

Swami's Soul University Talks  
Opening Our Consciousness Stages  
Talk in the Baba Temple  
September 2, 2008



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**Swami:** Since morning until late night, the Muslims in this time of Ramjan, they won't eat - super fasting. After the evening, they start to eat, again morning they have to wake up by 4 am... many religions, different belief systems. Good. So are you ready guys, for interviews today with me?

Students: Yes.

**Swami:** You prepared all your papers with point one to point one hundred? No, I'm serious. This is between you and me. Personally I know you but in depth mentally, and soul levelly, I have to know your feelings too. We can now talk publically, I have couple questions, still you might have the time until the late morning. We'll take two people's lives as examples, and their consciousness stages. They'll express very openly. We'll see how their life-style is, and where they got stuck. Is everybody ready?

Students: Yes.

**Swami:** Now we'll take one student. Bring your papers and come here. This many pages?

Simon: Twelve pages.

**Swami:** How many points?

Simon: Nine main points.

**Swami:** What are they? First 'loyally' you wrote it? No hiding?

Simon: Yes. So I tend to have an obsessive nature, always like perfectionist, trying too hard, pushing too hard.

**Swami:** Pushing nature.

Simon: Pushing nature in myself to go over my limit, even to make myself sick and I have a general fear of people.

**Swami:** Fear with people?

Simon: Um-hum. I was very shy when I was younger and I use to blush and go red. I was always quiet in class. I had the shyness inside me that I have still.

**Swami:** Shyness, here? I didn't observe that. You don't have shyness at all. So, okay, anyhow that's your consciousness. Next?

Simon: I tend to suppress my feelings and emotions, push them down keeping them inside. I don't allow my emotions to come out because I don't want to hurt people. But over the years I think that has manifested itself in my body, in certain ways with blocks. In my spine I can feel blocks in my nadis with the energy, and in my shoulders have come about from that suppression. And next there's still some kama energy there, some lust. So I think it's something from my past. I have control over it but to accept that,

yea, just to accept that. I was surprised when I went home during the break that that came up again.

**Swami:** With whom?

**Simon:** Not with anybody, just from watching TV, videos, going to magazines, seeing the beautiful women on the magazines – whooa, because you’re not in that energy here and I feel that I have some doubts and confusions in terms of just my understanding of reality and the universe and God....wanting to know that. And maybe conflicting ideas from what I’ve read in the past to what I’ve seen here.

There seems to be a general anxiety and fear. I keep fearing, especially when I came back home the first week, you know just uncertainty about future life, children and future uncertainty. Not that I’m not really worrying about because I’ve accepted...

**Swami:** You’re talking your blocks, not the consciousness that’s the root of your blocks. For example, honey is there, a glass of honey. The honey inside, the fragrance, the consciousness inside the honey is sweetness. I don’t want the honey structure. I don’t want how the honey looks. The honey taste – that, consciousness can be in the water, in the yellow color, in the red color in the blood. You can take the blood and taste it as honey. You cannot prescribe, “This is the honey.” You have to prescribe the consciousness of the taste of the honey - that’s a big difference. You can same taste whatever the honey you felt it in the blood. The milk taste, you can receive the same consciousness the taste in the honey. You cannot say this is the milk inside the fragrance, the resume of the milk, not the structure.

If you’re taking only structure, again it comes only to the blocks. You’re not going to the root. What is the main root, the feelings keep changing it. I think I told it very clearly since almost eight, nine days. The root - that’s important. You have to catch that root. You got it?

You’re here, you have no kama energy. Kama energy is a honey, it’s a subject, it’s block, a concept, it’s a big heavy, you won’t feel that here when you’re in the ashram because of different

atmosphere, different opinions, different people, different layers. You went to London - you saw the television, the magazines. From here to London after you saw those things, something changed in you. Something made you to open it. What made you to open that? You know what I'm saying? When you are here something made you to lock it. When you're in London, you watched the television and the magazines - something made you to open it. What is that?

