

# Shiva Ratri Program 2011

Winning the Kama Chakra, Two of Three Talks

Teaching in the Baba Temple

February 28, 2011



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*Talk Number Two - The Talk starts up again after arathi.*

**Swami:** (speaking from the garden) The Five Elements divided... The nagas, whatever he's giving the prana jnanam, *so ham*, breathe in, breathe out, that is a link with air element. The nagas is producing the air element there. He's *Aki landa koti Brahma dhanaiya ka, raja di raja yogi raja Parabrahma, sri satchitananda samata satguru...* we call Shirdi Sai Natha Maharaji Ki, in sense of here, Shirdi's nothing but Lord Shiva, Shirdi Baba, *Aki landa koti, Brahma dhanaiyaka, raja di raja, yogi raja... yogi...* the yogas, it's for all kind of the abilities, siddhis can able to get the control of all the divine souls and each pin to pin whole universe... is Shiva Lila. The sky element is unlimited. The unlimited... here we need to be little bit careful consideration here. We are under the sky. This type of earth, the *bhuu loka*, this planet is quite amazing. Once if you really dominated whatever you're seeing the chakra in the projector (yantra), it's absolutely in the human different chakras, the consciousness in depth of the most ability chakra can able to connect all type of the cosmic - can travel, can implement, can make it strength enough, even you're in the physical body or not, that consciousness where you're going to be fit in, you're personal mantra, if you look at it, is almost all some place it is hidden, the vibrations almost all equalism there.

Some people have *dheem*. Some people have *hreem*. Some people have *om naga thamtu raksha*, majority I given the nine arrows. Out of the nine arrows... even the nine arrows we'll consider somewhere one letter is linked in certain exact place. It looks a kind of art. They did not draw that thousands of years back as for

a fun. If you really want to win the consciousness, you have to know where is your beginning point. Once if you know the beginning point, which home, where is your personal mantra, which home is that. From there your consciousness, the travels how you need to take the lead for to the Immortal Enlightenment to win the Shiva-Shakti energies and make it strengthen up your Womb Chakra to finally climax to end up then automatically third-eye and Hrudaya Chakra... I'll give that in more depth in next talk.

I know you're not able to see properly here the letters, "Good hold it." (Swami is giving directions to the technicians with the yantra on screen) That's why I always telling you guys for example, take all the way the right in the yantra, here, yes, hold it (shows to bottom of yantra) Stay there up, up more up - okay Nityaananda the fire element, which one it is, it's came?

Nityaananda: So far fire is come *ma va*.

**Swami:** Can you find out where is a *ma va* here?

Nityaananda: Yes.

**Swami:** Here you go, point out. The backside people have little gluzziness, can't be able to see. Make it point out.

Nityaananda: (*points out the bijas on the yantra*). This is *ma va*. This is also *ma va*.

**Swami:** Yes you got it there. I'll give a root how to go there later. Okay here try to read that. (on screen)

Nityaananda: That is *va hessrain*

**Swami:** One more time.

Nityaananda: Va hessraim, shi hesruu...that's hu with a hesroom. That's a symbol I think means *hu*. That is *va*. That is *ma hesreem*. Is that *hesreem*?

**Swami:** Paul.

Paul: *Hreem*.

**Swami:** (*Gives instructions to zoom back out to show whole image of yantra*). He given the satya, dharma, shanti, prema – the four angles, the four roots (*in corners of yantra*). Here, one, two, three, four (*starts top left, top right, bottom right, bottom left corners*) clear? Okay what's the point?

Nityaananda: Could you do that one more time guruji, the four? You showed four angles here.

**Swami:** (*Reads from top left around to bottom right*) One, two, three, four... it is keep rotating. This one keeps rotating. This chakra keeps rotating. Okay in this rotating, let's say realistically, what is satya, for example, read this.

Nityaananda: (*Reads the mula mantra*) *Ha ksha aidu jnana chakro dharnanye*.

