

**Meditation Techniques**  
Following Swami's 1998 Yoga Samadhi  
Teaching at the Ashram  
May 21 1998



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*Talk at Swami's swing*

**Swami:** After I tell you the small medicine - is it work out?

Ramakrishna: No.

Monika L: No.

Swami: You understand what I am saying?

Virginia: You have to take higher doses.

**Swami:** Higher doses. This is the almost all one stage of higher dose - healing process - healing vibrations. This is the third one is I told very specifically it is the Agni Netra. I told from third-eye - Agni Netra. Here whose I comparison with the Shiva Eye - am I did that?

Here the firing nature of the Shiva have Agni Netra, I told, Adi Shankara have only one person in the universe have that boon. I did? Everyone can remember? Oh that's fine. Here when we going on process this mantra - after ten to fifteen minutes, generally after thirty minutes we can test right now, after when this course is after. You can test yourself. When you start this pronunciation - it starts the warmth here.

Ramakrishna: Starts the what?

Students: Warmth.

**Swami:** Heat. Generally eighty percent to ninety percent people - they tested in India the saints - this pronunciation works very powerfully in India. In America - who practices this one in the perfect vibrations - the God grace -it's very important that certain age people - for to intermediate age people.

Student: For them to do themselves?

**Swami:** Themselves and to giving the healing to the persons to touching their Third-eye.

Clint: We use this mantra to heal people this age?

**Swami:** Yes that's very important - very powerful perfect.

Monika L: Can you heal from a distance with this?

**Swami:** No.

Johanna: You have to touch them?

**Swami:** Generally.

Monika L: Thumb?

**Swami:** Um-Hum.

Philip: Can you give this to the mother and say touch your child?

**Swami:** Yeah – wonderful.

Virginia: There's a lot of depression in some people this age.

**Swami:** It is the perfect medicine to them. Perfect medicine, perfect medicine, perfect healing heartbroken, depression, mental problems, psychiatry problems - perfect medicine.

John: The big disease now for children this age is A.D.D – Attention Deficit Disorder.

*(tape cuts out)*

**Swami:** Five to ten minutes.

John: Holding the thumb there for five to ten minutes?

**Swami:** Um-Hum. What he said? What is his question?

Monika L: What was your question?

Philip: Same as John's.

**Swami:** Ok.

Monika L: You have to hold it there the whole time?

**Swami:** Yes.

John: The teacher couldn't do one student - it would take fifty minutes to do ten students. You could do two at a time. (big laughter and joking)

**Swami:** and also...

*(tape cuts out)*

**Swami:** Silent, this is.

*(tape cuts)*

**Swami:** Like sheeps, sheeps controlling... you know sheeps, goats?

Jonathan: Ghosts?

**Swami:** Goats not ghosts. Everybody's maybe angry - I don't care. (laughter) Everybody's like, "Ok, here the master sitting, giving this mantra." All students sitting doing meditation with this mantra. Is it possible?

Ramakrishna: Absolutely not.

Student: Well not in the classroom.

Monika L: Other situations, it's hard in America to do it in a classroom.

Ramakrishna: In other situations getting kids together.

**Swami:** If they do in a week time fifteen to twenty minutes – maximum. It is of maximum healing to them.

John: So, once a week for fifteen to twenty minutes?

**Swami:** Yeah.

Ramakrishna: Having them chant it themselves.

**Swami:** Yeah.

Philip: Once a week or everyday for one week?

Ramakrishna: Fifteen - twenty minutes per week.

**Swami:** Yeah.

Ramakrishna: Having the kid chant it themselves.

**Swami:** Yeah.

Virginia: Or the kids can meditate and the adult can chant the mantra, and they can listen? Is that wrong? The kids have to chant the mantra.

Ramakrishna: That helps for one and two.

**Swami:** Third one.

John: So the child has to repeat it?

**Swami:** Child or the master - eh - tch tch tch (to a dog)

Ramakrishna: Swami what did you think of that idea.....

*(tape cuts out)*

**Swami:** Giving perfect fixing the soul. Even if he want to go, his mind

not accept the thoughts, not much fastly to activate making the thoughts down. Vishaya vishadzwalla - Vishaya vishadzwalla means... no no no don't write. Already I told this one - vishaya vishadzwalla bhalvala kutila manastatva kutila manas tatwa means, whatever the cruel thoughts, vishiya, the poison things; Kutila - the criminal, whatever the nonsense stuff in the mind; visarjana, visarjana - washing out, washing out.

