out and your palms are up. You're meditating. The effect is the Kundalini moves from your navel, up to the Brahma Kundalini Nadi on top of your head and it opens it, and from there it sucks in energy and then it closes and goes back down and it continues again, going up and sucking, and then going back down. So you're sucking very high cosmic energy and it's a beautiful experience.

Swami: Good. That's all?

Virginia: Well, yes.

Swami: Anything you can add to that Monika L.?

Monika L.: It's also using that energy to hit your Brahma Consciousness to take your soul out of your body, to doing soul travel.

Swami: Explain again, from the beginning, again talk Kundalini. First, listen my question. Why the Kundalini is important? What are the symptoms? If you recognize the symptoms, how to utilize the symptoms to gain the power, or energy, or get any abilities? Or, what is the drawback if you don't recognize it, and how to develop that, and where really it exactly starts, the energy and where it really flows, from where to where? And again, where it comes back and where is the center point in your body, the energy center point? You understand? For anything... For example this book, you can say there's a center point. To this building, there's a center point. In your body, where is the center point of your body? The center point, how is it related to the Kundalini? Is there anything there helping? If you talk based on the points what I gave in previous talks, you can talk pretty good. Does it make sense guys? Sorry, today both of you girls are my food.

Monika L.: So, one of the questions is where is the center and you were talking about the Kundalini chakra and that is located behind the navel in your back, one inch below. Swami's system is a little different than what most of us have learned and in the process of meditation, as you're meditating, as Virginia suggested with your hands in a certain position, the idea is for the energy to move from back to front?

(Monika L. asking Virginia)

Monika L.: I'm really going to be a good food today. Front to back? Virginia's saying front to back but honestly I'm not remembering if it's front to back or back to front and the idea is that it's hitting and then it's rising up to your Brahma Kundalini Nadi, and so the symptoms of the energy is, that it's hitting and it's rising up. As Virginia said, you're sucking divine energy through that process and then the next step is to direct that energy, for example, out of your body.

Swami: That's all my questions, everything?

Students: Missing the symptoms of the Kundalini.

Virginia: The symptoms is, that you're actually sucking huge cosmic energy at the crown, which is the Brahma Kundalini Nadi, charging your soul and you can feel that charge, and you can feel the energy come down and go back up and open and then it's bluzzing and coming down.

Swami: Ok, thank you girls, I don't want to waste my time. Can we take one person here as an example to show? Gustav stand up, remove your shirt, if you don't mind. You want to ask permission from Sabeena? Don't be shy guy. Come here. The center point in the body is the navel. From exact from the navel if you take a knife, if you put a needle and put it all the way back then come to just one or one half inch down, where the body you're sitting, where the weight is going standing, whole your weight is starting from this spot (*1 inch below back of navel*). From this spot, the energy will go like a cobra. Did I tell like this before? It's in the Kundalini sutras, the books you read like that? Hello?

Students: Yes.

Swami: Who read, honestly, the book? I told that? One billion percent I told that. Once if you're taking... a few people have different styles of their system. They take the prana, so-ham... so-ham, so-ham dyana karupa – they say that, breathe in, breathe out, after little while, if you keep on accessing it, first using your fingers, after certain stage later, after using your fingers with one hole the air will go in, then one hole the air will come out. First you practice with two fingers ut after keeping on making the air, whatever pressure you're carrying in your mind, the tension or depression, one part it comes down - that's called prana. Whenever you're doing the prana practice, the food it's not advisable to be in your stomach, just plain water. Whenever you wake up early morning, using your natural course, going to your natural course, using bathroom and just pressure, but not taking shower and drink little water and sit, then the pressure will come down.

After that, then go to the Kundalini, take your personal mantra if you really have the time or, after you eat the breakfast then you can do the Kundalini. Kundalini is one of the toppest, powerful arrow to the spiritual kingdom. Majority maharishis, what they did, they practiced whenever they want certain things to implement and send the distance healing. They put their sankalpa siddhi, sankalpa siddhi is born from Kundalini, majority, sankalpa siddhi plus, there's also different boons it came from Mother. Exactly to operate the Kundalini yoga, sitting facing the east, putting your fingers... some people they can't get the right position, they have broken fingers, whatever, it's fine just make your two hands together, palms up put underneath your navel and touch it. Even it doesn't matter you're are wearing the dress, you understand? Then relax yourself for two or three minutes. Take whatever mantra your Swami has given you or your personal mantra, or the Maha Kali prayer, or Gayatri prayer, or whatever

you're doing the process and pick up that mantra - go the deep trance. For sure, once if you hitted your two hands under the navel, your system all of the sudden... system means, your way of thinking, all the brain starts to collapse in a good way, complete clamed down. You feel so heavy, drowsy. Drowsy means, you're not sleepy, it's a kind of trance. Once if you get the trance stage, then little warmness, heat will be produced, it's also called the navel spot the Brahmahanandra. You can see, in Lord Maha Vishnu, when he's laying down, some lotus came out of his navel and the Brahma is sitting with his Saraswati. You see that anybody? What is the inner meaning? It means he created from there, whatever he wants to put the illusions or the sankalpa, sankalpa siddhi, sankalpams, the creation point, he started from there, he created the Lord Krishna, Vishnu created from his navel.