**Swami:** *Aidu jnana*, what does that mean?

Nityaananda: Five knowledge.

**Swami:** Which one is the fifth knowledge? Satya, dharma, shanti, prema - only four, but he said *aidu*... *aidu* means five. *Jnana* means knowledge. This one?

Nityaananda: *Chakro*

**Swami:** Chakro means cycle... to making you the five... and *dhara* means holding it. Dhara dharanye, it means it's telling four we know it. Fifth we don't know it. The fifth one we don't know it. What is that Riya? Where are you, in Hong Kong, in shipyard?

Riya: Knowledge.

**Swami:** Satya, dharma, shanti, prema - four only we know. Which one is the fifth? In this universe, what is the fifth, Chinello? Murai? He's outside, the first chair outside.

Martin: The union of the four?

**Swami:** Use your clarity. Murai, which one is the fifth? Prema go and translate for him. Majority, 99.99999% your personal mantras is here (in this yantra) but you have to target to this center point, where is your close point which angle you want to go. Either one you can go but which angle you want to choose it? It's a little bit adding, changing your personal mantra a little more depth. Yes Murai?

Murai: Prema.

**Swami:** Not your daughter man.

Murai: Prema.

**Swami:** Simone? Now it's very, very, very important subject. Please cooperate. Cooperate. You will get it there.

Martin: The result of the four?

**Swami:** What? What is that?

Martin: Immortal enlightenment.

**Swami:** Carla wants to try.

Carla: I would say Brahma Consciousness.

**Swami:** Okay, what makes you to laugh? What makes you to cry? You tell me. What makes you cry? What makes you laugh? Your eyes is watching something, after you notice something, automatically the tears starts. When you're listening something the tears is starting. What is that? So we better to pack up today and go take rest and come tomorrow, we'll see.

Student: Compassion.

**Swami:** Compassion, attachment, depression... I'm not in that surface level now. I'm not a school teacher, I'm sorry, to teach the alphabets....

Monika: The spark, Swami?

**Swami:** Okay you're very close. What is that spark?

Monika: What is the spark?

**Swami:** Yes, same point I hitted the Jonathan but that guys they made it certain thing today. They're all meditating. I given one minute time something answer - they made it straight - hit it. Yesterday I given lot of time, they wasted. Okay, what is that spark by the way?

Monika: It's a mystery Swami. What is the spark?

**Swami:** I know it's a mystery. What is *it*? You're making me since fifteen, sixteen years keep talking, talking... My throat is getting... Hey girls you have any mint or something? Yeah what is that spark? No help. What is that spark? Every problems, whatever you're carrying in your life it will go away, your personal normal leading, disturbing unnecessary stuffs. Here I'm going to explain

elements also how to implement it. Done - swaha. You want to try one mint? Give her.

Monika: Will it help?

**Swami:** It's okay.

Monika: Swami is it the pure creation energy?

**Swami:** No.

Monika: What is the spark that makes everything happen?

**Swami:** What is the taste of water? How you can really experience the fire? Until you touch that. The air, the cosmic, the earth vibrations... this earth have this much strong vibrations. So, what is the spark here, how you can explain in the words? Then we'll go to that spark where is hidden in this.

Monika: It's the consciousness in each thing: the warm tears, the wet in water, the heat in the sun, the love in the heart. It's the essence.

**Swami:** That's a different curry you're talking. You're putting more vegetables, but it's not that. It won't convince me. Yes, Carla? She wants to, it's first time raising... give, give that, yes, yes, go ahead.

Carla: I just remembered one time you said a spark is also coming from a guru sankalpam.

**Swami:** Say again.

Carla: I remember one time you said, a spark is also created from a guru sankalpam.

