

Ashram Talks With Swami
Eight Stages of Silence Meditation
Teaching in Hampi, India
January 17, 1999



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Swami: Before when I'm going to teach the silence stages to learn that, it's ok? Two chakras, one is Bimba Chakra, the second one is Pratibimba Chakra. Bimba means whatever you are - that is you are. Pratibimba means whatever you want, whatever you think, whatever you feel in your visions - it is there. Bimba - Pratibimba. Bimba means, suppose like in mirror, like a mirror, I went in front of a river first I - that's my face, personally my face. I don't know my face until when I see in something else, in the water or in the mirror or anything. If you shows to me what is the reality on my face then I can recognize it is my face. That it is called Bimba. Pratibimba means, whatever it shows, either it is there or it created itself or it shows the energy's making you to show like that - that's called Pratibimba.

Suppose I took this cloth, I made it like wrap it, then I went in front of mirror but with my eyes it is seems like yellow, if I went to the mirror it seems to blue - it showing a blue color. That's called Pratibimba. It's a deep meaning. The Pratibimba have the strongest energy - it can change anything. All this powers, all this supernatural energy when they issued from cosmic, the Pratibimba Chakra can change with the different things. Suppose the Jesus change the water to like a wine. When he is taking the water, first it is Bimba. It's the Bimba, it is there - it's the reality. Pratibimba means, he, in his chakra, "No, it is wine. It must be turned the wine." Then he send through the Pratibimba energy diverting turning like a wine. He's taking the energy and he's keeping in certain point, then all the energies when its going to form the water, to change the wine. When it's making the form, the energy form, it spreaded like a chakra. It spreaded like a new chakra, new angles it spreaded out. Then he take that energy and he produced, he

changed like the water to wine. That's called Pratibimba.

Generally, every soul have the two types of the energies - Bimba energy, Pratibimba energy. The reality, the real and the super real, natural, supernatural... In the supernatural there is a natural. In the natural, there is a supernatural. It's a link. Darkness - the light. In the darkness there is a light there. In the light - there is a darkness. The energy can show in the light, in the light it can show the darkness. In the darkness it can show the light. That kind of ability, capability - reaching that stage through the, your silence meditations. Everything can possible.

Is everybody's understanding, everybody's understanding? I'm talking higher level, higher levels. Not just... forget the soul, forget the mind, forget the heart, forget your body - just the energies how it forms, how it used the, how it works, the Bimba energy, the natural. How many types of the natural we have in the universe? What is mean by natural?

Student: The Elements? The energy vibration of the elements like water, wind, fire?

Swami: I need more explanation. I need more. Satisfy me.

Student: Rajas, tamas, and sattva to keep the cycle going?

Swami: Sattvo, tamo, rajo?

Student: Yes.

Swami: Sattvo, tamo, rajo? You went reverse. Actually, it must call sattvo, tamo, rajo. Not rajo, tamo, sattva. Sattvo, tamo, rajo. That's ok. Natural means, suppose this tree is there, it's the natural. In the natural its taking the water from the earth, its taking the sunlight, its giving the wind, its blooming the flowers. We can only know certain ideas. That tree only gives only the white flowers - natural. Wherever you see the plants, the same plant, it gives the all the white flowers in this planet. When something's energy's happened in the plant, something changed, all the branches is making the white flowers, only small, small, little branch is giving totally blue flower. What we call that part? Something here, supernatural is running here. Whatever it is, we can think in the scientific reason, something

is a supernatural thing is running. You catch my point?

Students Yes.

Swami: No.

Student: It's the source of everything - creation.

Swami: Little creation changing a little different path. The natural makes to highest powerful then it turns like supernatural.

Student: So, it's beyond our senses? Beyond the eyes and ears?

Swami: Yes. Something, hey! Something surprise, hey! Whatever we feel it's like, it's normal, that's natural. Whatever it is, not only the elements, anything. Here, not the specific the element, here not the specific the air, not the specific anything. Whatever we see the normal situation - that is natural. In the normal situations if you saw abnormal thing, anything, if you found any abnormal thing - it means the supernatural work is running there. How to produce the supernatural energy in us? That is called Pratibimba Chakra, through that... You got my point?

