

Swami's World Travels – 1999
The Mechanism of the Soul – Talk Two
Germany
August 28, 1999



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(Students singing Om Namashivaya until Swami is ready to talk)

Swami: Good evening, guys. I have two questions to everybody. What is everybody's strong desire, intention - who came to this workshop? Herbert, can you tell for everybody answer?

Herbert: Ya, thank you. I think so, yes. They come to learn the mantras and healing techniques and more connection...

Swami: Who really want healing powers? *(lots of laughter)* And who came here, ok, it's the greatest fun, just go and visit, enjoy that, and to come back – who came like that? Enjoyment, entertainment, entertainment – who came here? *(laughter, talking)*

Student: This and the other. *(laughter)*

Swami: Very clever, very clever. Ok, let's come to your subject. The soul mechanism, in the soul mechanism I explained just beginning little bit stage of the mind and the soul when we're the sleeping – what is actions of the soul, what is actions of the mind. Before I'm going to teach, I'm going to tell a small story. Listen carefully. How many people know Ramakrishna Paramahansa, the saint in India? The Master of Vivekananda. Ok, I'm going to talk about his, small story. It's a big example to everybody to understand that. Generally, the Ramakrishna Paramahansa, he's a very, very crazy guy. He have no faith on God – he's like 'Road Romeo'.

Lothar: What is that?

Swami: You know 'Road Romeo?' Road Romeo means no responsibilities, always talking in the street. Suppose if you see any young girls – no giving respect, using bad words, recklessness, like crazy, "Who cares, so what!" Like that nature beginning Ramakrishna Paramahansa. One day, he's completely a drinker, it's a big rain is coming, he's walking in the village, it's a big rain he can't walk in the street. He wants to go take some small shelter from the rain. He went to a big temple. That temple is Mother Divine. That temple is his brother is the priest in the temple before, and unfortunately his brother is died a couple months back. In the temple there is no other priest doing the prayers there.

At the time, when the Ramakrishna Paramahansa, when he's walking in the street, he went to the temple, then he felt, "Oh, my brother is did the pujas, prayers every day in this temple. Oh, what is the greatness of this temple?" He's completely drunker. He opened the doors and he went inside. There's a big statue of the Mother Divine - Kali. He never seen that statue in his life. When his brother is alive, his brother is always inviting him, "Try to come one time to temple." At the time he's giving recklessness answer, "Who cares, come on it's ridiculous!" The time came, he went into the temple, he saw that statue, he felt such a huge love, huge energy – something changing in his heart. She's so pleasant looking eyes at him, he's completely drunken and watching her. "Hello." Then completely changing, "Oh, you're so great Mother!" Then he sat there a few minutes. In his heart he has a big desire – he wants to see Her.

On that day onwards, he decided to live in that temple to stay permanently in that temple. He don't know any mantras, he don't know any prayers – he's just duty every day, washing her with water, bringing some flowers putting her feet, simply sitting and watching her face. When he's drunken, small miracle is happen at the time. Why he decided to stay there, when he's watching her, she blinked her eyes two times, like clicked, "What!" He's drunken but he saw clearly, he's a very strong man! Even though he's drunken, he knows what is in front of him, very strong stamina. She blinked two times her eyes, click, click. (snaps fingers) "That's it! Un-ah, I want to see you, I want to talk to you. I know you are in the statue. I can make you to come out. Definitely I will win! Until to you come out to talk to me, I'll never leave this place, I'll never go again in the village. I'll never talk to anybody." Ok, then he decided, everyday he's worshipping to her. Every day, he just stood and watching her face, "Maybe she again started to blinking her eyes and I'll get to talk to her."

Some years and years it went, five years, six years – just duty, his beard is growing up, his hairs is growing up. In the village people – big shock! "That guy in the sitting in the temple watching Mother Divine, meditating. Oh-oh something he's came to this planet, oh, the really God is there. He's like big crazy guy, how it possible that guy is sitting in the temple?" But Ramakrishna Paramahansa in his dreams, when he's watching her face, he have huge peace, lot of energy flowing in him. When he's sleeping, Mother Divine is coming singing, talking, such a happiness is giving to him every day, day by day.