John: So how long do you have to do this?

**Swami:** Ten to fifteen minutes maximum.

John: Alright, so let's say you do ten to fifteen minutes, can you just go around and give ten boys?

**Swami:** Who was really the personally...

*(tape cut out)*

**Swami:** ..... it will - energy - it works.

John: Oh.

**Swami:** The tears they recognize, the tears must come down. I heal to many people like that - no blinking some people. How many people are healed like that?

Ramakrishna: Eight.

**Swami:** No blinking, just look to me, like the tears coming out downing tears. When they're going down means they're getting the healing.

John: Do they stare at you and you have your eyes closed and you are doing The mantra and it's radiating out from your forehead the healing power. That's good. There's a big saint in America he plays the flute and he sits and meditates and people sit and stare at him so that must be the technique he's using.

**Swami:** What is that? Say again.

John: What's his name, anybody know his name?

Ramakrishna: Chinmayananda?

John: He's a saint in America. His meditation he teaches, you look at him, he's closing his eyes, everybody looking at him and then they get the benefit. So this is the technique he's thinking his mantra sending his rays.

**Swami:** I don't know.

John: Ok.

Ramakrishna: Number four.

**Swami:** Here...

*(Tape cuts out)*

**Swami:** Fourth one - I'm going very fast.

Ramakrishna: Great - good - let's go a little faster.

**Swami:** You need much faster?

Student: No, don't go faster when you're saying the mantra.

Ramakrishna: A little faster from 100km to 130km.

**Swami:** That's fine – 1000. Om

Ramakrishna: Number four?

**Swami:** Um-Hum.

*Fourth Mantra*

vishva bhavala deva dootala  
ava dootala sankalpa  
kataksha kataksha  
avaha, avaha.

**Swami:** You read it Ramakrishna?

Ramakrishna: Om vishva bhavala deva dootala  
ava dootala sankalpa  
kataksha kataksha

avaha avaha

**Swami:** You doctor.

Clint: Vishva balvala

**Swami:** Bhavala

Clint: Deva dootala

**Swami:** Ava dootala

Clint:       Ava dootala sankalpa  
              kataksha kataksha  
              avaha avaha

**Swami:** You. You Nancy?

Nancy:       Om vishva bhavala  
              deva dootala ava dootala  
              sankalpa – kataksha kataksha  
              avaha avaha

**Swami:** You Jewels.

Jewels:       Om vishva bhavala  
              deva dootala ava dootala  
              sankalpa- kataksha kataksha  
              avaha avaha

**Swami:** You Philip.

Philip:       Om vishva bawala

**Swami:** bhavala

Philip:       bhavala  
              deva dootala ava dootala  
              sankalpa kataksha kataksha  
              avaha avaha

**Swami:** Good. This one – very, very important one, one of, who was practicing stage - to send the soul out – deva dootala avadootala. You know avadhuta?

Monika L: Yes.

**Swami:** What is mean by avadhuta?

Student: One with nature?

Ramakrishna: Transcends the five elements?

**Swami:** I want just perfect accurate answer. What does it mean avadhuta?

Ramakrishna: Transcends the five elements.

**Swami:** Transcends?

Ramakrishna: Transcends means, beyond the five elements - siddhi purusha – avadhuta

Student: Master of masters.

**Swami:** One that good.

Ramakrishna: Somebody told me that.

**Swami:** I told that.

John: He sleeps in the road.

**Swami:** I told with the different meanings, with a different examples. I can remember what I taught, but I'm testing on everybody.

Ramakrishna: Well, test on everybody - stop taking at me. (laughter)

**Swami:** Ok, Monika L. what it's meant by avadhuta?

Monika L: It is someone who is beyond all the social norms and conventions. A saint who is beyond that, is one with God, who is one with all the elements, and all the elements serve him.

**Swami:** Then I'm telling ah um, ah - that sound I told?

Monika L: (laughs) No, I added that.

**Swami:** That's perfect. Who was cross prathanchika avaduta, the limits of the nature, the limits of the boundaries. You know what I am saying? Boundaries. What is the boundaries of the nature Virginia?

Virginia: The boundaries of nature? Maya limits.

**Swami:** What is that Clint?

Virginia: It's like being in prison.

Clint: I assume you mean the boundaries of nature, the laws of nature, the rules that the universe works by, and he can go beyond the rules.