Students: Yes.

Swami: It's a simple. It's a interesting subject but...

Student: Yes, very interesting.

Swami: The general natural structures, the Bimba Chakra, when we sit in the meditation - first stage, first I want to make to everybody at least to give the one-week silence. I want to give one-week silence program to everybody. Is it ok with everybody - one week? But the Germans they are going.

The first stage when we sit in meditation, we must be, feel this is Babu. This body is the Babu's body. The Babu body is sitting in the mediation thinking on the God. Relaxing yourself, you are doing the meditation, your body's doing the mediation. Note the point. That's the first stage. Your body's sitting the meditation, the body of the Clint, the body of Diana F., the body of the Babu - whatever it is.

The second stage, when you are meditating, first you must be clear to yourself you are doing the meditation. This body is doing meditation. This body is yours. Suppose this body is mine, he can't say this body is mine. You understood? But, I can say all this bodies is mine. You understood my point?

Student: Yes, you have to be aware of your body, that you're doing it.

Swami: I can say all this bodies is mine because of, all the bodies have strongest faith and confident whatever I say, they will do that. I can make any work to them to do, the good work, only good work. Like that strong ability, I have strongest feeling. Here my point, it's not making much strong point but when you're sitting you must say, "This body is mine. This body first, I made to sit to meditate."

The second stage you must take the mind in the body. I have the mind, we are talking to the mind. "Since when I born you are with me oh mind. I want to talk to you." When you sit in the mediation, the second stage, you must be very deepest relaxation, pin-drop silent relaxation talking to the mind, "Hey crazy mind, hey monkey mind, hey troublemaker, come in front of me. Come on." Like you must be a like very funny. "Come in front of me. I'm going to teach you one mantra any one word of the God. You must practice until to whatever I want to do, until whatever I want to reach my point. You must be, carry on your work oh mind - please. You must be work for me," asking request.

To your consciousness you must be, talk to your mind. Like a John dividing like a three parts, the same body coming like a three parts, like a four parts. Like Babu body, Babu heart, Babu soul, Babu mind... Just yourself, if you tried yourself, yes I'm dividing my body, I'm separating my soul, I'm separating my mind, I'm separating my heart, I'm separating my body. If you keeping on pushing that, there is a hundred percent chance you can make that separate. Many people they got personal their experiences. They can see their heart coming out, the energy. You can see with their own eyes like same Babu, hey again commanding everybody come get in me. These are all stuff is only belongs to your faith. Faith is very one hundred percent important. Confident. Hard work. You have faith on that Philip?

Philip: Yes, absolutely.

Swami: Yeah, like raising up your faith. When you sit in the first stage, your body relaxing, "Yeah, I'm ready to do meditation, this is Swami Kaleshwar, this is Babu. I'm ready to meditation in this planet. Right now I'm starting my meditation. Come on, I'm ready." With the energy, like fixing, assembling, fixing your body to move. Then, second stage, talking to your mind, just separating - whsst - divide, "Hey, my dear mind, come on please, now I want to make friendship with you. I want to make real friendship with you." These are all same simple sense, you must talk like that, "You please don't give the trouble to me. I never gave the trouble to you."

Then after, when you reach the eighth stage, what the deep meaning, what I told right now, you can recognize in the eighth stage. Separating that, giving anyone holy prayer - *padma bhushanam*. What I gave yesterday? *Om padma bhushanam*. Giving one word to that. Even though, even when you make that practice - suppose you are eating food, you're driving the car, you're swimming in the water you're cooking the food, you're writing the computer, you must fix that like very strong with the pevical... you know pevical? Like a strong gum. You know gum?

Students: Glue.