One day when he's swimming in the river in front of the temple, unfortunately he went fall down in the deep depth of the water, circling water, and he's crying, "Help! Help!" On that time, Mother Divine came, with only small one hand pulling him, his hairs to come out. He, at the time, he have huge fear, he saw who was pulling me. He saw clearly – up to here with a lot of bangles (*between shoulder and elbow*) It's a ladies hand, there is nobody else in the river, there is no man is there, but somebody's pulling his hairs. Then he have the huge fear to die, he saw in a fraction of seconds Her hand. That makes him strong faith more, "I know you're protecting me. Why can't you come out? What did I wrong? Of course, I did many wrongs... I'm so apology, please forgive me – come out! Why you are making me crazy? Really, I want to see you! I never ask you any boons, just I want to see your face, your glorious of your energy. Oh, Mother

Divine, please give a one-time darshan. I'm seeing clearly, you're here. You're putting a lot of illusions on me."

Then twelve years – gone. He really, really went in depression. He have no duty anymore. His duty is only from morning until tonight, to worshipping Mother Divine - serious duty to worshipping on Mother Divine, complete. Twelve years later, one day he decided he want to suicide. He's huge crying – he wants to kill himself. "Look, I have no patience more. Twelve years I gave, I no making any experience you are with me, but you never came out – I'm going to die!" He took off her sword in her hand in the statue, and he want to kill himself. Before killing he's thinking, "I should die or not?" At that time, a lady came at that temple – she's the woman of the powers. "Hey, Ramakrishna, how are you?" He have a lot of angry! "Who is disturbing me - I'm going to die! Who is that crazy woman talking, disturbing me?" He's saying, "No, don't disturb me, I'm busy to die!" "Ok, you can die, no problem. That's your life. Before you're going to die, listen to a few words of me. Mother Divine has send me here to talk to you." She uses her mind diplomatic. "What she told you?" "No, I must talk to you privately." "There's nobody else here, you can talk to me." "No, She's there." "Oh, you told She tolded you that – you can tell in front of her." "No, we should go to outside of the temple."

She pulled him out from the temple. She's telling, "Ramakrishna, God is so powerful, especially Mother Divine is so kind and loving. Before you're going to see Her, you have to do certain processes of the energy systems. First you see some souls, you work a little bit with the souls, you experience some souls, then your energy will grow up, then She can come out. You can't see Her directly like that, that's not the process. You have to learn some powers." "Who will teach me the powers?" "I will teach you." "How long it takes?" "It's pure hard work, in the matter of a couple months, a couple years, two to three years." "I should wait two to three years? Ok, teach me." Then she started to teach him. Again, he started to learn lot of mantras, the Indian tradition, *Vedic* tradition, Tantric tradition – lot of techniques, up and down, up and down, back and forth. It's a real story. Then he can able to see the souls. She teach him sometime in the burial ground, in the beautiful temples, in the nature – different places. Sometimes he goes to burial ground, there's a lot of dead bodies is burning, (snaps fingers) he calls the dead bodies' souls, then he gives a small lecture to that souls. Seriously, he did. And he makes all the souls healed and he sends back to the God. He worked with the souls – huge!

After a couple years, again, he have depression. "Oh, Mother Divine, when I'm going to see you? I'm seeing all your babies, a lot of souls, it's so wonderful. I helped some hundreds of thousands of souls, but I want to see you, your beautiful face – that's only my desire you know. I never care about powers, I never care about the systems of the energies processes – I want to see you." Then he's talking to Her in the statue, that statue's like simply smiling face. The statue has huge energy. His heart is completely huge pain and depression. He decided, "Whatever is there in the universe, in information, I've learned everything, especially the Indian tradition is the number one

powerful tradition in the world. (snaps fingers) I learned that. And even to the God, he can't say no to me, I'm not eligible to see him."