**Swami:** That's pretty good answer.

Philip: Doesn't it happen without his thought? It just happens naturally?

John: The law of gravity says this has to fall. If you are beyond the rule - it doesn't have to fall - you say - go up.

**Swami:** Perfect. The meaning avadhuta means, he have the controlling on the five elements, and he can command whatever he want. He can change whatever the subject to another subject. He have the right, he have the ability to change any karma, to create any karma, that person called avadhuta, Deva dootala, ava dootala.

Gaya: So, Swami, so far in that definition that includes you.

**Swami:** What you mean that?

Gaya: Well, you can do those things.

**Swami:** Who have that capacity, generally their nature, their activities almost all illusion stages - the illusions covers to me. They sleeps in the roads, they won't care anything, they won't care anybody... whatever they want just eating and sleeping - no need to clean. Do you know what I am saying, different style, different style. If you take one example of the Shirdi Baba,

he's avadhut. He's avadhut, but many avadhuts their lifestyles is little different for to the little comforts for to little enjoyments. Each person who was commanding on the elements, they're avadhuts. Actually the real avadhut means perfect like a crystal water - that is Shirdi Baba. Crystal pure purity, but in a certain stage after, he avoid everything then he became a very pure avadhut - beginning little enjoyments, know what I'm saying? Ganjoy, eating the meat, different tastes... After he kick out, then he avoid Everything, then slept with a peaceful...natural avadhut commanding on the elements, commanding on the karmas changing the devotee's karmas in the different processes.

Who calls his help - Sai - Sai - then he says my protection is with them, my energy is take caring them. Who calls me, my bones is talks to them - my bones gives the energy to them to protection. My soul is not necessary, my bones is enough he says. Who prayers to me, who does the prayers to me he says - there is no in their life failure - there is no in their life nothing. You know what I'm saying?

Monika L: Yes.

**Swami:** That is the Baba statement in the universe. To the students - there is no failure. In their life history they have no nothing. Are you understanding my point?

Students: Yes.

**Swami:** Nancy you are sleepy.

Nancy: I know - sleepy.

John: They have no nothing means have no nothing bad - is that what you are saying?

**Swami:** Nothing means, if I ask, "You ate the food?" She said, "Yes, I did." "Do you have enough money?" "Yes, I have." Whatever the comforts...

John: That's not what, "No nothing." means? (laughs)

**Swami:** Just listen, whatever the comforts necessary, important - the need, she needs. If anybody asks, no I haven't - that word never coming out from them. His devotees, everything is there whatever they need.

Monika L: Wants for nothing.

**Swami:** Are you understand? You got the point?

Students: Um-hum.

**Swami:** Because he is giving whatever he want, I 'm giving to him. Is there anything you ask? He have everything. He never say anything, to you nothing. He have everything.

Student: Shirdi Baba?

**Swami:** That is the Baba grace. Got my point?

Students: Yes.

Jonathan: So this mantra you said is for those who have been practicing.....

**Swami:** Here deva dootala ava dootala is very important.

John: Is that twenty-three to forty?

**Swami:** Pardon?

John: Is there some age limit for that?

**Swami:** No for to all - almost all. Pure energy.

Ramakrishna: Sending the soul out.

**Swami:** Um-Hum - I'm telling.

Philip: An avadhuta if you do that?

**Swami:** No, no way.

Gaya: That would be twelve and up? That this mantra would be good for twelve and up? Because you said that twelve they would be able to do their soul?

**Swami:** Twelve up means? Twenty after, who has the, the really taste on the Spirituality, they're perfect.

Philip: You give them this or you do this on them?

**Swami:** I'm telling - I'm telling - just wait. Is it ok to five to ten minutes taking the break?

Students: Yes.

**Swami:** Just my...

*(tape cuts out)*

**Swami:** For the Atma Yoga Siddhi, you know Shakti Gayatri? You know the Gayatri Mantra?

Students: Yes.

**Swami:** How to Gayatri Mantra adding the Bijakshras, the Shakti Mula Mantra Bijakshras. Having the Mula Mantras - chanting that mantra. It called, Shakti Gayatri. What I did in my life through the Shakti Gayatri to send out that soul to getting the soul here how to send out the soul. When you sit in the deep meditation and you are in the deep trance you are in the deep trance. When you are in the deep trance, the color of the green - everything is the green it comes there.