Swami: Glue, making to glue that letter - that word onto the mind. Do it! Even when you're driving, without your notice it goes *padma bhushanam* - *padma bhushanam* - *padma bhushanam* - *padma bhushanam*. Without your notice it goes *padma bhushanam*, *padma bhushanam*. You say, "Come on, why I'm saying that?" That's not your say, very addictive. If you throw one letter its like monkeys playing always that - its good.

Why you laughing? The mind always, *padma bhushanam*, *padma bhushanam* *padma bhushanam*, it fix. Then slowly, slowly you throw it. Totally the mind always, it goes to the diverting. When you goes to the divert slowly, slowly, slowly, slowly - then your real energy, your reality, your soul capability you can recognize in the third stage. Everybody's writing the stages?

The third stage after the mind have the fixing to that letter, any letter, it must be very energy word. It must be, have an energy word then, automatically it comes to divert to making that pushing. That called

third stage. Mind, letter, word - kicking out and separate. Even though when you're sleeping, any all your friends can recognize you. You're totally in the deep, then you goes... it's always there, it's not forever - temporarily. Maybe it goes two weeks, three weeks, five weeks, one month, one and half months, two months - it's not bad. Nothing wrong to you, you think any wrong? You think any wrong?

Student: No, I don't.

Swami: What do you know?

Student: No, I don't think there's anything wrong - it would be a relief.

Swami: Nothing wrong, just making the mind forcibly, just making that mind to relief to that mind to come down, not to play with the monkey games in our heart, with our soul making our diverting to when you sit in meditation, bringing somebody in front of you like your girlfriend, like showing your any enemy, showing something business, putting something stuff in front of you - always making you to divert crazy stuff. You never be... get such a great meditation. We must be fill the mind with some work - even when you're asleep like that. It's like a little, seems to little hard to everybody? Hey what's I'm going to, maybe it's going like a psychiatric patient? Hey, what's wrong to him - he going like that? Nothing wrong. Its always keeping on chanting that, chanting, chanting, chanting, chanting - Whhhhht.

The fourth stage, when you sit in the meditation, the mind is always murmuring with that mantra in one side. If you switch on one radio, the side station you can hear. You understood? Suppose if you fix the Los Angeles station certain frequency, other side some frequencies we can hear in the re sound. Is it true?

Students: Um-humm.

Swami: Other side frequency, like the mind frequency is somewhere else, like talking - eeeeeee - totally diverting the frequency, then you take the soul frequency. At the time, you must be... think very deeply. No more mantras. No more chanting any words. There is nothing there to think because of the mind is not there. If there is a mind - there is a problem. If there is no mind, there is nothing

problem. In another frequency it is thinking it, murmuring - da da da but you never care that with your consciousness, you're already you pushed that to different side. You're already pushed that little far away. Then, with your consciousness you must command, you must put some little pressure, energy, desire you're wanting, "Come on my dear soul come out. Please come out. Really I miss you since many, many years. Come out. Come out. Please come out." Then he say, he go little wait... its not hypnotism, it's a deep trance stages, deep silence stages. "Come on my dear soul," like asking like a child. "Come on, come on, come on..." The soul is a, in the universe is very, very, very sensitive. It's like a energy, a piece of the God, our soul. We must be take care that very relaxation, very polite, very obedient to take caring that very sensitively, rising up, "Come on," then your light growing up.

In that situation you must be very, very careful one point, never to make you to disturb to any persons surrounding you. This fourth stage is very important. If anybody disturb you, like somebody knocking, "Hey Babu, what you are doing? Come on I want talk." Like that you go whooo, again everything like making the castle, building the castle, again making down, you know to destroy. Build uping the castle, again to destroying the castle. If anybody makes you disturb, he goes whoooo, like big energy, you try, you try, inside like big innerly you are making to growing up - again to go destroy. You feel, ohh, again to make you to build up the castle, build up the castle takes little hard to you to push up again to that stage - like little disturbance.