Then he decided, "Mother, I'm coming to you." He take the sword and started to kill (himself). In a fraction of seconds, that sword is coming on his neck – She's laughing and laughing and came and touched, "Hey!" taking that sword back. "Ramakrishna, why you're doing this?" And he's just simply looking at Her and crying, "For to get darshan, I waited fifteen years. Mother, what can I help you?" He's asking reverse. You understand here? Especially Mother must ask to the Ramakrishna, "What do you want?" He's asking Her, "What can I help you?" Here his way of question - he's the direct person who's going to help entire this planet. Mother Divine, she can't directly work. It is her life, this her children - everybody. Everybody need help, whatever she gave advice to him, "Please Ramakrishna help this, help that, to the children." Then Mother Divine is laughing, "Who really do the process of me, your life is a big example to everybody. You tell your life experiences to entire this world. Your experiences were your meditation process, how it is difficult to see Mother Divine, to see that supernatural energy. Everybody can understand that, it's like a big example to them. I only I need that from you, you spread your experiences."

Then he told his experiences. What he told is not a hundred percent clear, in this society, you cannot get the hundred percent information. Different people, they wrote different stories, like similar like most of story. But what I told is huge accurate. Why I told this story, I'm very optimistic and very happy everybody have the big desire to know about supernatural things. Look, it's not possible to get like that. "Oh, we went to Swami, we had a beautiful day, but we can't understand what he's saying. It seems that whatever when he's talking it seems a little bit funny. When we came out from the door, we can't remember one sentence. We have no idea what he talked." That's ok – that is spirituality.

It's not possible to get the power, the energy to open your heart (snap) like that. It takes step by step strong faith, like huge faith – like hooking. "Swami told me. I'm following this – that's it! I no need to go up and down. I no need to go getting big confusion." There's a big problem, today everybody came here, I taught five prayers, and I taught how to set the willpower, how to behave, how to get the soul energy. Then another Master comes, he tells different prayers, he does different techniques. You're stopping this (snaps) again you're jumping on that, you're doing a little bit there. Again, you're going another Master jumping on that. What is the use? Is any use? Be honest. To spirituality, there is no limit to the knowledge. There is no limit to the anything, spiritual things. Spirituality is like a big one seed. What I give, the information, is a big powerful healthy seed, just you put it and you try to grow it. When it's growing, suppose it's not growing, some people have big confusion, digging and washing and again putting. When you pull out, up and back – that seed will die. One time taking decision, "I'm following this." (Snaps) It's enough. "I'm keeping on, continuing this." Hooking with your beautiful heart, opening heart to the God. God have there's no any specific theories following him – he's very happy whatever you do. It's our choice to choosing the process. Even if you ask the help in the German

language, in Indian language, whatever the language – he don't care. Whatever the words you're using – he don't care. He's only seeing about your opening heart and the perfect way of your doing, how much faith you have.

Certain people, they told the mantras in the *Vedas*. The *Vedas* they have lot of Mantras, there's a lot of power systems. They experienced that by practicing that by how they are hooking the energy. That same things I explained to everybody, that five prayers is the one of the most important. Your Swami taught near, near six hundred thousand mantras in his life to the students. If you have the time, you can learn that, it's not necessary, important few – everyday continuing that, opening your heart to God's love – that's important! That's the beginning stage. There is the eighty percent of the people here, my feeling – beginners. Don't get upset on me, "Oh no Swami, we are middle, no we went eighty percent." No. Practice! You have twenty-four hours' time for a day, just you concentrate one hour for the God. Twenty-three hours, you do whatever you want, your business, your family... If you concentrate for one hour on the God, that one hour covers, it covers to entire your life for that day, to put you in good condition. It will change you to be a good character. It changes you to be a man of the love. It changes you to a man of the huge heart. It changes you as a powerful healer. It's so important.

