

Swami Talks on Enlightenment
Shakitapat and Moksha, Part One
Teaching in Hampi, India
January 16, 1999



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Swami: When I teach the silence techniques, my advice – don't make the diverting to me. Maybe tomorrow, day after tomorrow, at anytime I'm going to discussion on that. Just I give the deep introduction today. Don't make me to divert. You understood? I'm also a human body with the human mind. When I'm teaching something, it must be like that.

Spirituality is like a big evaporating subject. In my life, I never read any books, meaning general books. I read palm leaf books – that's different. It's like many years back. Where do I have time? I have time to study anything? No way. So, when I'm teaching anything, if you have any question, take your pen, just you write your question. When I completed it, "Swami, what does this mean? Swami, what is this question? What is this answer? Please clarify it. What does it mean by silence? I'm asking the question.

Student: No thoughts?

Swami: What does it mean by silence?

Student: Going deep within? Going deep within?

Swami: Where is 'in' ?

Students: (*Answers are inaudible*)

Swami: That's good; I like it. What does it mean by silence? Is it possible to found the silence in the universe?

Student: Yes.

Swami: Is it possible?

Students: Yes.

Swami: Possible? Where?

Monika L: It's everywhere.

Swami: Everywhere?

Monika L: Mmm-hmm, yes.

Swami: I don't think so. (*Monika L laughs*)

Monika L: I think so. (*laughs*)

Swami: Where is silence?

Diana F: Center of the soul.

Swami: Ooooo, what a scientist. (*laughter*)

Diana F: I think it's quiet there.

Swami: What is the silence meaning?

Student: When the mind is quiet and the heart is rhythm.

Swami: When the heart bumb, bumb, bumb, bumb – Uh-uh - it's a big noise inside- - crazy inside, noise. Sometimes when I meditate, a lot of times I heard my body actions – it's a big noise – crazy. The doctor knows everything.

Mind – power – soul - the three coming in one – Dattatreya – Bramha, Vishnu, Maheshwara - just joining three. Through the heart, the soul...the soul is connecting to the heart – it's a deep meaning. The

soul is connected to the heart. Some persons have very generous, very generous nature. Generally we said, "He have the big heart." And we can never say he is a big mind – he's a big heart.

Generally every bumping, the up and down, the heart beatings. Inside the heart beating sound is dhimmy dim dhimmy – dhimmy dim dhimmy... You have stethoscope with you? No problem. Some persons, they says... What is the sound beatings like dim dim dim dim dim?

Philip: Ba bum, ba bum, ba bum, ba bum..

Swami: You a doctor, you're the right guy. Like the *Vedic tradition* says, like the sly, dhimy, dhimy dhimy dhimy dhimy dim vanarsani. I told this sentence, where I told it? dhimy, dhimy dhimy dhimy dhimy dim varsani The perfect, when it's going to stroke dhimy dim dhimy, the deeper level, when we put all our concentration to the Braham chakra. Where is Brahamha chakra? Its called Brahamha Kundalini, it's called Brahamha chakra, we can call the Brahama chakra.

When we put the Brahamha chakra into that, to hear through the Brahamha, hear through the Bramha hears. Inner side beatings we're hearing with our ears or hearing with this? Which one we're hearing? Sometimes when you are very little tired, when you lay down – our heart beatings – which one you're going to listen, generally, Monika L?

Monika L: I'm thinking, I'm thinking.

Swami: Hey.

Monika L: Well, I hear it with my ears.

Swami: Oooo.

Monika L: No?

Swami: It goes to here, every stroke. Is it true? I'm asking guys, tell me.

Student: Well, many times when I'm meditating my body falls asleep and I hear it snore when I'm still awake so that's hearing the hearing...it's your awareness that hears it.

Swami: No, that's ok. In little while we can get everybody experience. I'm making to hear everybody in the deep silence stages. Not teaching just practically making to hear, everybody.

So, when the heart starts to beating, the point in the mother' womb, when the heart starts, when it starts the functions – at the time the energy...Has any person seen the souls? Soul means, like energy. Why the coco, generally I'm asking the little diverting. Why in the temple they breaks the coconut? Is there any reason?

Monika L: It's the symbol of the pure soul. When you open it up it's completely clear and white.

Swami: That's one reason.

Student and Monika L: It's hollow.

Diana F: Dispelling of negativity?

Swami: Inside of the coconut there is energy. When you broke it, there's a small water. In the water beside of that, there is a energy air. Like it is there still, like many years, many months. When you broke it, that energy comes out – its spreads. Is there any chance the air can go inside the coconut? (*Birds flying and shouting, can't hear what Swami is saying.*) Is there any chance?