So the point here, whenever you want to connect it, any souls, any spirits, anything else in your visions, when you go in the deep trance and drowsy, then you start to get heat from the back side of your spinal cord, then it will start to flow, moving. It will move, move, move, move, move... Whenever it starts to move, at the time your kunda... Telugu and Sanskrit two words there - Kunda means the pot. Where is the pot in your body, your head, then that energy will go through your backside of your neck and it hits it, like nicking it, you know nicking, like a cobra it goes, exactly like a cobra. Sometimes you feel when you are sleeping, all of sudden you wake up. I hope many people have that experience, no reason, just like you had high electric shock, like somebody put two wires, put on your toe, just rrsstt, just shock, "What is this, what is this nightmare?" Then again you're going to sleep. You didn't have the bad dream but just you jolt. Sometimes the energy stagnates in your body, frustrated, all of the sudden it hits the brain, sorry, to your Brahma Consciousness. Once it hits it, whole your body will shake the peaceful swimming pool, just throwing a rock.

What you're doing here in the Kundalini, simply you're meditating, keeping on just making that cobra coming and touching it. Once if it touches, you feel very drowsy there, again it stays three, four minutes, depending on the capability of the person how much it can hold there, then again it will drop. Once if it drops there, again it comes back, again it will turn, again it will start to climb, then again how much you hold there, then again it drops, same way it comes, it comes back to that same place around your navel, that point and stays there. Whenever it reaches there, at the time you feel amazing bliss, amazing experiences. If you're such a glorious person, you'll turn as a glorious person and you can recognize certain

things. You're fast and you can predict you can win it or not your spiritual practice or your business. You can implement that energy for anything.

What the most beneficial things here is whenever you hit the Brahma Consciousness, whenever it starts to open, then you're really sucking the energy in you, you don't need to suck, automatically it starts to flow in you. At the time it's hard to remember your desires at that stage. Do you understand? It's hard to remember your desires. Even you really, really worrying on something, "My wife is really giving hard time, please Baba change her mind," or "My husband is really giving hard time to me. He's always so crazy whatever I say to him." Whenever you're at that stage, pray to the Almighty or to the Mother, "Please change his mind in a beautiful way," never use for the bad - use for the good, then you see within a few days the results, the person he/she will change. Whenever you look at that person, one hundred percent he/she will change.

It's a kind of technique to making your will to come true, through your sadhana but when you want to do that, the first beginning stages you need completely calm, quiet place, very silently you have to pick up. Your Swami majority is a night person; I keep on walking and observing just I sit a matter of five, ten, fifteen minutes. Even since I started talking, since one and a half months until early morning hours, before that, just I take the ten, fifteen minutes I take the process of the Kundalini and hitting what I want. Especially I use this Kundalini yoga to pull the Mother Divine to stand in front of me. After I pull Her, when I put certain boundaries around Her, not to playing any... you understand what I'm saying? I can see it, somebody else cannot see it, not like that. You have to whatever I'm experiencing whoever I brought there they have to also experience it.

In this Guru Purnima, a few lucky guys... and tonight I'm giving certain strict dikshas... I'm selecting tonight a few people and after few days later... Of course there's a few things I have to offer Her from my body, certain things to make it, one part, in the nature this body needs to suffer. After it gets suffering... "What is this little strange, what Swami is talking?" I should talk the truth, honest, many times I offered my flesh. Few people, just I poured my blood on their bodies, almost just poured it. Making them to lay down exactly here, complete. It's almost all wet on your chests Clint, totally wet? How many people I did at that day?

Clint: Yes Swami, four people – Terry, Jonathan, Ramakrishna and me.

Swami: Two people got success, two people are on the waiting list. Terry is also pretty good got successful, and RK is ready to connect Her. I don't care about... it seems little weird, "What is this offering blood? It's strange, Swami what you're talking about?" Yes, in ancient times, the Maharshis to their students if they keep on doing their sadhana, if they got failure, what they did? Through their austerities' power, through the water vessel they're carrying, they make them just to drink, just transferring the energy. Here, whatever certain energy, just making on them, pouring it to make them receive it, then they're eligible certain angles, certain channels to connect it, to the Mother.

So, I use the Kundalini yoga to pull the Mother Divine. It's super important the last sentence, "I use the Kundalini yoga to pull the Mother Divine." It means how it important this yoga is, you understand, any questions on this Kundalini?

Student: Do we have to sit straight when we're doing this, spine, back straight?

Swami: Doesn't matter, do you understand? Do you recognize when I walk, I always have a little bent back, I always use a taller than I walk little like an old person. Many of my boys talk, "Hey c'mon, walk straight and walk." I tried that many times then forget it, that's my style to walk, style means, from the beginning.

Patrick: I'm unclear about the breathing technique.