I told Gayatri, in the *Vedas* they tell, it's the equal to four *Vedas* - one Gayatri mantra. It's like Om Bhur bhuvah svaha, tat savitur varenyam, what is that sound, Om bhur bhuvah... the people, they're telling, there's a meaning for that. How he know that? Who found that? All our friends, when they are in the deep silence meditation, in the silence we can hear through your soul – a lot of information, lot of prayers, lot of sounds, huge music. There's many things is there, hidden there, in the deep silence ocean of your soul. Silence is like a big ocean. If you suck through your soul, you can find many, many, many miraculous things in the silence. In this planet, whatever we have the information, these are all the information came from only the human beings, it taught by the cosmic energy in the deep silence in the God power.

Suppose a person, he found a rocket. How he really concentrated on that. The scientist, he's always thinking, very pin-drop silence thinking step by step – pulling his thoughts out, implementing it. It's only possible with his peace of mind and in the deep silence. (Snaps) He's pulling the information and he's doing it. He choosed that channel. His theme is to find a rocket, he worked on that, he focused on that, that energy gave him that information how to make it, then he became the man of scientist. (snaps) He wonned it!

All this prayers is the meditators in the deep silence, they sacrificed their whole life in the forest sitting under the trees. If you look at Buddhism, he's completely sitting under the trees, Buddha. He didn't did anything, just he went to forest, he sit under the tree and he meditated. In the deep silence he sucked a lot of information, he sucked a lot of energy, but he gave only one word – control your desires. The desires make everything in your life happy, that's controlling to make everything in your life happy, then there's a lot of systems he explained. In the Buddhism you can see a lot of power

systems. It came from Buddha only from the deep silence, he meditated under the tree. Same like that, in India some hundreds of thousands of people, they sacrificed their life a thousand years back, completely they are a hundred percent, ninety-eight percent spiritual guys – big huge meditators. A thousand years back in India, every person has supernatural energy powers. But nowadays, the science is developing huge - the information went down. There's no right person to teach that. It's become very, very, very less. Look - how they really did that huge hard work.

“Swami, you gave the five mantras to us, is it really helpful to us?” It's up to you how much your heart is open for the God. When you are chanting, you have to put one idea, one desire into your mind – what purpose you're doing this, opening your heart. Opening your heart means, your relaxed, be honest, you tell complete apology whatever you really did in your life, the mistakes. Don't feel in your heart, guilty. Don't feel in your heart you're unworthy. Don't feel in your heart you're unable to do this. Don't put in any one part of your mind any confusion and doubt. “Oh, maybe I get it, or not. If I'm doing this, maybe a wasting of my time. Is it really happen or not? Maybe I don't think so nothing will happen. Your Swami told I am doing this.” Don't put any thoughts like that. Don't make any thoughts like that. Just you, just you feel, “I can do it. God energy one hundred percent will come into me. I'm the son of the God, the baby of the God, definitely he'll look at me.” You're completely telling the apology of what you've done, the mistakes. Make some commitments to yourself, like an honest, truthful commitment. Everyday nighttime when you're going on bed take one hour - you meditate. When you're really, tired you're going to sleep on the just wake-up moment. Your wife is sleeping, your children are sleeping – take fresh water and put it on you face. Make your candle, (snaps) turn off the lights, turn off the phone – you sit, connect - chanting and chanting and chanting, relaxly chanting. You choose any one mantra, make a one program like that – do like six-month to one year. Then you see how your soul is so powerful, you see your soul how it's very peaceful, your mind how it is very peaceful – all your works you're doing like that (*snaps three times*). Done?

Student: I can't imagine how to do every day works to like this.

Swami: Every day works means, you must wake up by 6:00, you have to go your office, do your business – lot of resistance power you're bringing. And every day you're waiting for your meditation time, “Oh, I should wait until five hours cross.” It's like pulling you to do meditation. It my personal experience with my students. I taught them to do meditation. First, they started to do thirty minutes, and one hour, four hours, seven hours, nine hours. In ashram, I will see their faces, they're completely sitting and doing meditation in the trance. But I'm telling to everybody – one hour is enough. If you have time more, weekends, your holidays, whatever it is – do three, four, five hours. If you see one time to sitting, by practicing after, even if you want to sit thirty minutes, it goes to one hour, two hours, three hours – that is the real happiness. That is number one stage of soul.