As a feeling of here in the ashram is different, then when you're in London it's different. You have that shyness as childhood days still he feels he's holding the childhood days shyness, fear of people. Fear is the concept, "I have a fear." The same fear from his childhood days he's still carrying it until now. So what made him to carry that fear? Some major incident should be there. Some major accident, some major incident provoked him to keep carrying that until right now his age. If there was no incident that provoked him, there's no way he can keep carrying the fear from his childhood days until now, the shyness. Does it make sense? So that provokeness, what is that? Going to that consciousness place, that stage, you think over that because it provoked you. It made you disturbed there to keep you carrying from there until to now. You stay there - keep analyzing that atmosphere. Come back how to solve it then it makes easier. You know what I'm saying? Okay, what else?

Simon: I think from something that happened in the past, when my father leaving my mother maybe, when I was ten or twelve, and a few people in my family that were close to me, particularly on the male side, who passed away and I was raised by my mother, which was a beautiful blessing but I feel like I was affected some type of heartbreak, or something missing in my life that I, affected me. And I feel there's some joy missing from something in my heart, that's still holding that pain of those past experiences.

So I put that down as a difficulty in terms of connecting with people's feelings perhaps, because I tend to feel that I created some protection around my heart and my feelings so I don't get hurt again in the same way. So I don't feel like fully open in my heart, or let down those walls I've created in the past.

**Swami:** Are you understanding guys?

Students: Um-hum.

**Swami:** Okay, just I want to make sure.

Simon: So the feelings of compassion and... for example, I can remember watching all the children starving in Ethiopia on TV when I was younger, and really being very emotional, upset. Yet as you progress through life and get older, you see those same images, you seem to harden to that suffering. So you don't allow that compassion and connection because you've built these walls around you to protect you. That's what I feel I've done.

**Swami:** Um-hum. Next?

Simon: And the Dattatreya picture (process?) has affected me in some way. The thing I gave up has affected other people and their perception of me, and some close friends I use to drink alcohol with, have relaxing time with, who aren't spiritual, they don't understand why I've given up alcohol.

**Swami:** Why can't you say it's good for your health?

Simon: I do, yeah.

**Swami:** How much you drank generally?

Simon: I stopped drinking alcohol long time ago, before I gave it up in the process.

**Swami:** How much is your capacity?

Simon: Well now, I would say probably one glass of wine. No, in the past I use to drink eight pints of beer on a good night.

**Swami:** Eight...to your personality? Okay.

Simon: So there's in a way some distance has been created between one particular friend and me. He sort of stepped back. He thinks I'm different - it's painful.

**Swami:** Painful to him or to you?

Simon: To me because he doesn't accept me to who I am. He didn't think he could connect with me because to connect with me he thinks he needs to drink with me. It's not true.

**Swami:** That's not good friend. That's not good friendship. A friend has to accept no matter who you are or what you are. Through your hobbies, through your habits, through your behavior, it doesn't matter - a friend, a true friend is, "do or die." Thick. That's a friendship. If you're not drinking, and your friend is drinking, okay let him drink but you're drinking coca cola, or a glass of water, fine. Because he stepped back only because of the liquor - that's not a friendship. Okay?

Simon: Then, the last one I have is just this feeling of responsibility. It's probably come from my past when my dad left, and me being responsible. I felt I was responsible for the family, the brother. I felt I stepped into the father role. So that's gone through to I suppose living up to other people's expectations, and to always have to conform to my mother's view of what success is, or my father's view of what success is, to get a job and succeed. And I suppose that also comes through to the new responsibilities I feel, I suppose I feel I have taken on through this path, and the things and the commitments I made to fulfill things in the future, whatever that may be, to go out into the world to spread the knowledge in the world and create masters. And I don't know that, but it feels like a pressure.

**Swami:** Pressure? Okay.

Simon: That's it - I just have my goal. My goal is to help the world in any way I can to create masters, spreading the knowledge and healing as many people as possible.

**Swami:** Good. Okay. You done? Okay, now let me ask you a few questions. What made you to come to spirituality? Why you were drawn to come to spirituality?

Simon: Originally it was a combination of things, to know from books I read, and learning about enlightenment, and what enlightenment was, and wanting that. That was my original desire and I've always had something deep inside me that wanted to know 'the truth' whatever this is, at whatever cost.

**Swami:** Are you happy in your spiritual life?

Simon: Yes, it's bumpy but I am happy.

**Swami:** Huge bumpy. Why it's bumpy?

Simon: Purification.