Swami: The morning hours it's good to do the prana, to make pretty relaxed that whole day feel little free. The pressure will go out. You understand Skye? Not like cracking. Sometimes he does... I have a lot of pressure in my head. I think he's super strong Bhima, like Hanuman guy. Even if he tries to put his two hands on my head pressing, maximum best whatever he can, zero results. Really I want some air to come out from my ears. How many times you did Skye?

Skye: Twenty-five, thirty times.

Swami: You Ramakrishna?

Ramakrishna: Hundreds of times.

Swami: To the normal person, if you did like that, what do they feel? You're the characters to practice.

Skye: Like being crushed.

Swami: What they feel like huge pressure? Pain or relaxed or what?

Skye: Can be very painful, yes.

Swami: You used all your stamina on me?

Skye: Yes, everything as much as I can do, all my strength and it doesn't hurt you.

Swami: Such a pressure in the brain. I suck it. I do prana, no help. I take hot shower, no help, getting massage with oil for two hours, no help. Sometimes I really want to buy an elephant, seriously, make it, 'hah' the air come out - relief. No, seriously, sometimes when, especially certain yogas when I did it, somebody to making them hitting it, at the time the brain, the head, the kunda, super tight. Of course I have normal thinking, everything's peaceful, it's ok but it needs to get one step beyond, over. At the time there's a little bit chance at the time, I'm little irritation and whoever I see whatever they come with the questions, "Hey relax. First you relax. I don't know how I can get relaxed until I can get the air out. Don't give me hard time." Or I simply hide myself.

So, same problem you'll also face like me, but not like this crazy way, a kind of pressure. The best advice, do morning hours, the so-ham. No mantra. So-ham, like 15-20 minutes strong breathe in with one hole, totally breathe out.

Swami to Philip: Like your other teacher's style, then everything the bliss is there. Ok, for maybe... but still lot is there left to do. Lot is there to do. Ok, any questions here in the Kundalini?

Channing: You said before that when doing the Kundalini meditation, it's better to use a mantra with five words or less. Is that true?

Swami: I think what I've given personal mantra, I don't think I've given any with more than five words. Does it make sense? The majority of people... What is your personal mantra, Imke?

Imke: I won't ever tell.

Swami: Hum.

Amy: How can one go about getting a personal mantra?

Swami: You have to approach your master. You have to catch him. Actually today we're suppose to talk the new students, to giving that and after this talk I'm going to give a talk to the new students.

Alx: What is the connection, the relationship, between the Kundalini energy in the human body and Mother Divine? Also related, when using healing, using the Kundalini yoga as a healing, I experienced... I don't know what flavor of energy that is. What energy is coming from here to heal somebody from a distance through Kundalini yoga? Is it Mother? Is it the Guru Parampara? What is that?

Swami: Once if you connected the Kundalini pulling Mother, it means almost you're equal. You're not a human body at the time. Once if you connected the Kundalini, you really started pulling Her. For example, I introduce Mother to you I made a connection. Ok, this part is done. Then you're practicing the Kundalini, the Brahma Consciousness is open. Then you're sucking Her. It means, forget about your human body, you're not at all you're human body - you have no idea where you are. You understand. You're almost all... you crossed a limit, that human body, it's over.

Second question, it's Almighty Mother's energy doing the healing. Before, generally, you'll have the idea right after you're going to sit in the meditation, you want to heal so and so person in the distance. And also I said, when you're in the super trance stage, in the beginning stage, sucking that energy, whatever you want to full-fill your will... for example, your wife is always driving you crazy, you're always having bad luck, you want to make your mind straight clear, or there's certain things you want to get successful. At the time to pull your desire in your Brahma Consciousness to asking the Almighty, to the Divinity, high cosmic, high vibrations ! Do you understand? To pull that desire is not that easy and at the same time, it's even ten times more difficult to pull Mother Divine, when you open your Brahma Consciousness, in front of you. Like if a person is making you 1,000 times to swim, or a million times, then threw you in, how you felt? There's a chance you can breathe in, breath out... or swaha. That's why I'm playing very gently. Playing means, in a good sense here.

Whenever, I'm going to introduce you, you're so low level, how you're coming up? Then my energy is also transferring and making you hitting it to introducing the Mother, then go ahead test. Then a few people, they gave their list what they really want to test to Mother, what type of souls they want to see, Baba, Jesus darshans, that and this but I promised certain people, certain groups. After that, once they got connected, how much smart they're going to behave in the moment. Who generally comes in front of me to ask the questions, they come with a paper. They don't have in the mind exactly what they want. It means they forget sixty, eighty percent. Does it make sense? Majority of people what I observed, you have many questions, you come, then when you come close to me, they can hardly ask few questions. Many questions disappeared, "Hah! I should have asked this, I should have asked this. I missed the chance. When can I attack again Swami to ask?"

So when you have the real time there, at the time, even you have the consciousness, the Brahma Consciousness is around you... the Brahma Consciousness means your master's energy, and your austerities' power, a lot of protection circles is around you, how much you can be really dare enough, means strong enough, not to forget to talk. We'll see. So try to practice that too for relaxing the mind, the Kundalini.