**Swami:** One part yes, but another part from your side, where is that spark? Why the Shiva he needs to stay in the graveyard? Why? Why he needs to stay in Manasarovara? Paramahansa he tried, he tried, he tried, She helped him a lot. Whenever he's dying in swimming in the river she pulled him out. Clearly he saw her hand with the bangles. Whenever he's super sick and he locked the door inside and he's sleeping in front of Her feet, and She feeded him and lot of rice fall off. There's no chance nobody cannot enter inside. And somebody brought him to the graveyard and made him to eat the arm of the dead body, half boiled. Then that yogini changed it as a sugarcane. Here, *changed it* as a sugar cane. Then she trained him. And he suffered with cancer wound with lot of maggots and every night he's shouting and he's helping lot of people. But even the Mother comes, "I want to heal you." He said, "No, fine, thanks. I don't want anything. You no need to work on me. You help the globe.

Ramana Maharshi with the tiny cloth, still you remember he's sitting on the tiger skin, wearing a piece of cloth but he's sitting on a tiger skin. And he's walking around in Arunachela, the huge mountain, with his stick keep go but he loves the cows, feeding it and just taking it and he likes the birds. Shirdi Baba, he's super committed to the brick. You saw the movie. He lived his life with the brick. So, where is the spark? You feel hopeless, worthless, "I cannot able to do it. I'm not eligible I can get enlightenment. I cannot able to get the siddhis. I cannot able to experience anything. I'm a terrible character. I did crazy things in my life. Why the divine is there not to forgiving you? Yes we're a kids, the Mother will, has to forgive you. You're feeling you're horrible, you're horrible, you're horrible, you did a mistake, "I'm in pain, I'm in pain..." growing, growing, growing, growing, growing. You're hypnotizing your mind yourself. You're driving your life nothing but nonsense. Nothing but? Nonsense. You're hypnotizing yourself.

Let's say realistically the meditation is highest soul hypnotizing, going into the deep satchitananda, chinmayananda. The master, Vivekananda, he's the expert on the meditation. Once he went in the trance - done. Before, you guys when I met you and I want to put you in the mediation, no chance. After ten, fifteen minutes later, you're shaking your body and you cannot able to sit. Now, majority of students you can sit and go at a stretch fourteen, thirteen, ten hours, no doubt on it. Practically I seen it. If somebody's meditating I come very close to them, and watching how they're in the, which angle they're in the meditation, keep deep trance, deep trance.

Why I'm saying this here? This, your problem, this is the right time to wash out, clear out. You know the road, where you enter, how to get out. That exact word, Monika what she mentioned, spark, yes what it is? What it is? How the karma looks it?

Okay how the karma looks it? What's the real abbreviation? Okay I'm switching here - milk to yogurt. How the karma looks it? "Swami, it's my fate, it's my karma what can I do?" How it looks it? How come you can decide this is your karma? Ravana'sura he got Lord Shiva's atma lingam. Bhasmasura he received amazing boon. The Maya is hitted there, purely hitted there. He lost *all* the boons whatever Lord Shiva directly given it, he losted it. I don't want you guys to lose this opportunity.

"I came Swami ten times, twenty times, thirty times, fifty times - no results, no experience, many gurus, many swamis, many ashrams." Nonsense. You don't know your spark, "Well Swami, when I am sixteen, twenty years I had huge spark." Where is that spark gone? Where is that spark gone? Nobody? Yes, try.

Nityananda: I think the spark is the impulse to know yourself. I think the mirror is the spark. The spark is the impulse to know yourself, to know oneself. Shiva's impulse to know, God's impulse to know itself is the spark that makes the creation and the spark is the mirror. We see something in a mirror, we see a reflection that something we recognize as ourselves.

**Swami:** Give me example, please. Can I be tough on you guys tonight?

Students: Yes.