Everything green. The green is it's not possible to come totally all the time green color. Generally, it comes the red and blue, sometimes violet. Green color doesn't come, when it green color comes at the time in your inner mind consciousness... through your consciousness with your third-eye you're seeing the green color, big point.

With your third-eye you're seeing the green color, with your inner consciousness through the inner consciousness you are chanting that, not your soul, not your mind. Everything if you're seeing the greenery, green through your inner consciousness, the pulse, the small pulse. You know pulse? A view, a deep view chanting that, stroking - ch ch ch ch ch .

If you're chanting, Om bhur bhuvaha... *(Swami says the mantra super fast)* That is stupid, greater stupid - wash out it - no need to chant it, you forget that, chanting that. You forget to use your time, if you use your time, time with

the taking the stick out - cutting off. No using the time. Your pulse taking one pulse, just you think, "Master told taking a pulse - chanting the mantra." Swami, are you crazy? How it possible, it possible - very simple, easy.

When you're seeing with your third-eye to the greenery, green color, that is a deep, deep, deep silence stage, deep energy stage, deep vibration stage. The vibrations is flowing you. It's not a part of them - you are in the light. Ooooo, at the time you are telling to your inner consciousness, use the Shakti Gayatri, use the Shakti Gayatri. At that time you forget the nada bindu. You forget the Bramha Kundalini Nadi. You're in the consciousness through a pulse, just pulse chanting the mantra, only the pulse. Stroking. Stroking. When you chanting that mantra with the pulse, with inner consciousness in the deep silence, in the deep trance, then the ache. You're going on beating that with the nail.

After some time, its going to - hole. Isn't it? Going to heart. The juice is coming out. The energy is forming. Your soul it's rising. It's connecting energy. Totally is connecting. The tradition says - four *Vedas* is equal to Gayatri, isn't it? How many *Vedas*?

Students: Four.

**Swami:** The four *Vedas* equal to the Gayatri Mantra. The Gayatri Mantra is equal to the four *Vedas*. Using the Shakti Gayatri... I will teach the Shakti Gayatri - the energy forms rising up. Highest connecting stage. That is ah, when you did chanting with that pulse, it's a deep inner consciousness stage, then the Master's responsibility to take care you to make you pick up. The master, when you are in the deep chanting that stage, when you are rising up at the position every student need the Master's help. That's why they says, "Without master knowledge it's a blindness." It's a big tradition in the part of the knowledge part.

At the time you are sucking the energy, you are sending the energy your highest communicating. After little time while definitely your soul it's blooming, it's blooming. That is, there is no words for to tell, there is no words to write down that. It must get your personal experience. Everybody know that they are enjoying the trance, they have that energy but everybody don't know how to utilize that. Now I'm telling how to cut that. How to make that cutting...you know cutting? How to make the cutting, then you see that, then you saw that dazzling of your soul. Through the inner consciousness, inner consciousness is, it is only the God sense. It's called the God sense. In our inner consciousness, some people, they can predict exactly through their inner consciousness.

Whatever the inner consciousness says it is almost perfect. When you use the inner consciousness in the deep silence, relaxing stage, high level with the energy - your inner consciousness become very strong, very powerful.

If any person come in front of you with any problem, if you say, "Swami, I have this problem." The inner consciousness, "Nothing wrong, don't worry. Ok, don't worry. You go." A new person is telling in us, not the mind, when you are in the deep silence, when you are knocking to the inner consciousness, the thought, you need that. Almost all... you kill your mind, your mind is almost all died. Your crazy mind, no more crazy mind, you have the soul inner consciousness. When the true inner consciousness, they are sucking the energy from the soul, the soul is sucking the energy to the, from the inner consciousness. It's a deep meaning. Are you understand? Everybody understanding my point? Everybody's sleepy.

Students: No.

Monika L: Swami, you said you pulse the mantra through the green light in your third-eye? Where does it start? Where does it begin? The top of your head through your third-eye?

**Swami:** What do you mean that?

Monika L: Where does it start? Where do you begin it from? The top of your head through your third-eye?

**Swami:** Um-Hum, I'm telling. If you are seeing that, the closing, you're seeing the green, it means, is it you can see with your two eyes or you are using with your third-eye?

Monika L: Third-eye.