Philip: I have two questions. One, how to you use the Kundalini? Do you raise it up to get the Divine Mother? Do you raise it up to the Brahma Kundalini Nadi first, then where do you put it? That's the second question. Some books say, after, you take it out. Some books say you take it down to Her daya. So for one, how do you use it for pulling Mother Divine? And number two, where is it moved after it hits your Brahma Kundalini nadi?

Swami: It goes back. Wherever it came, again it goes back.

Philip: Do you try to move it to...

Swami: Why you need to move it?

Philip: It will happen automatically?

Swami: Just it will go straightly, stays there again it goes straightly - stays there. It goes like a snake (*weaving back and forth*) but it hits exactly there. If you drop a coin in a water bucket, the coin will go straight?

Philip: Then how do you use it to call the Mother? Is there a special technique?

Swami: We're coming, we're coming here what is your Swami's channel, Atma Sandhana, Para-atma Sandhana, that's pretty good chapter. Not big, brief and straight hit it, then making all one yoga. We have to give one new name to that.

Swami: Yes Ramakrishna?

Ramakrishna: You said in the divine tantra, you always need the combination of the mantra and yantra, that makes like the gas and fire to make the explosion, the high energy, and in the Shakti Kundalini you're saying you're using the personal mantra and once you go into trance, what are you joining to that trance energy to make it go up so high that you connect even to the Mother? How are you making that energy to explode? Are you using your personal yantra, or is your sankalpam enough, or is it depending on how much energy your soul can suck? How do you get such high vibration from that trance? What are you joining there?

Swami: That's a Shakti Kundalini. It's highly impossible, I discovered. You can find your personal yantra. Last night, yesterday, I asked how many people had their personal yantras. I released to take a certain yantra (*to pick one from the different yantras what Swami gave in the PSY program, July 2000*) and use for your process. For a few people who could get their personal yantra but for many people I released, I told, "Forget about this (*your personal yantra*), just take this (*one of the yantras he gave*) and follow it. Didn't I? So if you go like that, to find your personal yantra, it takes really long time. It's really going to take a long time. But what I'm putting here, joining to the kundalini yoga, coming to the sixth yoga, Atma Sandhana yoga, with that Shiva Linga, with the Amrutha nectar, it raises up, lifting the soul. I told it this one week is enough to lift your soul. Do you understand? Then you can go in the process.

So mantra is necessary, either personal mantra... the yantra here, I don't believe you guys can find your personal yantra even if I gave you guys thirty years, or ninety years. Even whoever said, "Yes I found my personal yantra, I saw it," Un-ah. Is it true, does it make sense? Please, talk with your heart. I'm not making you down guys, it's the truth, what I observed. Is that your question Ramakrishna? That's all?

Ramakrishna: Really I'm wondering what's the yantra mechanism there – is it your personal yantra, is it the body?

Swami: Wait, wait, wait until Atma Sandhana and in the Kundalini also, there's a pretty good chance you can come out from your body but also I mentioned previously, but I don't want to talk on that now, it will come in the Atma Chedhana yoga. Atma Chedhana means dividing your soul, bringing it out, it divides in different angles. We'll see but you have to understand each step where I'm going and what I'm discussing.

Hassan: Is it possible that the Kundalini energy can hurt? Can we get too hot? Get headache or something?

Swami: No. Headache? No.

Eric: Sometimes I have those symptoms, especially in the Dwarkamai, but I'm not having my hands like that. Is that one hundred percent necessary?

Swami: It's good to have the hands.

Eric: Is it the same symptoms?

Swami: The Dwarkamai is completely different place in the globe. It's completely different place. It is the, you have to experience it guys. It's your Swami's and few people's power spot.

Myuri: I'm not sure the experience I had was that because I wasn't in that same position what you talked about and the symptom was much more like an electric shock.

Swami: I'm sure you had, um-hum.

Myuri: So that was the same thing? And the second part of the question, can you direct the Kundalini to rise with your consciousness or does it just rise on its own? Can you use your mind to direct it or it comes on its own and you don't know when it's coming exactly?

Swami: You can start to feel it immediately.

Myuri: But you can't decide with your mind, "Ok now I'm going to raise it?"

Swami: You will feel it. You have to put your keen observation, like the cobra coming from the cobra house, you have to be very conscious when it comes out. Just it comes out, watching, then it will come out. The energy, it's like that. When I gave a shaktipat to an old man in the Dwarkamai, at the time, I used the Kundalini process. How many people there at the time guys?

Eric: I think it was eight people.

Swami: Can you stand up guys? Let's talk this.

Jonathan: And Shokan.

Myuri: One more, Glenn.

Swami: Ah, Myuri knows very well, see, see I'm telling, you're a good coffee supplier. Ok, what you experienced Clint Thompson?

Clint: What I experienced medically?

Swami: Ok, talk on as a medically. It's a good word.

Clint: I wasn't thinking as a medical doctor at the time, but what I saw in that moment made my mind switch in that way. I saw you give him shaktipat. I don't remember which finger you used, maybe it was your thumb.