No way. The air cannot go inside. When the heart's going to function, the soul energy starts there. The soul is very, totally linked to the heart. The Ramanamaharshi said, "Generally the persons have the left side natural heart - right side spiritual heart." In his deep meaning, the soul. Nobody cannot find generally...Everybody saying, "You have the beautiful soul, you have the beautiful..." Where it is?

The soul is in your eyes, in your brain, your – where it is in your body? There's a link to the heart. The functioning, the creator of the functioning to the heart, the energy of the functioning of the heart – that's called the soul - the creator of the functioning to heart beatings

- it can make you peace, it can make you crazy. When you make the fear it goes (fast) da,da,da,da,da,da,da... little shivering, crazy depression. Everything depends on that energy, the creator of the heart beating function – that energy.

How... we're going to purify that energy very deeply, very deeply to purify that energy to make the functioning heart perfectly, to make your mind, all your energy certain level to maintain it, to producing yourself in the deep silent stages. That is the starting point to the heart with the soul to turn your life in the deep stages.

Some persons have very strong braveness, strong heart, strong energy. Even a big cobra came here, "Hey, come on." Some persons have that strong ability – they can sit in front of cobra. Even he's not a spiritual guy. He don't know about the God, "Who cares about God?" He's like that, but he sits. It means his energy inside – very strong. His soul has very confident commanding – powerful. Like some small childrens, they don't know if the fire is burns. They walk, they... You understood? It means, still that soul is not giving the maturity to the connecting to the nature – what is good, what is bad – what is good, what is bad – to teaching the experiences. Not the mind giving the knowledge – everything, the soul is giving the directions to the mind.

Certain levels, the mind takes that knowledge and the mind turns to misuse that and it goes to crazy. From the beginning the soul teaches to the mind very, very beautiful in the good parts. After a little while that, then the mind goes to themselves, going very crazy. Even right now situations, even like sixty years person, he's a very good, he's a powerful person, even though he is, if he's going to steal something... Suppose I had one million check in my pocket, Nancy's my good friend, but she thinks... just example. (*laughter*)

Nancy: Well, let's see.

Swami: Just example, she have double nature, double nature means – she wants to steal that, but in her heart... Heart means the soul. Heart says, "No, don't do that. He's your master, how come you steal his money? He's a good helper, how come you steal?" The mind says, "Come on, who cares? If you got one million, you can enjoy – no problem." There's a big fighting inside little while. The

soul, the heart is giving a lot of the information to the mind, "Please, don't do that, please don't do that." The mind is, already it's turned many different activities, then she doesn't care. Then the mind goes, when I'm sleeping she tooks, she goes. Then I found one day, "Hey Nancy come on, give my one million, I'm ready to give the problem. Then, she feel very guilty, "Hey, what I did mistake – you found me. I'm sorry Swami, here is your money." Then everybody talks on her, "Oh, crazy." Then she is a little shy, depression. See, the mind goes again to down, depression, unworthy, loosing the confidence, faith. Here, the soul is teaching from the beginning – the mind is taking from the childhood. The soul information, the heart information, the mind is not take caring in a certain process. (*Swami makes a hitting noise with every beat of his words.*) So we must be very confident. Whatever we are doing we must be safe, whatever doing very important thing in our life, we must be safe. Very deeper level, very deeper level, very deeper level we must use our heart... we must use our heart. Think once more, once more, once more (snaps his fingers) do it – perfect.

To connecting to the heart, to the soul, to the mind – mind always, is monkey. However it is, when we can make that, to make the rapid, the mind, to what we call with the rope?

Students: Tie up. Tie up.

Swami: Tie up. When we can make the tie up in our control, here it is, your life you can work it very easily. You can see from here any planet. You can create yourself the channels to go anywhere. Just one, big enemy is with us - that is our mind. Our enemy's not any person in the life, not George, not Thompson, not Clint not any person, just material things. The real enemy is our mind – he's always with us, he's always living in us, he's always following us. Until to this body to die, he's always with us. Do not mistake him – he's a big enemy. He's the real enemy to us. When we think about his activities in our lives from beginning (Swami snaps his fingers 3 times) you can, you can control your life very easily.

Then if you sit in the deep, silent stages, when you control your mind down, pull down totally – then your soul automatically comes up – then soul automatically teaches you the deeper level silent stages. No need to Swami Kaleshwar teaching, no need to any person teaching.

Your heart teaches you everything. Automatically it makes you to get a lot of information from beautiful thoughts, the beautiful energy.