**Swami:** What?

Simon: The ego nature, the blocks that go with that.

**Swami:** So you're not missing the world life like movies, Pizza Huts, puffs, and driving a car, beautiful alcohol and cigar? I saw the London - it's quite interesting country.

Simon: I don't miss it. When I know I can have a taste of it occasionally, that's fine.

**Swami:** Occasionally you want to see that?

Simon: Maybe... I could give it up no problem.

**Swami:** Okay. Do you have any questions Sarah to him? If you do, that helps to me. You can ask him. He never fights with you?

Sarah: No.

**Swami:** You're such a good boy. Okay, I'll start your subject privately.

Simon: Thank you.

**Swami:** Just I'm giving another clue okay? We heard there is a different layers of the hypnotizing, mind hypnotism, heart hypnotism, soul hypnotism. In hypnotism, again there are tons of layers. Once you keep hypnotizing yourself... meditation is also a concept of taking your mind in your control. A horrible incident you're receiving that moment in your mind and your heart, and you're injecting that into your soul - you stuck with that. Somebody hurt you, you received very badly like hypnotizing, receiving it back, injecting it.

The climax hypnotism is soul hypnotism. Once the soul hypnotism is over, like you want to have one experience of some great miraculous thing, your aim and focus and determination and dedication, and your devotion is clearly on that. You're starving! You sat under the tree chanting a bhajan and mantra, or sloka in the meditation for only that. After certain time later, certain chakras in our body started to open and started to generate high energetic. I'll explain that in our class what is the problems of whole blocks and solutions then you're seeing it with your physical eyes or your visions. It's quite amazing, the nature will

reflect back to you and giving that experience. Then you start to feeling you got the enlightenment. You felt you're stuck, you stayed there in a kind of amazing bliss then you started to feeling it. That is the climax stage. That is the? Climax stage.

So where is the limit for the climax stage? Who comes out from the body, again be in the body, be a normal person, again be an abnormal person... experience what I told before, 'life and death' 'death and life' - that is the climax stage. In between, before that, this whole spirituality is linked a part of your consciousness hypnotizing, can't call it as a hypnotizing, it's too eagerness of wanting. It doesn't matter what type of wanting it is, another part - same problem whatever you're carrying since many lifetimes, keeps flowing to this lifetime too.

You're here in my presence. You're here with Shirdi Baba. You're just walking outside at the steps. You're completely innocent. The floor is a little wet. You're walking you slip and break your leg. You're in bed for six months with a horrible pain. You don't want that pain in your life but somehow you broke your leg by accident. That type of accident, how the nature allowed inside to you to make you do that? The same incident in your life journey, unexpected life accidents you faced it and it got damaged and wounded, and you got stuck in different types of pains in your life. What made you allow that to happen in your life?

Some provokeness is there with you all the time in your back keeps biting you whenever the essential time is required. What is underneath in the provokeness to making you happen that type of accidents? Is it clear? You saw a beautiful girl. You don't want anything except her. You totally fell in love with her. You totally got disturbed. You want to talk to her. You want to stay with her. You don't care about any other thing in the planet - just you want her. What made you to provoking that you want her in your life? It's a question Gary - something is making you provoked. Like you want it. No matter what, you want it. It doesn't matter if it's spirituality, God, enlightenment, a beauty, a rose, gold, a diamond, name, fame, good health, a house, a palace, a fruit, a master's degree - it doesn't matter. Something is in your back, around you, waiting to giving you rejecting that, to diverting you. You understand? In Telugu I can explain it very beautifully but finding the words in English...

Gary: I'm thinking my own experience Swami.

**Swami:** Why?

Gary: It happened because somehow I thought in that moment something special was there, some magic was there - something fit. Like I was waiting for something to happen, some beautiful woman in my life would be something I wanted.

**Swami:** Why? You're not answering the question.

Gary: For me it's because I think I need a beautiful woman in my life who's going to compliment my life, support me, love me, have a relationship. Something was there that I wanted that. I think I need... when I stand in my own life and look as far back as I can remember, I wanted always there was this thought, "I need a woman for happiness, for success, for whatever." I don't know exactly where the thought started but I think it started young, like when I was a young kid, like sixth grade, and when I'm talking I can even remember in the fifth grade, I was elected president of my fifth grade class and my secretary was like that. I wanted her. I wasn't even in puberty yet, but I wanted a relationship with her. I wanted something.