**Swami:** Good. Thank you.

Nityananda: Well a glimpse of something which is, makes us feel, or recognize something which is greater than we felt before and actually that is we are greater than we know. So you see somebody gives you inspiration, there's a spark in that relationship. At that stage, at that level, that spark is coming from in that presence, or that person, or that experience, or that circumstance is a mirror that's giving me glimpse of something which greater, which is more true and actually, that's what Shiva's here researching who

he is. Researching Her but She came because he didn't, because God had the impulse to know itself and it needed a mirror to know itself.

**Swami:** Okay let me ask you this, "Who is the parents of Lord Shiva?"

Nityananda: He doesn't have parents.

**Swami:** How he created? Straight question. I don't want to waste the time. Who is the Lord Shiva parents? If they are, what is their names?

Nityananda: His parents is the silence. His parents is the silence.

**Swami:** How he created?

Nityananda: The impulse. In the *Puranas* they say that God had suddenly was lonely and wanted to know itself, was lonely, felt alone.

**Swami:** He's alone?

Nityananda: Well when God is one, there's only one. So yes, when God is one, God is alone, yes.

**Swami:** Well what about Parvati?

Nityananda: Well that came after that.

**Swami:** Okay, then who are her parents then?

Nityananda: She was created by Shiva.

**Swami:** *(makes clicking sound not agreeing)* I don't want to miss the Womb Chakra target again I'm getting back here. Okay what is the significance Lord Shiva? He's staying in the graveyard or in Mt. Kailash.

Nityaananda: Well he is focusing on the souls. Shiva consciousness is connecting with all the souls. In the graveyard it is the truest place on the planet. The highest reality on the planet is the souls.

**Swami:** What about Mount Kailash, Monasarovar?

Nityaananda: Well, it is the highest elements. All the elements are highest there, highest vibration of the elements. Also, it is the most quiet place, the place where the people aren't, where the consciousness is again focused as far away from this creation and still be in the creation as you can get it.

**Swami:** Cht, gosh... you're coming there, you're missing it. Okay, let's take a Khandana Yoga, a crucifixion. A crucifixion. The Boss yes, they did whatever funny stuff, he took off - three days later he came back. That soul went out, again entered it. It is gone. It is entered. There is no doubt on that. He gone, he came back. What is that meaning?

Nityaananda: The illusion of birth and death. It is demonstrating the illusion of birth and death.

**Swami:** Okay, keep go, illusion of?

Nityaananda: Of birth and the illusion of death.

**Swami:** Explain, go ahead, bring up only you look at me straightly then... birth?

Nityaananda: Birth and death.

**Swami:** Beginning, ending, clear.

Nityaananda: And he...

**Swami:** Wait. Wait, you are there, don't make me get confused to everybody get confused! If I'm confused, I will make you more confused. Of course when I'm with one Aghora millions of years I've been same like you - in confused, ooohh... Is the death is first, or birth is first?

Nityaananda: They are two sides of the same coin. If you're born...

**Swami:** Cht. I don't want two sides, that side, this side, that side, north and south, east and west. This is not the Vaastu - forget it! Sorry, Baba, they're live in Vaastu, but good...beginning, ending... Where it is beginning? Where is it end? I given here Big Boss crucifixion, jump out, three days later, enter.

Nityaananda: So in that setting, death is first.

**Swami:** So without you born, how are you going to die? It's only between you and me just fighting, let's say.

Nityaananda: Where I am coming from, I have to die there to come here and be born.

**Swami:** Good. Stay there. Where you came from?

Nityaananda: From God, from Shiva, from the Mother.

**Swami:** Uh! Uh! Yea! Yes! Yes, yes, okay, stay there.

Nityaananda: I came from the Mother.

**Swami:** From the Mother?

Nityaananda: Womb.

**Swami:** Womb Chakra. Whew! Gosh! That is the fifth one! That is the?

Students: Fifth one.

**Swami:** Fifth one. If you know the Fifth one, this all stuffs it will wash out up and down, all these things. Do you know how to enter in the Mother Womb Chakra?