Second stage – when you are in the deep trance, a very peaceful relaxed stage, that is a very, very careful stage. You have to think your desire. Suppose you are in the deep trance, in the deep trance you have no anymore thoughts. In your heart you have only one big desire – you want to suck some miraculous energy in your soul to heal some your friend’s souls, to heal some human being’s souls who are really painful, who are really sick with their soul – different people. You want to raise up the healing energy in your heart. At the time, it’s a big powerful time in your life. When you are in the deepest trance, you hook with your desire to the God. In the deepest trance time, you ask the God, ‘Please, I need supernatural energy to help my friends. I have big desire - I want to become a powerful healer. Please send some energy. I’m ready to receive your energy. My heart is completely open for your love. My heart is completely open for your energy – please bless me, please.’ And you stay and you enjoy that stage. When your heart is open at that time – drop by drop, like the energy, like a flowing, it’s coming in you. Like if you’re feeling something huge weight to the body, it’s like huge drowsy sleep, huge drowsy – that is not drowsy, that is not sleep – that is the energy. Your soul is sucking, the sucking is, you are using the prayers, after the prayers – you are kicking out the prayer. The prayers are like a horse riding. When you reach your destiny, you don’t need a horse – throw out. Then you stay in that stage – suck the energy.

There is a big important point here. When you’re in the trance, much people, they can’t hold their desire up. At the time, they forget. At the time your mind makes you ignore. At the time, your mind makes you very deep trance – you can’t remember anything. Suddenly again you comes out like a normal man. At the time, it doesn’t work – anything. When you are in the deep trance, huge drowsy, huge trance stage, at the time is the perfect time to you to suck the energy. You have to remember, you have to pull through your Brahma Consciousness, through the practice it comes up, then automatic your willpower will increase. The healers must be, have the willpower before they are going to heal the patients – the soul people, soul patients. If you have no willpower, you can’t do anything, forget it, it’s not possible – simply you’re wasting of your time. “Oh maybe, I can heal or not? Oh, maybe I’m not able to heal him or not.” If you have the huge strong faith in your heart, “No problem, I can heal him.” Suppose a person came with heartbroken in front of you. If you see him, if you have no strong faith in your heart, if you have no strong willpower in your heart, thinking yourself, “Maybe I can’t heal him. Do you think I can heal him? Oh, how I heal him? How I handle him.” A big confusion in you, no faith in you, no willpower in you – you can’t do anything. Through your strong peace of meditation, when you suck the energy, automatic - you saw a person who has really problem. Your inner consciousness saying to you, “No problem, I can help him,” and touching him, asking the God’s prayer, asking God’s help. When you touch the person, when you started to chanting your prayers, from your heart the vibrations, the energy is starting to flow on him. Just you touch keeping on praying meditate little while. Like that – you have to start on the people. Everybody understand?

There is only one strong way to sucking the God’s energy. Look in the Ramakrishna Paramahansa’s story. Just he’s simply watching the Mother Divine statue and he’s

talking to her. “Mother, please come out. I want to see you. Completely I have big desire and I want to see you.” At the time, he no need to sit in meditation to ask her. He did many years huge practice. His duty is only to continually thinking on her. Even though his attention, he’s like big trance. Every person who practice that stage, (*Swami makes his arms go up*) once you reach huge energy power level, big sucking energy, then it stands there. Whenever you started to sit, (snaps) automatically it grows up. That’s the number one way of sucking – very important stuff. Second, the healers, they must have huge love.

My advice, when you’re starting to heal somebody else – you should not eat meat. How many people can stop the meat and fish and alcohol? How many people can stop like that? Already done? When the meat is in your stomach, it gives lot of strange vibrations in your body. It can’t put you concentrate on meditation. When you drink the alcohol, when you drink that drug, it can’t put you in concentrate, it always makes you up and down. The same thing who all came to the healing from you, who was patient, it’s strict advice, at the time in his body there is no any, not vegetarian food in his stomach. You understand? Does everybody understand this? No?