**Swami:** You tell the accurate.

Monika L: Third-eye

**Swami:** If the two eyes they are focusing on, the two eyes are focusing on this spot, look at here, if the two eyes we're focusing on that to here, this spot, you are seeing this one, from this spot to this, to here. I told the two stages: Brahma Kundalini Nadi, Nada Bindu. Just after you reach one stage of your levels, your level, just you go this way then you come back. If you reach there, then you can learn everything the

material, the knowledge in the papers. You know what I'm saying? Knowledge in the paper, getting the knowledge is the everybody's duty. Much knowledge, careful knowledge to teach, to heal, to learn the formulas, to handle the negativity - that's necessary. That's why I taught everything. I did wrong?

Students: No.

**Swami:** No way, necessary to heal the people, the formulas. That's why I teach. Here in my programs everybody reached, going, everybody sitting meditating. Without your notice you're sucking the energy. After, when you are seeing this from two eyes to here, the third-eye, you are using your third-eye. There is no structure to the third-eye...focusing the energy. You are focusing the energy looking what color it is. That energy called third-eye. You are using some energy, what color it is? The thought coming from the, which pulse, through the one nerve, one nerve you are getting the thought, "What color it is?" You are seeing, putting some energy isn't it? Closing the eyes, the thought coming, "What color it is?" Like that when you are in the deep trance.

Deep trance means you don't know where you sit, what happening to you, how your back you sit. In the deep trance is it not possible to use your inner consciousness in a proper way? That is one of little difficult stage, one of very difficult stage for to some people. They want to try... they want to remember telling to inner consciousness to chanting that with using one nerve, one pulse Shakti Gayatri, the Shakti Gayatri vibrations beating the soul. If you are in a Trance, you want to tell, but you can't. If you sit one hundred times meditation there is only you can twenty to thirty percent. Twenty to thirty times you can tell to the your inner consciousness to chant it. Even if every time if you tell, after some time you are chanting, chanting that, stopping. It's going a little up, it's downing. It cannot taking off powerfully. Know what I'm saying?

When you are in the deep relaxing mind it means your mind is dead. Your total, your mind, crazy mind died. The energy cannot, there is no way to take off powerfully. Even though your inner consciousness saying you're doing, then - ccht again just a few minutes after, "Ok, down again, down." That is one stage - up and down stage. Telling to the inner consciousness, chanting that mantra, use inner consciousness, it does a little while then it tires. The inner consciousness doesn't work very powerfully for all the time when you are in the trance. Few minutes like twenty minutes - thirty minutes.

You are in the deep trance means your body is able to sit hours together. It works only fifteen minutes, twenty minutes, thirty minutes, then again it's down

Like again after thirty-five minutes, forty minutes - enjoying the energy. Sucking... the soul is sucking the energy. You are in the deep trance, what does that mean? You're not sending your energy, you're sucking the energy. When you are sucking the energy, at that time only, you can go in the trance. If you are not in the trance means you are not sucking the energy perfect. You are in the trance means you're sucking the energy. You are in the process sucking the energy. When you are tasting the energy, sucking the energy, that means he is in the trance. He is enjoying the energy; he is sucking the energy. So, the up and down balances natural. It takes for a little while, a little time, few weeks, couple of months, few months. For some people, four to five months, maximum six months. Why are you laughing?

Philip: Keep making it longer and longer and longer.

**Swami:** Here, what I told looking in the some people face, couple of weeks, a couple of months - maximum six months. That kind of stages the people are here. For to everybody making in the trance, everybody taking them a certain level. I know how much hard work I did on everybody using my energy, healing them, giving healing them, cutting off all their thoughts, washing thoughts, washing thoughts, making rise up. Like a mother doing healing on the babies.

My healing it is, it seems to, "Oh Swami, it's not working." I know what is the best time to work, what is the right time to work. My nature is telling is not, not my nature - doing. What I tell means, I'm not doing that. Is going very clearly. What I'm seeing in my life, what I say anything, "Oh, it's a horrible to work when I'm doing that work." That's why I work in God's time, God's will and wish - I'm doing my best, giving to everybody to healing, healing to rising up in a trance."

Everybody have the capable on the right now. Everybody have the capable to give the shaktipat. Everybody can give to the trance stage right over to anybody in the universe. Anybody in the universe immediately you can put in the trance stage. You can test, I told to I think few days back... how many days back? Anybody tried that?

Nancy: Yes.

**Swami:** It's worked?

Nancy: Yes.

**Swami:** You tried that?

Virginia: Um, I couldn't tell, he was Indian and he didn't speak English, but he had a big smile on his face.