Nityaananda: I have to die. I will do that to enter and soul travel. There's bijakshra formulas you've given. I have to go through my own mother's womb.

**Swami:** In the Jesus Christ few strokes, one stroke I given, "Win the woman's heart." Myuri, do you remember that? You're not here.

Nityaananda: Fourth JC Channel.

**Swami:** Fifth one. You know any bijakshras how to enter the mother womb, the real Mother Womb?

Nityaananda: I am not sure.

**Swami:** Paul?

Paul: (inaudible)

Student: (inaudible)

**Swami:** With evidence is here. Zoom this please (on the palm leaf yantra) go back, back, ok leave it. Okay, one, two, three, zoom it please. Somebody can read it?

Nityaananda: Hessreem Ma.

**Swami:** It is not the Ma. Ya. Next.

Nityaananda: Hu.

**Swami:** This one?

Nityaananda: Yes, that is a symbol that I think it means Hu.

**Swami:** Paul?

Paul: I think it is Ai.

**Swami:** Ganesh?

Ganesh: Shi - shi?

**Swami:** What is this? (points to another letter) Okay, come like as it is, think about this, Na. Ma. Okay, this one?

Nityaananda: Ksha Ha Jii.

**Swami:** Exactly. Write down! Yes, Nityaananda.

Nityaananda: So, Hessreem Ya Ma Ksha Ha Jii.

**Swami:** Plus your personal mantra, plus your mother, real mother name. Read it.

Nityaananda: Hessreem Ya Ma Ksha Ha Jii + your personal mantra + real mother's name.

**Swami:** Okay, you can make the lights on please (in the temple). Tomorrow at the fire pit, whenever the fire ceremony is running you're drawing the Womb Chakra and you're writing not anymore your personal mantra. Your personal mantra is also linked with this. You understand? Clear?

Nityaananda: So, in the Womb Chakra in the place where we put the personal mantra, we put this whole mantra?

**Swami:** Clear?

Martin: Swami, can you clarify one point? Our real mother's name, is it the first name of our physical mother?

**Swami:** Yes.

Martin: Like Lorrain or whatever is the first name of our physical mother?

**Swami:** Yes. Yes. You do it tomorrow morning. You started to feel it, what is really bothering you, how it will like a cobra is releasing its skin out? Cobra?

Students: Releasing its skin out.

**Swami:** And you keep chanting that mantra. Keep?

Students: Chanting that mantra.

### *Technique One*

**Swami:** For example, a beautiful woman, a girl, you really want to stay with her but she don't want to stay with you. Do that japa both guys. It is like a magnet and iron, like two strong magnets. Here you wonned the? Kama Chakra. Done. You win the?

Students: Kama Chakra.

**Swami:** Above this whole diagram there is a big... again explanations is there. In future I hope these guys who learn good Telugu and Sanskrit yes, they can help you and translate it, can go. This is straightly I am giving the bullet points. Straightly?

Students: Bullet point.

**Swami:** Bullet points. You know your birth. The birth means in a sense, you will feel it and you will recognize what is your final destiny. You will recognize? Final destiny, this one part, you clear?

Students: Yes.

### *Technique Two*

**Swami:** For example, it is always advisable... number two, come to the number two point, okay, Water Element, what is came the letters?

Nityaananda: Wa Ma.

**Swami:** Wa Ma. You chant that for example, you need to decharge. You are a good healer, you've seen five hundred people or one hundred people, you've given the healing session - you need to decharge. In this planet, highest technique to decharge through the elements, chant that plus that whole mantra whenever you're taking a shower, bath, your swimming pool, when you're taking just chant that, done.

### *Technique Three*

**Swami:** Yourself, you are in the normal nature. You are in the?

Students: Normal nature.

**Swami:** Which element is that?

Nityananda: Sky.

**Swami:** And?

Nityananda: In the pure nature, Air.