At the time, if anybody disturb you, your consciousness is received very easily. At the time your mind is not receiving the disturbance. The consciousness, it goes to little disturbed, it goes to little injured. Try to avoid that type of environment. When you sit in the meditation like four hours, you can say to your friends like later, off, you turn off phone. It's the beginning stages you must be very careful to protect your body, protect your environment without anybody touching you. Hey come on (clapping) when you like that you go, whooo, like in a deep sleeping if you wake up like that, where I am - it's no good. Don't give that type of chances to make you.

The fourth stage, requesting stage with the soul, begging stage, asking help, "Come on. I know since..." Suppose you are like forty-five, "I know since forty-five years you are in me, in this beautiful

house, but I want to see you. Please, come out. Come on. You are my angel. You are in my heart, you are an angel. You are in my body." Coming, asking, raising up, begging... It makes sense? It makes sense Babu?

Babu: Yes, absolutely.

Swami: This called soul talking, the fourth stage, soul talking - soul talking stage or soul requesting stage - requesting to the soul stage.

Joey: Begging stage. (Laughs)

Swami: (laughs) Begging stage. Yeah it's little begging, it's coming out. Suppose your girlfriend is running away from you, ask, begging, "Come on. Come on. Come on."

Joey: I don't have one.

Swami: I know you are. (Laughing) That's why all your girlfriends is running away from you, dancing... You are like, many people are jealous on you, all your girlfriends... I'm teasing you, no problem, you'll get good wife - you have my energy.

Joey: Pick a good one for me Swami.

Swami: Oh yeah, done. You are my boy, I will take care you, your big brother is there, backside.

The fourth stage - just rising up... How you're when you raising up the energy, you're feeling lot of Shakti, automatically very peaceful the mind is sigh. There's little sigh, there is a frequency like little murmuring, the sigh. You must be totally ignore that, you must be totally ignore that, go ahead - go ahead - go ahead - go ahead - bring up all your energy. And if you have the good patience, just everything is your hard work and patience, it's there, then you keep the energy here, you keep the energy here. That's called when you keep the energy here, after the energies you can automatically you can feel from here the heat, the energy. When you can fix here, you can, it's like bluzzing here.

Student: Pulsing.

Swami: Bluzzing, it's like making you.

Student: Pulsing - pulsing.

Swami: Pulsing...

Student: Like a heartbeat only smaller.

Swami: Murmer – ssszzzzz.

Monika L: Buzzing? Buzzing like a bee?

Swami: Bluzzing. You stop that energy like little while and you enjoy that stage. That is fifth stage. That is?

Monika L: Bluzzing is the fifth?

Swami: Keeping the soul in the third eye - that is the fifth stage, keeping the soul in third eye. Here you forget Brahma Kundalini, you forget Sri Chakra, forget all that. I'm teaching different style of the silence stages. There is a many techniques to reach the God. You understood? You believe it?

Philip: Yes.

Swami: There's a many techniques. Here the real mechanism starts, the sixth, seventh, eighth. The three stages, the real mechanism starts there. When you keep your soul here, when you keep the energy here, focusing on in the sixth stage, you must be enjoy the energy here like couple months, three four months. In a maximum twelve months you can reach unbelievable stage in the meditation right away wherever in the market you can sit. Come on, here it is fixing my body, starting the meditating, sending away to the mind different - immediately bringing your soul up, fixing here, requesting the soul, asking, begging, "Come on, come on," raising up, fixing here. Then making the energy forming. From here you can go in the deep trance. Without everybody notice, your master make to everybody to in the big trance. Your master's energy and your meditation mantras it helps you forgetting the mind, throwing the mind out. Without asking any request, without anything thinking on your environment, automatically I'm making to everybody in the trance and you're yourself, you're making many people, ninety percent everybody

going in the trance. Is it true? Is it true?