**Swami:** When I was in fifth grade. How old were you?

Gary: Ten years old.

**Swami:** Ten years... So your journey started when you're ten years?

Gary: Yes, maybe sooner, but I can remember that, like that sense of consciousness, like a boy and a girl, man and a woman - wanting to be with somebody.

**Swami:** With somebody... Even if you have somebody with you, still you want somebody else too? Why?

Gary: You mean like an attraction, like a kama energy? Because you know pretty much I have kama attraction to pretty much everyone.

**Swami:** Oooh.

Gary: I don't think you're asking that. I think you mean like in a relationship with somebody, why would I want a relationship with somebody else?

**Swami:** Um-hum.

Gary: Because I'm not getting out of that relationship everything that I think that I want and need.

**Swami:** After you received that too, if your mind still wants that, again some more, what are you going to respond back? Again you see another beautiful woman greater than her, more beauty, more smart, more clarity - ten marks, fifty marks a hundred marks.

Gary: You want me to speak really in my life, my experience for myself?

**Swami:** After you talk I'll also talk my experiences too. Is it okay with you guys?

Students: Yeah!

**Swami:** Thanks!

Gary: My personal experience is not like that. It's not... there's many more beautiful women. Always I'm seeing different women who are more beautiful than other women or women who are important to me like Monika T. and Victoria but it's not just...

**Swami:** Don't take personally, just talk. It'll give lot of clarity to the globe. It gives a lot of clarity to the globe. Millions of people love this subject - they'll stick on. Everyday they want to hear, "What's the new content you're going to talk?" Absolutely.

Gary: So everyday I have that type of experiences. There are women who are more beautiful. I see women who, especially in Singapore, there are beautiful women everywhere from all over the world. Better than London because in Singapore it's warmer. They're always wearing beautiful dresses and they're always like, everyday, "Oh, she's beautiful!" Then the next one is more beautiful!

**Swami:** You're right. Singapore Airlines is the best Airlines I've ever seen.

Gary: And I work, I meet many people that I find smart or interesting or beautiful. And I have dear friends like that, and I know other people who are smarter and more beautiful. It happens all the time but I'm not drawn to having a relationship other than a beautiful friendship with them. You know I might think, "Oh, what would that be like?" But I don't have any energy to make that happen, but it's there. My mind will play with it.

**Swami:** I think we're missing the point here isn't it? We're missing the point. What is there to making you provoke? What is making you to do that? It doesn't matter she's attractive woman, or you're attracted to spirituality, you're attracted to another business, to gambling. What? That's the first question, what is with you to making you do this stuff? Like you fell down, you lost your leg, what is making you fall down to break it? Don't say karma.

For example, just another point here. Once Shiva Ratri day, you know this story. I want to go to Sri Sailam. It's 1 p.m. here. I really want to go and hit the power spot of Sri Sailam. Then I called the helicopter person, captain, "Hey, can we fly to Sri Sailam?" He said, "Why not?" Okay, take the helicopter to the ashram. From Bangalore he flew here and landed. Then we took off. It's almost 3, 3:30 like that. The sun is going down. There is no place to land at Sri Sailam. There's hundreds of thousands of people. The pilot keeps doing pradakshana but I knew what made me provoked, I have to go to see the power spot on that day. Point one. That inspiration still it's there, then the pilot said, "We cannot land here let's go to Hyderabad, then you can drive from there." I won't get a bus or car that night to get back from Hyderabad. It's a forest area - I'll lose the day. I told him, "You stay in the air for 20, 30 feet height - I'll jump out."

Then he looked at me. He's a good friend to me. Then he thinks I'm crazy. I told him, "I'm not crazy - I'll jump. I'm going to jump, just stay there. Show the spot." He came exactly like that almost thirty feet. Huge dust is hitting it. When I saw from the distance I saw the clarity bushes and little rock there. (snaps fingers) "Om Namashivaya" just keep - jumped. Once I dropped, jumped, then he took off. Simply stood, then I looked at myself, I checked my legs, "It's okay." Then little bit I walked. I lost my shoes.