**Swami:** Air plus Earth too. You can choose either one, chant it.

Nityananda: Is that charging the Shiva energy? Is that for charging to do that? If you're in the nature and you're doing that formula you just said, sky +

**Swami:** *Chants sky mantra.* That's majority you and the nature to be alone and chant it in the early days, the first beginning concept. Now here you're transferring your energy or you're discharging and making you feel good, settled, you can do that.

Nityananda: So, Sky + either Earth or Air + this mantra?

**Swami:** Yes.

#### *Technique Four*

**Swami:** Whenever you're doing the fire ceremony at the time, whenever I'm giving a shaktipat to each person, that time guys, the fire element making super strong in your third-eye. Whenever you have time, any place you can spend as much as you can in front of the dhuni chanting, no problem.

Nityananda: And that is chanting the fire + this formula?

**Swami:** Yes. You clear? Hello?

Nityananda: Yes.

### *Technique Five*

**Swami:** For example, let me say this. Don't misunderstand. Your wife, whenever you enter in the house, she keeps arguing and fighting, or your husband keep arguing and fighting and he's not nice and such a hard time you're going through. Pick up either one element and try to chant, think on him, make him calm down. If any relationship, your friend, if your business partner driving you crazy - chant it. Chant it. In a brick, how many elements is really hidden, Nityaananda?

Nityaananda: All five.

**Swami:** How? Explain.

Nityaananda: Well, the Earth is there. There is some heat there. There's some tiny amount of water there.

**Swami:** Without water you cannot make a brick. Okay. Next.

Nityaananda: There is Air and it is in space, a place that is the Sky.

**Swami:** That's why Shirdi Baba he used, he received from his master a brick. Never, ever under estimate whatever you received from the master, even a tiny ring, a cloth, whatever he given to you. Have it, come on. Some sankalpam is there for you. Some? Keep it. Keep it. Any questions? Now your time starts. Now whatever your confusions, any clarifications, anybody please, I am happy.

Nityaananda: Guruji, I just have one. I am sorry if it is silly.

**Swami:** No problem.

Nityaananda: My mother has a given name that she was never called. She has a nickname that she was called her whole life.

**Swami:** Call nickname. Do you know to my mother how I call? Very sarcastically, I will call her, Subbamma daughter of Narayanama. Like, she hates it, "How dare you calling my mother name and calling me as Subbamma!" To my father, generally I call him, his name is Subbarayudu and I call, "Hey old man, Mr. Rayudu. How are you doing?" He just (laughing). First five, ten minutes we are having a little friction and fighting and later on make him calm down, "Okay, okay, you are right..."

Please try to find a real good soul mate. Please. Power object you have it. Power spot you have it. Guru Parampara you have it. A real true friend, soul mate in your life, it is most essential. Do you have Raju?

Raju: Yes, Swami.

**Swami:** You do?

Raju: I think so.

**Swami:** "I think so" is not authentic.

Raju: Well, it's a person I can share everything with completely. Never in my life have I shared what I share with her.

**Swami:** Including your personal mantra?

Raju: No. Not my personal mantra.

**Swami:** Thanks.

Raju: I just keep that for you.

**Swami:** What?

Raju: I just keep that for you.

**Swami:** What is that lucky person name?

Raju: What is her name? Sanju. Sanju.

**Swami:** Give me some your attachment.

Raju: Sorry?

**Swami:** Give me some your feelings, your attachment. Yes, come on. Yes.

Raju: I have never given my heart to a woman like I have with her. I have never given my whole heart to anyone until I met her.

**Swami:** Ever? From your teenage?

Raju: No.

**Swami:** You always keeping something with you?

Raju: Yes, always keeping something. Even with my second wife who was a very dear friend. We shared a lot but I definitely kept things back from her.

**Swami:** Uh-huh. Yes. Next. Give me what you shared.

Raju: What did I share?