**Swami:** What you say?

Virginia: He was Indian, he didn't speak English and I was... what is the name of that temple, that woman saint? Shivamatai? At her samadhi shrine we went in and we meditated around the casket area, and this Indian was in there and I just was kind of communicating with him in sign language, and so he let me, and I just um...

*(tape cuts out)*

**Swami:** ...is there in the universe. Our responsibility is to suck that, just sucking. What sucking? Energy. What energy? Vibrations. What is the vibrations? A beautiful enjoyment. What is that enjoyment? There is no words, no letters to write that. What is the heaven? That is the heaven. Where is the heaven means? Oh, he is in the heaven means, a person who can create the heaven who can be in the heaven. That is the natural and the supernatural forever heaven. To be laughing to have fun time, that's not the heaven. Even if you speak with a beautiful master, a beautiful man - that's not heaven.

When you are enjoying that with your soul, when you are enjoying with your Soul, with your only your soul not another souls - that is the perfect heaven. That is the soul ganjoy isn't it? That is the real key. That is equal to the hundred ounces of the alcohol. If you taste one time that alcohol, that soul alcohol, if you become one time addicted, then your mind always watching where is the peaceful to sit to do meditation...

*(Tape cuts out)*

**Swami:** ... place. It's true, I'm soul alcoholic, that is the real heaven, enjoy it. And the same, that energy, every person can give the shaktipat, hundreds of thousands of people per a day. Much talking must avoid it. Here in the students what I observe - much talking, silly talking. If your life is sacrificed to the spirituality then you must really some, you must maintain some characters isn't it? Is it not true? Is it not good? No good?

Monika L: No it's good.

**Swami:** Maintaining some characteristics. Much talking silly things, stupid instructions to be with some simplicity nature to thinking on others, these

are all stuff. To the spiritual growth what I am telling is very important, it's very important. If you want to addict the soul alcoholic, to enjoyment to that over-talking, over thinking - no good, highly impossible. "A day who pass less time," that's the *Vedic tradition* says, "He have the much energy." Who speaks much, it means he is losing his energy, that's why I stick airport, why I angry on the Sri Sailam. Silence in a week, ten days once - I put everybody in the twenty-four hours, in the silence - cht lock.

All your thoughts... vibrations come down. Some saints they make cloth to their mouth, cloth to their mouth - why? It's not for to the fashion, not for the fashion, it's for to recognize to themselves to their mind. "Oh mind, there is no way to you, a cloth is there." Are you understand what I'm saying? If the thought comes, immediately the inner consciousness says, "No way to you - cloth is there." When the thought comes, "No way, cloth is there." You forgot that. That's why they made the cloth, for to the making the inner consciousness very strong. The mind telling, inner consciousness saying, mind telling, inner consciousness saying...cht, cht, cht... then the mind going down.

So, when your soul is rising up, waking up, immediately the energy is coming to that. Who did the healing powerfully on your soul, the master soul, can only handle your soul to taking off, you from your body in the universe. It is a big, a strong faith, and a strong karma - a strong tradition. You know what I'm saying? When you are rising up, the master he takes you, to guard, to make you coming back. Sometimes you can feel yourself, the soul is... it's not feeling it happens but it's not very powerfully from out of your body. Why these saints in the back they makes the light colors, yellow, red, blue - why?

Ramakrishna: In the back?

Student: You mean like the clothes they wear?

**Swami:** Why they make that?

Ramakrishna: You mean they paint it on the back?

**Swami:** Why the, every God have the color in their back?

Virginia: On the back of the mind?

Philip: You mean the halo around them - the aura?

Virginia: The aura?

Philip: The aura.

Myuri: In the paintings.

**Swami:** In the paintings.

Students: Oh – oh.

**Swami:** Monika L, are you sleepy? You're enjoying that? Good. Why in the paint they makes that?

Student: Because you can see that, you can actually see that radiating from them. You can see it.

**Swami:** What do you mean that?

Student: Because the energy is radiating from them. Sometimes you can even, see it with your eyes.

**Swami:** That's true vibrations, vibrations, tomorrow onwards these three feelings you spend anywhere until twelve til...the Gayatri mantra, Shakti Gayatri. Shakti Gayatri means just using the three bijakshras. Everybody knows about that Aim Kleem Saum, then Gayatri mantra.

Aim kleem saum  
Om bhur bhuva suvaha  
tat savitur varenyam  
bhargo devasya dimahi  
dhiyo yo naha prachodayat.