I knew what made me to do that. I'm not crazy - very confident, super confident. But in a natural human beings' life, something... after that incident sometimes when I'm sleeping and I'm little tired and log sleep, the same scenery repeats to me, like I keep jumping out from the helicopter... I smile to myself, "Shut up, it's over."

If you discover tonight what's making you to do that stuff, I'm sure you'll discover it. Then we can add it to all your problems, we can make it link that. Take one incident in your life, one big major incident, very openly look at it inside, you'll find it.

Gary: Can I ask you a question? The example you just gave about jumping from the helicopter, you knew you wanted to go do something very particular. That made you do that. That intention, that commitment - had to do that. That's not the same thing what you were asking me about.

**Swami:** It's almost similar. It links there. Part of it links there.

Gary: So your conscious intention to go and do a spiritual practice is the same as somebody stepping out of the temple and breaking their leg or relationships breaking up?

**Swami:** It is there. In the milk the ghee is there hidden. In a milk ghee is hidden. You cannot take straightly the ghee out from the milk, but you can. How? There is a ghee - you can light the light but you cannot go straightly from the milk.

I'll tell you with all clear examples. Today to your brain, to your mind concept, what is making you to provoking major things in your life? Disturbing, disturbing, disturbing, wanting, disturbing, disturbing, disturbing, losing, losing, losing, losing, loneliness, loneliness, loneliness, left out, left out, left out, no confidence, no confidence, no confidence, wanting, wanting, wanting. What? What do you want? You got it. Next want it. What? What's the provoking on wanting? I'm in pain, and pain, and pain... Where is your pain? What is your real pain? There is inside, there is there. Problem is there, also solving is next, it's waiting there too. Clear?

No... there is no problem in the planet without a solution. There is a solution, the problem arises it, any problems erases. First beginning of the problem, it comes with a solution. There is no creation in the planet so far, what I've seen it, what I've experienced it, first the solution - then the problem. Then all solutions you have it, find it.

Gary: Can I ask you another question? So if our consciousness, if we actually recognize what you just said, "For every problem there's a solution," it's all linked, it's there, that's it, yes?

**Swami:** It's there.

Gary: I think if I really had that, I wouldn't have problems like I have.

**Swami:** Sure, that's what I'm saying. Any questions Tatyana?

Tatyana: Not for now.

**Swami:** It makes sense? Yes, Eric.

Eric: Swami, how can we hypnotize ourselves with this sankalpam like what you had when you were jumping out of the helicopter, how can we have that in our normal life?

**Swami:** I'll tell you. First find out.

Sonya: After we realized that, after you got that true confidence, did you have any reaction in the nature after that?

**Swami:** Once you know it - done, it's over. Fire is there, water is there, first turn off the fire pour the water on it. If you want more fire you can add the air. Simple. But you need to go in it. Unbelievable lila-loka this whole... is unbelievable. You have to see in your lifetime that journey. Once you link the journey - done.

Raju: When we're children we have experiences that cause us to have some reaction, and those experiences cause us to magnetize and draw our experiences later on in our life. So something may have happened with my mother that may have caused me to have the same experience with a woman when I'm an adult. That experience with my mother, are we talking about what causes that as well? Because we always have experiences, they start as a child and they cause us to act a certain way in our life. So is there something we're carrying from another lifetime that's causing us...?

**Swami:** Yes, yes, yes. My best experience in my life, and I want all the time majority whatever I can, to spend the time with my mother in the kitchen. I'm serious. To helping her in the kitchen,

cutting the vegetables when she's cooking and I'm observing making the jokes. She has the huge addiction to the coffee. Everyday she drinks like minimum ten times. She always hides the coffee powder in the different places. I took the cup of powder and threw it in the toilet - always fighting. In the village, whatever crazy stuff I did, she's taking the kitchen spoons beating me with that, the hot, hot, like she's very angry and aggressive when I'm there, and making her...it, that's very cool.

Let me give a different example. You don't like the wine. Before you started drinking the wine, your confidence or your feelings, your brain system, your belief system, your anger, your happiness or whatever it is before drinking wine, then after having two glasses of wine, there's a change in your mind. Somebody's very happy, somebody starts crying, somebody's very angry, somebody's very depressed, somebody feels great and they love to sleep. Before you started drinking you're okay. After you drank a couple of glasses it changed your system for that three, four hours. Why? I know alcohol makes you drowsy but some emotions is popping up then you start crying and crying until all your emotions are gone out. It's clear Gary?