Students: Yes. (Laughing)

Swami: Now you are in the state, in a trance. It is helping but with your notice, with your body notice, with your soul notice, with your heart notice, with your conscious notice everything you're making yourself. With your consciousness state you're commanding anything, everything. You're changing the natural thing to the supernatural. You're changing the natural thing to the supernatural thing with only, with yourself to producing. Soul knows everything information in the world - it is the master. It have the totally to connection to the whole creation of the God. The soul have the strong ability to connect to anything in the universe. Every person have that kind of the energy. Every soul have, in the universe, that kind of the energy in this planet - that is absolutely true, to making the relationship, to connecting, to hooking to every, to anything. If in your visions, something, if you want to see, go ahead. If you want to go out from your body - go ahead. If you want talk to angels - go ahead. Like making it's, it take to practice couple years, three, four years, five years some person take as much as you're depending on your practice, hard work. It's a big course... it's a course. You know course?

Students: Yes.

Swami: It's a big system to practice it. Here, after keeping the soul in your third eye, the fifth stage after, after couple months, after you enjoy that in the sixth stage your heart use the energy - like sprinkling the energy to your third eye. You understood? Like from the down to sprinkling the water to your third eye. At the time you can hear deeperly the heart beating. Now you are in the new planet. Your body, your total your mechanism, everything is a new mechanism - everything, your heart beating.

Every person have a beating, different kind of sounds. In my experience I received dhimmy dhimmy (pause) dhimmy dhimmy. But some saints - dhimmy dhimmy dhim dhimmy (pause) dhimmy dhimmy dhim dhimmy. Some persons they get - dhummm (pause) dhummm. Like some person they felt clearly the Shiva have the dhamarukam - dhum dhum dhum dhum dhum dhum. You understood the dhamarukam? The Shiva always carries one music

instrument.

Student: It's the little drum with the balls in the ends, looks like an hourglass.

Student: Oh yeah.

Swami: It means like heart beatings. Every person's get the sounds they can hear totally clearly, the soul can hear. The consciousness and the soul can hear the energy of your heart, the indicates of your heart. Here we must be very, very careful in the fifth stage not to make yourself to send some energy to any person. Here the fifth stage makes to every persons to grow up the egoism. At the time they have the strong ability to heal any person, other time they can solve any person's problems. On that stage every person sounds like a beautiful, holy person. That stage is a little dangerous – period, dangerous stage to growing up the egoism.

When you keeping on hearing the heart beatings, after certain level, after certain level there is no beating sounds you can't hear - totally the pin-drop silence starts. From this sound, in the sound there is a deep silence. There is a sound already in our heart, in our body. The heart beating the sound, it makes to hear, hear, hear, hear them whsst - no sound, then your real silence starts from that point.

Suppose if you went in front of mirror continuationally without thinking anything. If you watch the mirror straightly without blinking your eyes like ten, fifteen minutes, like one hour, one and a half, two hours there is a ninety percent chance you can see in the mirror like a black, like a blind nothing even you can't see your face. Is it true?

Student: Yes. Yes.

Swami: If you go in front of mirror, if you're keeping on concentrating on that, straight looking your two eyes until like thirty-five minutes, forty minutes, one hour, like a few minutes, you can't see anything there. It's like black, you gone - your subconscious is gone. You're not watching anything - it's nothing there. With your soul continuously, when you're hearing the heart beatings - dhimm dhimm dhimm dhimm dhimm, the music, dhimm dhimm dhimm dhimm - done. When you have the deep silence, when you

receive the deep silence stage, when you open the doors of the silence, at the time you can command on the heart. The soul can command, the soul and the heart going to detachment. There is no link to the soul, there is no link to the heart. When it's going to separate, the heart, the soul - that's called seventh stage. When I'm going to explain, it must be necessary like stages by stages.

In the deep silence you have the totally controlling of your heartbeats. Here in the stage this is the real very, very important stage. You can hear beautiful messages. Here in this stage you can get unbelievable information in this planet. In that stage you can recognize yourself who you are, what is the creation the God. In the deep silence you can whatever you consciousness think it can hear the beautiful music, you can hear the angel music, you can hear the Gods' messages... If you want, your consciousness thinks what is about astrologies this planet, in the deep silent stage. This stage called, which stage?

Student: The soul and heart separate - seventh stage.