Swami: I'm sure it was my finger wasn't it? Sorry. You had a good day today? First let me ask that question.

Clint: Little (*inaudible*)...

Swami: Paul, can you explain?

Paul: So Swami during this process with a gentleman about seventy years old who was sitting down in a chair and he gave the permission to Swami to give him the shaktipat. And within thirty seconds of Swami giving him the shaktipat, his body started to get respiratory failure. He started to breathe very deeply and it seems like his body started to fail. I got the impression that literally his soul was starting to come out of his body and it was some sort of reaction to that and then the symptoms of his respiratory failure was the symptom that he was about to die.

Swami: What's your feeling Eric?

Eric: He started shaking, his whole body.

Swami: Because of he's an old man?

Eric: No, it was the tremendous energy in the room but especially between you two, his reaction was like electricity, like he was being shocked.

Swami: How much time he spent inside at the time, in the beginning with us to talking?

Eric: Not so long. I don't remember it was so long.

Jonathan: Twenty minutes.

Swami: Tobias?

Tobias: Twenty-five minutes.

Paul: Thirty minutes.

Clint: Twenty minutes.

Swami: It was thirty-five minutes. At the time he was shaky when he was inside?

Students: No.

Swami: He is not an ordinary guy. He's a saint. He's pretty powerful saint, Vishva Yogi. His name is Vishva Yogi and I found the right time, very peacefully, gently, then started to giving the shaktipat. The electricity just flowing in him, after that he suffered almost five to ten minutes. He doesn't want to stay in the room. He can't. His body is not accepting and his soul is not accepting and he really wants to go out and he sat outside and he really got relaxed. After one hour he's ok. Any bad intention, certain things, I didn't explain yet why it happened that. Before, I told them, "There's a chance guys I'm going to hit him. You have to experience that." Even to the Guru Purnima, a few people taking to the river, I'm gong to spend my time with the Japanese group. I have to see how much they're able to experience, and here in the Dwarkamai, I'll give a little advanced

precautions. If you don't follow that, you need to face the same things too. Once if you miss the chance, (snaps his finger) done, it's over. Why I'm saying that, you can't see the energy, the electricity in the electrical wires. Do you understand? You can't see what is hidden in you. Of course, every person is carrying amazing energy... For sure my students will become ten times powerful than me - that's my desire, my wish. I'm begging Baba, "Please make them very stronger, then they can do work hard."

Especially when I went to Holland, I got the strong impression to change the world, to change the globe. It's require to be very strong guys, otherwise there's no chance you can fix it. No chance. And also, it's very hard for me to stay in the western countries because the vibrations are like that. And second one, I don't like the culture, the way of their dressing, the way of their behavior, the way of their politeness... do you know what I'm saying? Completely it's like, what we call it, business or commercial. It's really beautiful countries, really systematic, I love lot of good things there but to understand the spirituality, spiritualism they really need to go depth, certain things, once if they walk out, then certain things they can get it. They can't get both. When can they get both? They can get both, once after they got spirituality, really got it, then they can go. Do you understand what I'm saying? Until to that - no chance.

Swami: What else? Any questions left?

Myuri: In your talk before you mentioned two Kundalini processes.

Swami: Just we're hitting briefly here, then we're jumping another yoga connecting it.

Myuri: So the one that brings the energy from outside the body...

Swami: We'll talk that too, no problem, no hurry, just whatever I mentioned the points here, do you have any questions on the steps, on the stages?

Christine Selb: How strong does our power of concentration have to be?

Swami: How strong? I'm sure you are a little stronger than me. It has to be very focused, dedication.

Christine Selb: To feel the energy and to make the cobra rise, how strong do we have to be able to concentrate. If we have difficulty of concentrating for a very long time...

Swami: Once if you put your hands to touch at your navel, it will put you in the drowsy. We can experience tonight in the group meditation, for two and a half hours. We'll sit in the meditation and I'll also sit with you, then we'll see. Gustav last question to you.

Gustav: You said we could use the Kundalini energy to make the distance healings? So when do you send the energy, in the drowsiness? How do you use the technique to send the distant healings?

Swami: When you're totally, when you're in the open consciousness? Experiencing the consciousness.

Gustav: Then you have to use our sankalpam to send it?

Swami: That's not easy. That you have to get trained, that you need to get big trained. Ok, Cyndria.

Cyndria: Since there's so many people doing japa here, I just want to know the difference between doing the japa, and doing the Kundalini meditation?

Swami: I'm coming to that japas too. How much they've done japas, how much they gained, the power, then how to switch it, take that energy and switch for the different directions. Everything whatever they did the japas, one hundred percent their soul has sucked. So Kundalini yoga we've done majority here but your personal mantra is one hundred percent necessary or you can use the Gayatri. Go for simple. Ok?

Then in Paramashiva Yoga, let's talk on this then it will come very easily. In Paramashiva Yoga we talked on the three stages of the illusions. The stages of the illusion... Doug can you remember them?

Doug: No.

Swami: Completely forgot?