Gary: Yes.

**Swami:** Tatyana?

Tatyana: Yes.

**Swami:** I'm talking here about the mind system, mind-set-up, it's linked to what pain you have. The mind is pulling your pain there and presenting openly, your mind system taking your pain out and expressing it. Without using alcohol can still take your pain out, present it and wash out. It's not having a crime having a glass of wine, glass of relaxation. It's not a big deal as long as you're not damaging your health, disturbing somebody else's life - it's not a crime. Life is short, you can enjoy whatever you want in a beautiful way your life, not hurting anybody or disturbing anybody. Now Simon is thinking, "Oh my God, why I gave up my alcohol?" You have no chance to go back again, hun-un.

Many things in my personal life I gave up, tons of things, like day by day hitting. Before I loved the music, like different songs. Not anymore I'm listening to music. Day by day keep giving up. You can feel it when you're really getting addicted there, that's when you need to cut off. Like everyday I use to call with my few friends, smiling and joking. Even though I'm super busy I have to call them and little chit-chat with them and smile with them. But you need to take ten days cold turkey - cut off then you feel how you really can do it. Like everyday you're talking with Gustav. You have to call everyday morning and evening say, "Goodnight." Stop for ten days not to talk to him. How you'll feel? What your mind set up - your system starts giving you a feedback. Take that consciousness stages too. Of course in the classes everything comes there how to lead, and behave your life to get success - strict disciplines, that's one major.

Once you cut off ten days, first two, three days it's a little painful and pinching. Third day okay, fifth day okay, tenth day use to it, no problem. That opposite person who you're giving and sharing your love with, that person feels like a fish coming out from the water - shaky. Like a few friends in my life, they expect everyday like two minutes of my phone calls otherwise the second day they start to face tons of pressures. They keep worrying, thinking and thinking. One is a great good police officer on the highway to Bangalore. He's my classmate since almost fifteen years. Everyday I use to talk to him, even I'm in London or Switzerland, wherever, "Hey, how are you man? Good, Fine." Since one and a half months I'm completely stopped talking to him. I didn't give a reason. Everyday he keeps calling ten, fifteen times. I didn't lift the phone. Keeps sending the text messages. I'm not answering it. He comes in front of the gate, he wants to talk to me, simply saying I'm busy and I'll talk to him later. He wants to know the reason. He doesn't know if I'm angry, I'm fixing him, what I'm doing...He knows my life from A-Z. Stopped. He lost six kilos worrying and keep thinking he's not doing his job properly - that's good punch. Don't you think so it's a good punch or not?

Gary: Yes, it's a good punch.

**Swami:** You want to give like that to anybody in your life? Like several months?

Gary: Do I want to treat somebody like that? If it's advisable some place in my life, some places I've actually been doing it.

**Swami:** You have to test about yourself. Not somebody testing you. You have to test yourself. You have to otherwise your life journey is crazy. It's a big chapter how to test your life. You have to test. Take one month period of your timing everyday what are your hobbies, what time you wake up, what you do, to whom you're calling, what are you normally doing since one month, three months, five months - just cut it. Then you'll feel it. Even whatever bad habits, once you keep drawing it, making you driving you crazy. Give a little break and take off. You won't lose it. If it's any true friendship or any true reality things, absolutely you won't lose it. But don't do with your partners. It depends on what circumstance you are. It's up to you, but it's not advisable with wife and husband. You have to see that friction, the love is there - big obstacles to the human life.

I'm giving a remedy here. To the soul...is love. How that love you're presenting and you're receiving? And how you're disturbing that love. And how you're misusing that love - whole concept of your life's phenomenon is depending on that. Now you can think what is the provoking of the karmas the nature is implementing on you.

Tonight I'll give that time to you. I'll tell to the canteen they can provide lot of tea and coffee to you guys and just sit relaxly, and think as much as you can. Clear? Hello? Why is everybody silent? Clear? Good. So take few interviews. Who is super ready, like super ready you can answer to me.

*(Seven students raise their hands).*

Swami: Who's ready after thirty minutes you can sit here we'll take our own time.

End of Talk