**Swami:** Maybe you're something missing it. I will tell to her, "This is the missed, you should know it."

Raju: Well, I shared everything. I don't know what else I can say. I shared my feelings. I shared my desires, my attachments, my addiction... I just basically laid it out in front, everything, and she was able to handle all my craziness, all the energy, all the things I

didn't know I had within me. Many things I never shared before, many things I never knew I had kind of stored in my mind, or in my consciousness and I didn't hold anything back. And it was like an addiction almost. It felt like an addiction. I had so much...not desire, not like sexual desire, so much desire to be with her in the energy field that she has, the love. You were talking about love and I feel like she has this ability to generate this field of love and I felt addicted to that. I wanted that more than anything I've ever wanted.

**Swami:** I think all the girls is sleepy and tired, jet-lagged and they want little break. Hello?

Students: No!

**Swami:** You guys?

Students: No.

**Swami:** I think you need a little break.

Martin: (says something - can't hear)

**Swami:** Be in silence, through Shiva Ratri, silence. Do you think am I ever really had a good soul mate, Anya?

Anya: Some parts you have, yes.

**Swami:** Like really good soul mate?

Anya: I think so.

**Swami:** It is equal philosophy, even to you one part, from my side, yes.

Anya: But you also said sometimes that you are lonely because you don't really have somebody on your level that you can really have a relationship with.

**Swami:** I can switch my energy to any level, any level. I can easily come up or come down to maintain it. Some police officers they come, "What is this, that, that, that?" Then I switch my energy, "Yes, do this, do this." Some judges come this way, yes. Kids, little kid there, like playing with them. Yes, I do have a list of soul mates but I don't have the time to give a call to them and spend time with them. Generally if I am very peaceful and once I enter in my chamber, my dialogues and my majority is each statement, my dialogue, how many meanings is in it, Anya?

Anya: Oh, many, many, many, many.

**Swami:** No, be honest.

Anya: How many meanings?

**Swami:** Meanings, just my way of my look and...

Anya: Oh Swami, you said one time like okay, three layers everything you said but I think it is much deeper than that. Like so deep. If you think, you can think for many days about one thing you said.

**Swami:** What do you mean?

Anya: Like one time you said to me, "Anya, if you can look at the master and see the bitter and the sweet, you've really made it." And that was many years ago and I still I think about that, all of the different layers of that. It is a very deep thing.

**Swami:** Yes. Once, for example, Carla, Brett, all the guys they are working in their office. I feel their tense. I go there and just I sit and I'm making them to laugh, making them relaxed just five, ten minutes then walk out. All to making them... they forget what

they are really doing their job. It takes them again twenty minutes to come back in normal, "Where we are? Oooh." It means it's art, it is the?

Students: Art.

**Swami:** To making them forget everything they are really carrying, their pain and problems - take that out. So again I am coming back to the subject.

Win at least one good, true friend. Maybe you have a lot of fear. I know every person have personal life, I agree, a shadow personal life. The same time easily you can identify that person they are really understandable or not. Yes - chhhh. Get it. Get it! No matter what they are for you, they want to comfort you, they know how to handle you and take care you in any circumstance, in happy mood, in difficulties mood, yes they are with you. Whenever there is a lot of water in the pond, a lot of frogs will reach. Once the water evaporates, no more frogs, like the friends, neighbors, relatives, these are all nonsense. They comes... if you don't have anything in your life, if you are really in the difficulties, they will stand for you? That is the person. That is the? Person you can rely, "Yes, I am with you. Don't worry. Let's go. Let's go. I will walk. I will stay, 'do or die,' yes!" Not in the words, to see in the actions - that is important. That is the way to test. That is the way to test.

So the Womb Chakra, that one part we done it. We will go again the Kala Chakra then next layer. I will give the thirty minutes break time then again we really start our program. We will see how long it will go. Are you ready guys?

Students: Yes!

**Swami:** Or you want to take a sleep?

Students: No!

**Swami:** Thirty minutes, go.

End of talk