How do people they found the rocket? Just he concentrated on that, whole his energy. How the people, generally the natural people, they found unbelievable formulas in this planet – it's amazing formulas they found – just because of...if their mind is crazy, they can't find anything in the universe. Anywhere they go their mind say, "Come on stupid thing, why you waste your time? Go to bar and enjoy the alcohol." Generally they go to bar, with the rock and roll dance – they do crazy. They control their mind, they putted on one subject, they totally worked on that – totally they found that. You're working to the cosmic, you're working to your soul to find the God – totally you're forgetting everything, you're making your mind to pull down, then your working on that, positively you will get that. My main point is using our heart in a concentration, focusing on that is very important.

We must be, ignore the mind. If it is really good – we must think on that. If it's really bad, like little crazy things - we must forget it, the mind parts. When you are taking the decisions sometimes there is a big confusion. Suppose some person comes to me, "Swami, in my life I really want money. But, I have no money with me. One person came in my life, he wants to do the business with me. Am I do the business with him or not? My heart says, "It's a little fake." But my mind says, "It's good, tell me the decision." It's a good question though. Is it a good question – like a big confusion. They couldn't take the right way. When he's going to take the decision, he must be concentrate on himself. There is x and y, z they are not the more brilliance than you.

If you are surrendered to one person, if you are depending on one person it means ignoring yourself, your abilities. Don't make that kind of abilities to depending on somebody else to taking the advice. It is the number one, from the beginning you're making yourself, making yourself to down. You must became very confident, you must meditate yourself, you must be focused on that point. In the deeper level, deeper level, deeper level – one day, two days, like it takes three or four days. Before doing anything, you meditate deeperly, then you take decision.

There is a ninety-eight percent chance that's accurate, whatever you're going to take, decision. Don't go like your mind crazy, "Ya, I'm going to show up one million dollars without thinking anything. Come on, hurry up – do it." No way. You must think yourself. You must take decisions yourself. There is no, your friends is brilliant than you. Why you're believing on him means, he has strong confidence on himself. You have less confidence, that's why you are depending on him. Why you come confident. Why you can't try the confident? Why he's great, why you are less? You must make immediately that question in your heart. "Come on, I must try." Everything is victory with you. Your life you can change like a powerful, charming, glorious, happiest. Does it make sense Thomas, Thompson?

Thomas: It makes sense.

Swami: He's like that... (laughter) So, try to be in the deep silence today – I will teach one word - just one word. (*Everyone sat silently for a couple of minutes – you could hear lots of nature sounds, birds squaking, chirping...people in the background faintly chanting some beautiful prayers*)

Swami: Om pagnavhushanum Om pagnavhushanum One word. Vhu is very important there - vhushanum. pagnavhushanum

(*Students all talking at once trying to pronounce it correctly.*)

Swami: If you have any doubts, Clint can help you? I want to tease you today onwards; it's ok?

Nancy: You're doing a very well. (laughter)

Swami: It's good – today onwards. I decided that, to tease you a lot. (*Swami is laughing.*) Are you happy?

Nancy: Sure.

Swami: Promise, you're never mad at me? You're never yell at me? You're never angry – that's commitment.

Philip: Later I will tell you what he did after he got the same commitment from me – you're in very deep trouble.

Nancy: Is it coming soon?

Swami: I never give trouble to her.

Babu: We're not quite hearing you back here is it phu?

Swami: pagna bhushanum vhu vhu, h for heart, h for heart. pagnavhushanum I'm a little poor in English, the spelling. (Students still trying to figure it out)

So try to practice this mantra at least as much, at any time I'm going to start the silent stages. When I'm teaching the silent stages, first myself, I must be totally (whistle) it's like a few hours – it's a very deeper level. When I'm going to teach everybody, like thirty minutes back, everybody like that, making transe – a couple hours, making one stage and when I'm teaching, same time everybody can feel that – second stage, feeling that – third stage, feeling that. Like making step-by-step stages. (snaps fingers) then, everybody can sit meditating.

So, try to practice this mantra very deeperly. When you're doing your silent stages this mantra helps you a lot! Something, the mind must need some to eat. This word, give the word to the mind – use this word. (laughter) You take out all your heart and soul different – making to divide - divide and rule, divide and rule - separating the mind, making the heart and soul together to working with that, to the consciousness. The mind works, it works itself telling strongly, "You must do work this." then it works, one part – commanding to the soul, "I'll teach, no hurry."

Spirituality is not hurry – patience – slowly, smoothly going. We'll see...We'll sing, five minutes, Loka samesta sukino bhavanto...five minutes. (*Swami sings with the students very sweetly*)

Swami: Shanti, Shanti, Shanti. Done. It's done Babu?

Babu: Yes.

Swami: Double done.

Babu: Double done.

Swami: Shall we go?

Students: Thank you Swami.

Swami: Thank you to give the permission to me.

End of Talk