Gustav: First stage, you don't know what you're doing but you're doing it. The second stage is, you're having experiences but you don't know what

that is. You cannot raise it by yourself, and the third stage is, you're having experiences, miraculous things are happening and they come continuously. But you cannot hold them, you cannot direct them, you have no force to make it happen or not to make it happen.

Swami: Say that again, you're adding some more words, you're adding, does it make sense? He's using some more words, like, 'continuously'. Continuously means, you're developing, the third illusion is you don't know how to develop it. Repeat

Gustav: You do the practice but you don't know what you're doing. The second is you do the practice, you have experiences, but you don't know exactly what that is. The third stage is you're having experiences, you can recognize them, but you cannot, you don't know how to develop it and how to direct it.

Swami: Which stage you are in Johanna?

Johanna: Mostly I'm in the second stage, but especially lately I'm feeling more third stage.

Swami: You Doug, now? Can you hear?

Doug: No.

Swami: We're going the depth here in Paramashiva Yoga, two layers, then it comes the links, then we'll discuss all the yogas at a time, then it comes in one straight line.

(Swami asks RK to say again so Doug can hear the three stages.)

Swami: Which stage you are in Doug right now?

Doug: Ah, sometimes I have experiences but I don't know they are, or what to do with them, so two, second stage.

Swami: Ok guys listen. It's very sensitive matter here, super sensitive. Be very careful to understand. It's natural to me, or to you, or to any saint, any avadhut, any avatar, any purna avatar, any hero, any layman, any guy, or any woman, these three stages, it's like a cycle – morning, afternoon, night – early morning, afternoon, night, it comes but who really wins the

five elements... win means, charged majority enough the five element's energy, then they upgrade to the second stage.

Paramashiva... Shiva means Pancha Bhutas, Na Ma Shi Va Ya you understand? Who really charged the element's energy, for sure you need to get charged. Period. Then you'll be upgraded to the second stage and the second stage too, until you merge with the Mother, merge the Jesus, merge with Baba, connecting and demonstrating and showing the healings, showing the miracles, preparing the students, changing the world through the messages as a powerful guy. Not only... in the third stage a lot is there, is hidden. In the hidden, if you separated pieces by pieces, it's a lot. The most important what you have to observe, the conscious points:

1. Whatever you receive, your personal mantra, never tell to anybody with or without consciousness.
2. Never give a chance really, what's really running with you, the experiences, unless the master asks you then ok, you can go ahead and talk. It applies in the Concord rules there. Did everybody read the Concord rules there? Never give a chance to the next minute, even though you smelled it, that you're going to get it, "Ok Swami's inviting you to Dwarkamai. You have no idea why Swami's inviting you but there's a small little, you have feeling, yes there's a chance I'm going to get it, some messages, power objects, certain things." Ok, Swami's doing a fire puja for you, he charged a crazy amount but he's doing. It means there's a chance he's giving what you're not expecting, you understand?

You don't know what he's going to give you but don't have expectations, that's bottom line. If you keep on expecting... for example, I told you, "Ok, you're going to connect Mother, you're going to connect Jesus, yes you're going to connect God." From now onwards you're building up very crazy way, "Ok I want to ask this, I want to ask that, I want..." Make a vague idea, then leave it, be surrendered leave it open. The final just peak moments you can discussion with your master then you can put it. If you put it in the way advance, you're purchasing negativity one billion percent.

In spirituality, you can have the intention until you reach certain stage, certain experiences, when you're getting very close, no chance. Do you understand? No chance you can expect exactly.

3. Whenever you're with a great soul, Mother, whoever it is, totally open your heart and surrender, accept whatever is coming to you - super important.
4. Whenever you connected it, never say good-bye. Say like, "Again I'm going to see you." Never say, "Ok goodbye." If you say goodbye, the thread is cut off. The world is go out. The final goodbye is when you really merge, when your soul is taking off from your body and the super dangerous is there, I'm telling you, I'm smelling few people who is here, not my problems. It's not at all my problem. A few people, even they're going on the journeys, even I told them, "Don't go," they went. They didn't return back to ashram. I hope you know the little small story. They went, I said, "Don't go." They went. "Even if you go, follow this directions, go sixty kilometers speed, take the driver." They didn't take the driver, they went 110, 120, 130 kilometers speed - out. They didn't come back.

It means... I'm not creating fear here. Once if the master from any angle gave the advice, take it as a bliss, as a blessing, do you understand? But I'm not totally responsible for your karma and I'm responsible for my own karma too. Do you understand?

Students: No.

Swami: I don't have even total right on my life too. Do you understand? One commander is on me, making moving things. So certain things you need to follow.