Student: Swami, the other day in class you told me to do the Gayatri mantra really fast and when I went home and I thought, you never just say something... you always have a meaning for why you're saying that. I was practicing doing the different mantras very fast but this mantra, the Gayatri mantra was the one my third-eye was just fun, like a vortex of energy just spinning, spinning from doing this so fast. Is that a way to program your inner consciousness to do that? No? That's something different?

**Swami:** Just when you are in the deep trance, relaxly with your inner consciousness - Om aim kleem saum, not the mouth. If you use the mouth, definitely if I see that, I'm taking your the time with the skewers very strict

liking the roast, is it good taste Ramakrishna?

Ramakrishna: For raja.

**Swami:** Yeah, that's fine. Your deep inner consciousness, you practice this two to three days anywhere. Gaya wants to bring everybody somewhere I think.

Gaya: If they want to go.

**Swami:** Me?

Gaya: No, if they want to go.

**Swami:** The really miraculous day, miraculous day, it is a surprising to everybody. It's in your lifetimes, in your life, not lifetimes, in this life . Just what I told when you are in the deep trance, one point using your inner consciousness, second point seeing the green light, third point if the green light is not there - no problem. Blue light is there ok use that. If the blue light is not there, red ok no problem. Don't give the much fear to the color. Green is the perfect, perfect arrow. If green light is not there, that's fine, it comes again. Use you own consciousness, not your soul door. No.

When you are chanting that one, your body, you forget about the body, it's very like highest what we call? No energy, it feels like that, only thing is you can't lift this hand, you can't lift this hand, you can't move like this, like that stage. A mind that had like free weight, that is the perfect feelings. I observe on everybody, one hundred percent of everybody. Everybody that stage, like that and I touched, feel that perfect.

At the time, you using your inner consciousness even though if you're... it doesn't work out; it's still little up, little while time ten minutes, fifteen minutes, then again to coming down. Again when it's coming down, it's going very deeply down. Then your mind is very totally down. Then your soul is highest sucking, sucking very down. Then after a few while, again you're using your inner consciousness, again it's going little up, again it's going very tired, down, up and down. Enjoy that. With chanting that mantra you knock your door. Which door is opening? It is a surprise to everybody. I'm waiting in the next meditation. These three, four days shortly, I'm meeting, I'm here, I'm not going anywhere to make in the gardening. I'm sending to everybody - you start to Mysore?

Gaya: Mysore? Some people want to go to the beach, to Pondicherri. I don't

know, we haven't spoken about it as a group.

**Swami:** Anywhere.

Nancy: But, not to stay here?

**Swami:** Pardon?

Nancy: Not staying here?

**Swami:** Construction is running. I start two, three days the hammering works. You know hammering works? Iron works?

Students: Yes.

**Swami:** I love to everybody to stay here, very fast it need, the rain season, the construction work doesn't work out. It doesn't work out.

Philip: Should we go together as a group or individually?

**Swami:** No individual. The group, you want illusion?

Philip: I'm asking - no preference.

**Swami:** With the group it's a good, sharing each other. Is it ok Monika L?

Monika L: Um-hum.

**Swami:** After you choose everybody's the places, talks with Gaya. Everyone's not talking, just simply watching on me. What are your answers?

Jonathan: We could start tonight just meditating.

**Swami:** Pardon?

Ramakrishna: We don't all have to meditate together at the same time do we?

**Swami:** If possible, at the same time no problem. In the Gaya's house it's not possible?

Philip: The trains.

Ramakrishna: It doesn't matter, once you go out you don't hear the trains.

**Swami:** Pardon?

Ramakrishna: Once you go into trance you don't hear the trains.

Phillip: Yeah but it's living and all that - construction makes noise.

Ramakrishna: It could be even better, now the noise is not an obstacle at all.

**Swami:** Yeah, that's good, you see tomorrow. Go everybody to Bangalore. You try there. After June from the June 7th Swami have very busy schedule, tight to write some more important things to the universe, work to the universe work. Three months I have great job, the three months, June, July, August. In meanwhile if possible, Baba's grace, I want to visit to America. When you go three months, I will stuck here writing a beautiful important thing to the universe. So, I'm here constructing guys, helping to me, you are helping guys?

Student: Yes, Swami.

**Swami:** Gaya, completed to me for to have me both of these three days, very strict day, maximum ten hours practice.

Phillip: Maximum or minimum?