Swami: Totally you are divided. At the time totally your mind is sleeping, it's not murmuring word, it's totally gone - your mind. Lot of information we can receive. We can connect to anybody. We can command on the cosmic to make any work to happen - all good works. You can send lot of energy to your friend who was a sickness. You can kick out the any negative spirit in your friend heart. Suppose any negative spirit in your friend heart is bothering to any your friend, you can send your blessing. You can send your energy. You can send your love. In this stage you can work unbelievable hard work, from your bedroom too... you can connect to anywhere in this planet, any country, any corner any city... Go. Send your energy in the deep silence. Up to seventh stages, is only the master give to explain, the eighth stage. How many stages?

Student: Eight.

Student: Nine.

Swami: Nine?

Students: Eight. You said eight, right?

(Break in the tape)

Swami: When you are coming back again from... (laughing)

Joey: Seems like when you want me back.

Swami: This eighth stage I'm going to teach in a couple days on the Bimba and the Pratibimba Chakras. In the eighth stage your duty only to suck - you have strongest ability to suck the cosmic energy in your soul, like that energy. The eighth stage only, the mechanism - your duty is to receiving the energy (snaps fingers) as much as you can - beautiful, positive energy. If you go in the temple there's unbelievable positive of energy. You sit, suck it, enjoy it, suck it, suck it - you receive that, you hold the energy, keep that energy. When you are giving any to person shaktipat, that energy like even the walking, if you practice like five, six months, even if you opening the eyes and you're seeing any person you can bring their souls, "Come up, come up, come up, stay here - done. Rise up, rise up, rise up..."

Joey: Simple, like a handshake. (laughing)

Swami: Right, making boon - you can give energy to practice, this technique is very important. You need to practice this, you suck, you suck, you suck the positive energy. In the next class I can teach what is the uses how we utilize that. When you are meditating there is only one negative energy bothering us, that is who was surrounding you - making you disturb. There is no chance the negative energy can come to you. Just yourself you're making the deep silent stages. When you receive the highest positive energy (in) the temples, there is no way the negative can come to you touch. If you have a big light, there is no way to small darkness to come you to touch. You understood?

The God have the supernatural soul. The cosmic have the power to make you little testings, but he always helps. I know everybody's beautiful soul; everybody can be tested. Everybody understood these stages? It's difficult?

Students: No, it's easy to hear but it's difficult to do.

Swami: First and second stages the starting trouble. It's always there to every person. You know starting trouble?

Students: Uh-humm.

Swami: Just to kicking out the mind. Generally this happens positively when you do the much, to work it to jump, then it always to work, work, work... it works separate. You must be... put a lot of work to that. Putting heavy weight - do it! Do it! Do it! No way to you to take rest. Do it! Even though your body must, maybe takes two, three days, like one week tired, no sleep, like that - no problem, making to do it - putting much weight on that - do it! Making the mind, "Come on, separate from me." I think generally who does the elements, generally when I saw, even though like her, you are in the driving car, you're eating food, automatically it comes to your mouth. Is it true?

Students: Uh-humm.

Swami: It's done?

Students: Done and done.

Swami: Done?

Student: Done.

Swami: And one good news for Swami, one is everybody good news, Swami is leaving tonight and until I am working up to Shiva Ratri. You understood?

Students: Yes.

Swami: Shiva Ratri we are going to the Himalayas, so I have lot of work. Maybe in the Himalayas everybody go to gets, by God grace, much blessing, much shakti, much energy. When you are starting a mediation, you practice first Guru Bhramha, Guru Vishnu, Guru Devo Maheshveraha, Guru Sakshat Parambhramha, Tasmai Shri Guruvayna namaha. "Oh, my dear Master, please help my mediation." First asking him, praying him to do that.

Virginia: At this stage, the energy is like up to here and then you said you must stop this?

Swami: You must enjoy that energy like couple months.

Virginia: Enjoy it.

Swami: It's the home of the spirituality.

Virginia: Just let that be there, all that sensation...