In Parama Shiva Yoga, in this Guru Purnima, once if you touch the Shiva lingam, once if you taste the nectar... and I'm making the Shiva lingam to each person to stand on your heart for thirty seconds or one minute and taking it off. At the time, please make sure whenever the Shiva lingam is on your heart what you really want. If you're a little gluzzy... gluzzy means wavering mind. What do we call the word? Wavering mind, not specific enough, unclarity, if you throw arrow, it has to straight hit it. So once that lingam touches your heart, then you really jumped in Paramashiva Yoga. Totally suck that energy in you, then you start to develop it. Once if it's on your heart, don't let it fall down, do you understand? There's a chance. Don't let it fall down and another one, even if it's bleeding with the amrutha, gents, no chance to wear the shirts. Ladies yes, you can wear it, no problem. But even the amrutha is coming, there's a huge chance Maya will divert you. For example, the amrutha all

of sudden it like comes on your eyes, exploded, and you diverted. Only I gave you certain period of time, thirty seconds to one minute and if you got diverted with the Maya or all of the sudden, you're something chanting or something your thinking, and it comes on your mouth, then you start to taste very beautiful, then you forget what you're going to ask, then (snaps his fingers) too late.

Whenever you're entering in Dwarkamai, if you have the fresh, new clothes, it will be great. No haircut, no hairs fall down. One hundred percent no hair cut on the day before you're getting inside. Your hair cut, cutting and getting in, no chance. One million percent no chance any blood is touching the ground, you got cut and bleeding it. I'm so sorry the menses women can't get inside. How many people will be menses women on Guru Purnima? If the three days is over, it's fine.

Swami to Alana: Why can't you take Tobias as a translator too, everyday?

Alana: No problem.

Swami: Good. It's good.

Swami to Tobias: You're a good translator. He speaks very good English. They deserve it. And he speaks very good German language. Take it as a sport, man. Help them. Then they can understand. This is the first one layer again two layers is left.

Myuri: We only ask one thing or all our desires?

Swami: Only one. All your desires, thanks! Please, no chance. Especially I'm commanding, don't ask for me anything. Do you understand? Hey, my life is my life; your life is your life. You ask for yourself. You don't ask for me. If you really want to ask something, come and give a rose flower or send your love - that's enough. Don't ask anything more. You'll know why, I hope everyone will understand why I'm saying this, majority of people. Is it done?

The second one, who already connected certain experiences, certain things, whenever they see the Shiva lingam, or it touches on their heart, it's like a huge globe is on their body, like a weight. Do you understand? On the spot, incredibly or tremendously your heart started to get super bumpy, like electric shock, like it feels, 'there's no chance, get this out, like cobra all of sudden jumped on you,' There's a chance. If you gave a chance, if you

felt like that... of course there's a huge chance Swami will be there. But, nothing will happen. Be brave and do it. I'll give that assurance. A few people will get an electric shock, one million percent no doubt on that. Do you understand? That's the second layer.

Third layer, all of sudden, once if it is on you, if you feel Shiva is sitting, totally his structure form... it's not your hypnotizing yourself, it's a matter of thirty seconds or one minute he's sitting on you. Even you want to get out, your one minute is over, you're seeing and I'm seeing, but even few people won't be around there. No one will be around there. Then totally he's sitting on you and you want to get out. If he's sitting on you, if you felt he's seen it, even he's so heavy sitting on you ok, take a little time. Don't have a conversation with him. I told you, if you have the conversation what will happen to you, there's a chance. Just experience it. Once you're experiencing any stage in that, forget about any of your mantras - throw it out. Just be as a pure... just go as a simple devotee, just Om Nama Shivaya. The worst case if you feel your time is coming you have to enter in Dwarkamai, now you start to hear the shaking, it means the master is starting to working on you in advance. Now you're starting shaking. I hope few people they know the arrows, protection arrows. You have to remember very smart, clear enough. These are all I'm making you training to the Guru Purnima.

After you're putting that Shiva lingam on your heart, then after you put a flower on your power spot. Even your power spot is somewhere else, first come and put your flower on that wherever your power spot is. Do you understand? But you have to taste that nectar. Don't forget, when you're going out, you're putting the flower, then, even though the bleeding is on you in the room, when you are in the room, even if there's a lot of tension, lot of pressure, lot of energy, don't forget, you have to touch it. You have to taste it, at least one drop then it's enough. Huge enough, there's a good chance I can help you, to your process. You understand? Any questions here? I hope everybody remembered step by step.

Patrick: You said if we feel the weight of Shiva on us, no conversation. Are you still asking for your desire though or do you stop that as well?

Swami: Generally at the time, your mind will get down. Down means, you're just seeing him or there's a chance your Swami's pulling the Shiva and putting on you, making him to sit. I'm sorry, I can't make any comment, but no conversation, opening your mouth and talking - no. Totally the whole room is covered with Him. You enter into Him, that's

fine, just simply do - walk out. Never get nervous, nothing will happen. Never get nervous, be brave, make it hit that Shiva lingam on your heart, very, very important golden statement.

Marie: Did you say after that to forget your mantras? Do you mean generally, if that happens for you...

Swami: No, no, no. I'll talk later that... which stages you go, then dropping all the mantras.

Christine Selb: The people who are not in the Concord, who are not doing the protection mantras at the full moon and new moon, should they learn them anyway, should they memorize them?