Students: Only for a few days or forever?

Swami: No, few days, that time - period. Suppose he came, “Swami, please heal me.” “Ok, please sit, please sit.” I’m sending the energy. I’m ok with my body, I’m sending huge energy. When I’m sending the energy – he have to receive that. If not vegetarian food he have in his stomach, he have the alcohol, it doesn’t he can’t receive huge. If he flush the meat - he sucks the huge energy, it doesn’t come to the body - digested, goes out. It’s like one animal, like cutting the meat, cooking the blood like meat, and you’re eating that – it’s the completely the dead opposite to the spiritual process. “Oh Swami, why you’re putting big trouble, now you’re putting big trouble on us.” Everybody thinking like that?

Students: Yes.

Swami: Yes. It’s important! At least listen! At the nighttime when you started meditating, before the six, seven hours – don’t eat any meat, fish, alcohol – anything. Before six, seven hours, you be very, very strict. Ok? No?

Students: But it is so yummy...

Swami: Wait. What is that?

Student: She wants to know about fish, why is fish not good for us?

Swami: It’s proteins, it’s real good but it’s a good food to the body the doctors are saying. It never puts the mind controlling in a proper way. See, practically you can do one thing. If you eat one day complete only fruits – it’s one type of energy. Next day if you eat completely vegetarian, only vegetables – it’s completely one type of energy.

On the next day if you eat completely rice and some simple small dahl – it's one type of energy. If you eat meat, complete eggs and meat, alcohol – completely one type of energy. In one day if you drink only the liquids, pranic process – it's one type of energy. There's a lot of systems is there. But your Master is giving very simple methods, easy methods - I'm not very strict on that. But alcohol – no! Please try to control that. I think Germany is very famous to the beer. Everybody like ten years, twenty years adjusted to the beer. To your health to take a little bit – ok, little bit, but it's not complete like drinking glasses and glasses and meditating (*Swami makes a groggy, drunk face*). It makes me really upset! Sometimes I know clearly what my students is doing. Sometimes when I call them night times, "Hey, what you doing?" "Oh Swami, (*Swami shows drunk*)." "Hey, what type of trance you are?" He's saying, "I'm ok." "What type of Whiskey you're drinking? Try to visit me." Then he comes, "Oh I'm so sorry, I'm so sorry. Only that day, but unfortunately, I went to a party, my friends they made me." See, I have no rights on everybody to do this, to do that, to do that – it's my duty to tell. Even if you drink anything, it never helps you anything. But the meditation, it really helps you, for sure.

Here everybody ninety-eight percent people have the really spiritual hearts. Just follow your Swami's advice one year, then you see in your lives. Understand?

And the second one, third one, you have to be, like if any person came to you, you have to be huge love to that person, like a mother. Will-power is one, then the love. If you have no love, the energy doesn't much work on them effectually. Suppose a baby is crying. There is a fifty woman, another woman came, she hold him. The baby never stopped crying. Another woman, "Oh no, no, no – cry and cry." When the real mother, when she touches the baby, ninety percent of chances the baby immediately stops crying. Is it true? Is it true – be honest. The ladies know so much than the man because of, because of there is some special channels to the mother and the baby. When the baby's crying, the mother's heart - purely completely open like crystal drop to the baby. She have huge love on the baby, of course all the women have love on the baby, but the real mother have a special channel of the love on the baby. That love channel you can't explain in the words. Just she's going with love and holding him, "Oh hi." That baby's smiling and laughing, playing. Is it true? Observe, it is true. Same like that, when you turn as a powerful healer, you need to turn as a man of love. If a person came to you who really need help, just you look, "Don't worry – sit." When he comes in front of you, he needs to take some peace, automatically he'll get some peace with your smile, "Come on – don't worry." Something he's feeling a lot of love from you, but he don't know what he did. He don't know what you're doing, he always wants to see you, he always wants to talk to you, he's always missing you, he's always thinking in his dreams on you. (tape cut) Normal talking, but there's a lot of meaning is there. Isn't it?

End of Tape