**Swami:** Minimum, as much time use that Gayatri Mantra through your inner consciousness then you saw the result.

Ramakrishna: I think Phillip and Monika L want to stay in a hotel room.

Phillip: Yes.

**Swami:** That's fine.

Gaya: And I can be in my house?

**Swami:** Um-hum.

Jonathan: Any particular mantra Swami, to go into the trance? We don't start with the Shakthi Gayatri until we're in the trance?

**Swami:** You start any mantra, any mantra is best, it works.

Ramakrishna: But Swami, in the trance I am not usually aware that I am in a trance. How do you know that?

**Swami:** Aware means?

Ramakrishna: Alert, aware. In fact, I have never been aware that I am in a trance until after when I open my eyes.

**Swami:** Aware means?

Student: That you know.

Ramakrishna: Alert, you say, "Ok now I'm in a trance "

Nancy: I was wondering too.

**Swami:** That is the hard work, no? That is I'm saying, that is very, one of very, difficult one. That is a very difficult I says, to use your inner consciousness, putting some energy, seeing that taking off, chanting the mantra through the inner consciousness, a little hard going little up, going down, going up. If you use the inner consciousness on the mantra, it's not ordinary. It is not ordinary energy. It's not the ordinary option.

Jonathan: And it's not chanting it as a clear pronunciation - it's a pulse.

**Swami:** The pulse, if I saw the chanting, definitely I'm very strict on that.

Jonathan: That means that it doesn't need to be internally, silently pronunciation? It's a pulse.

**Swami:** Just pulse, pulse. If I saw the chanting, definitely I'm very strict on that, very serious on that.

Jonathan: That means that it doesn't need to be internally, silently a pronunciation - just the pulse of the mantra.

**Swami:** Just pulse.

Ramakrishna: So you don't have to hear the whole pronunciation inside?

Jonathan: It's a feeling.

**Swami:** You think in your mind about Gayatri, it's coming to here, not here. When you are in the trance it doesn't work. If you are in the awake, if you think it's coming here, feeling, you think, "Where is it coming? Here or here?"

Jonathan: Thinking is usually up here.

Ramakrishna: Thinking is here.

**Swami:** If you chanting your inner sense, trusting coming to here. That's my Feeling, that's my experience - energy's. Every person's have the different experiences. It starts in the different places; it doesn't matter. No mouth, no time, no mouth no time. If you use the mouth and tongue, again the process very big flounder – no! Ok?

Student: If we stay longer, are you coming to see us?

**Swami:** To which your time?

Student: In the morning, three a.m., Bangalore.

**Swami:** Ok, I will come, maximum, no problem.

Student: Should we extend our stay a couple of days?

**Swami:** That's fine I think. Is there any important work to you in America?

Student: Not urgent.

**Swami:** Not urgent?

Student: Just money, just making money.

**Swami:** Oh, I got it, you can extends for couple days. Can you fly on June first, the first week is it ok?

Student: Um-hum.

**Swami:** Yeah, that's fine, perfect.

Student: Thank you.

Jonathan: We can fly on the 28th it's ok?

**Swami:** Um-hum.

Student: Will we see the miracles?

**Swami:** Why not? I need everybody knocking; I must hear that. Testing always showing - it's not a big deal. Who shows the miracles in the Indian tradition is the biggest fool. He's not the natural student; he's not the natural master. Who shows the miracles, he's not the powerful man - that the *Vedic tradition*, you know that? It's very serious on that in the *Vedas*. But in this *Kaliyuga*, sometimes necessary using that energy, giving different forms. What's happening miracles? But I want two, three days to everybody to, not yourself about.

Philip: Is it better to do it in one extended period or spread it through the day? Or does it matter?

**Swami:** What do you mean that?

Philip: You said the minimum is 10 hours? Is it better to do one long ten-hour sitting, or in two, five hour sittings?

**Swami:** That's fine, anything, you try as you like. Ok, done?

Student: Gaya and I want to invite you to come to Santa Cruz when you come to America.

**Swami:** Sure no problem, one day, one day.

Student: We have thirty-five students.

**Swami:** One day I'm not teaching anything. I will sit laughing, you give good dinner to me - I come back.

Student: Swami, how do we give the shaktipat? What do we do?

**Swami:** I will tell later on, on that - ok?

Students: It was beautiful, yes. Thank you Swami, we love you!  
End of talk