Swami: Well, if you feel all of sudden... few people, crazy guys, they want to see Maha Para Shakti, you know, they want to see Maha Kali, then I blessed them, I promised them. Once if you're there inside, if the energy permits me and permits, there's a huge chance if they see Para Shakti with eighteen hands, with even like Dwarkamai, like twelve feet like that height, they want to see one hundred and eight feet Para Shakti, then the whole room it started to disappear then they're going to see it. It's not my business. It's their choice. Go ahead. At the time, if they go shaking, at the time they need arrows, do you understand? I already told it, when it's important to use the arrows. I already told it. Then later on, I don't know how they'll develop with that Para Shakti. Even Ravana, he simply begged, "Please go away, get out!" He slapped himself.

Let me tell this story, again, one more time. He meditated, meditated, meditated... Totally he got five times the darshan of Shiva, five times super duper failure. One time he really, really impressed Shiva; he got the darshan. Whenever Shiva appears, the Shakti is also there. At the time, Parvati, Shiva's Mrs. is the gigantic, the most beautiful... Of course She's mother to the universe. He looked at Shiva, then he turned to the Mother, then She's so beautiful! Immediately he asked, "Shiva, can I ask a boon from you?" Shiva said, "That's why I came here," he has the stamina he can discuss with Shiva.

The discussion, who does to Shiva in the universe, the majority is little shaky. I will tell it's shaky and why it's dangerous if you talk to Him and the majority what type of things you can ask.

He asked, "Can you give your wife to me?" He said, "What?" He said, "Yes I want your wife." He looked at Her, "Please, he's asking you, go." Then Parvati is saying, "It's completely unfair, I'm your wife! You shouldn't send me with this guy, even if he's super devoted to you." Shiva said, "Please go! My order, go and make him happy, he's liking you so much." Ravana is seeing only a part of Her beauty. He doesn't know another part of Her.

Then She's one part very upset on Shiva. It's a true story. We have the proofs and evidence in the manuscript, from the *Puranas*. Then, he's walking in the front She's walking in the back. Who ever is coming opposite to them saying to Ravana, he's a king you know, they're saying pranam, then looking at Her - simply dying. Many people in the streets, as he keeps on walking to his palace, dying. He's thinking, "Maybe they're going in the coma seeing this beautiful woman." Then Narada came. Everybody knows Narada, he's the messenger and trouble maker. "Hey, why you asked for the Mother, it's not fair." He said, "Narada you're a sannyasi, what do you know about, get out." He said, "Thank you king, God bless you." Then he left.

Then Ravana's guru, Sukracharya, he's walking inviting him, then he saw, "What? Who is She?" Then he said, "My dear master, She's my wife, I'm not giving to you. Don't ask that boon. I can give anything, but don't ask that." He said, "Such an idiot you are. Look at your back, look at Her again." He looks, "She's so beautiful." He says again, "Look." He sees again, "Still She's beautiful." Then he opened his third eye, "Look!" With Her tongue, the most crazy Para Shakti Kali! "Can you really enjoy with this lady? Is it possible to you? Do you know how many people died in your kingdom when you're walking? Hundreds, she already ate them, just heart stroke, everybody got heart stroke. She licked each person's soul!" So, you did super mistake. Then he's so angry and mad and turns, "Hey, why you came this far?" She says, "No, no I want to come to your palace, I want to be with you, it's the order, my husband gave the order." He said, "Get out! Get out!" And he falls down on Her feet, "Please forgive me." Then She disappeared.

With using on the final spot the Kama arrow, diverted... the Maya diverted. That's why I'm saying, be clear what you want. It seems my words very simple, in this Kali Yuga it won't be that much forcefully, I cannot put in your heart my words. It means you didn't do enough austerities to bring that inspiration in you, but once if you're getting in Dwarkamai,

you're getting that inspiration....but be very clear enough, otherwise you'll be in trouble. Does it make sense Tobias?

Tobias: Yes.

Swami: I hope you experienced one part already. So the second time if you missed it, again you can join the computer business, I can't help it. Even though I'm there with you, I will always stay in my boundary limits. First I have to take care of myself then I have to take care of you. First nine minutes - no chance I can take care of you, even if you're under the huge trouble. Then after nine minutes, then there's a chance I can pull you back. So who did lot of austerities, lot of strong hard work, lot of meditations, follow perfect dikshas... yes many people did it by grace of Ma, Baba and Jesus, you'll win your victory - that's my prediction, but your heart has to be open. Just take all the information, whatever I'm giving it as a part, another part, making your mind and heart total clarity, ready to your heart to lifting up. Do you know what I'm saying? Give a chance don't hold it, to lift you.

Tonight I'm starting to giving shaktipat to coming to each person and touching. Permission? I don't think I can order you guys too much sleep. You can sleep the morning hours, after breakfast then wake for lunch then can join. So after, go to dinner, again we'll come to sit here to talk on the sixth yoga, Atma Sandhana Para-atma Sandhana yoga - that's the most important one for Guru Purnima. Everybody got it? Again, whoever practiced majority your time, please, please, please review my suggestions... the Paramashiva Yoga, certain layers are important.

Good luck! Have a wonderful dinner. Thank you.