Swam: (laughing) John is thinking, "Why is Swami making me like this? Why he is doing like this? Why he's makes me do like the hard works? What's wrong I did for him? I always love him, but he's making me like this. Oh God! Who is take caring my life?" You are thinking like that?

John: No.

Swami: It's the beautiful. This is the beautiful, to learn to teach the stages, after again, from February first week I'm starting again the stages - it's a huge information, like each stage takes like, it takes like five hours, six hours. Each stage five hours, six hours, like going on explanation - giving that.

(Inaudible question)

Swami: Yeah, like each stage five hours, six hours. It's a beautiful stages meditation, growing up your silence stages.

(Question cannot hear)

Swami: Generally, if you sit in your mediations, you don't know your abilities, automatically it growing up, automatically the trance is coming, totally you're forgetting your mind even if you're not putting any work, you sit in the mediation. All the students have that kind of ability, everybody goes to like a trance, the trance you rise up your soul. The trance means like little dizzy, like little sleepy. That's not the real sleep - growing up.

Myuri: Is it like when your head is heavy like...

Swami: Yeah, the energy. If there is there, something energy, it is there, you can't make your head.

John: Like when I fell off the chair the other day? No? I do that all the

time.

Myuri: Swami, which stages are for enlightenment and moksha?

Swami: First practice, then in the stages I'm taking every stage - I'm talking about enlightenment, moksha, satchitananda, nityanananda, bramhananda, chinmayananda.

Babu: Samananda?

Swami: Samananda? I can give one word - Samananda. When Babu is ananda is I can make one word - Samananda.

Myuri: The ninth stage.

Babu: Done and done again. (Everyone is laughing)

Myuri: Ninth stage.

Babu: Ninth stage, you want the ninth stage?

Swami: (laughing) When he is with his girlfriend, that is one kind of ananda here. When he's getting torturing, he comes to me, why you getting married, my next birthday he's saying, "I don't know what is my life?" (*Everyone is laughing*)

Joey: It's on the tape.

Babu: I know this is going to be classic.

Swami: Sit down, relax... (*to Joey*) Again, talking about enlightenment, satchitanandan, brhamananda, these are all words, they gave that, Nityaananda, Chinmayananda - Chinmayananda is the highest powerful stage. Hard to achieve the Chinmayananda - like right away... Then there is the angles, if there is a five persons, two persons, if they can sit touch the back to back. One person just sit in the middle - that energy goes back to him. I'm going to show the angles like two person how they do, ten person, nine person, six person, eight person - the angles, like easy to bring up, the energy coming up.

(*Some disturbance happens*)

Swami: He's broking my... no problem.

Monika L: In chinmayananda, is the chin.....

Swami: What she says? (laughing) Tomorrow onwards, Philip is going to make you practice the stages, like one day you take deep silence, practice it. The next day you enjoy it. My advice, you can go to the main temple of the Shiva. You know main temple of the Shiva? Everybody been there? Everybody with the flowers - meditate. Before that there is a big hall.

Student: Wedding?

Swami: Wedding hall - there you can sit and meditate. Really, that spot is powerful energy, I've been many times meditate there. Don't bring your important stuff. One person, you in charge one person, everybody meditating, look after all your bags otherwise (laughing) like that, then everybody passport, like Swami, my passport, my money... Put one person in charge, then say it the meditations. Here my only advice to getting the much information is like one type of happy. If you're raising up your energy, taking lot of shakti in your soul - that's one kind of real happiness. So you must do the second one. Whatever if even you got like hundreds hours information to listen, if you're not practice that, like simply waste, putting the fragrance in the ash. You understood? Putting the fragrance pot in the ash - it's nothing.

Why is Swami not with us, oh, oh, one word, one technique - do it. Do it. No need like three hundred and sixty days in a year, keeping on teaching without any practicing. Like I want to teach how to ride the cycle, I told - you must catch the handle, bicycle steering like this, like this - if you're not on the bike, bicycle steering, not practicing... If I teach like ten years, still you're not learn the bicycle riding! You must be climb the bicycle - you must practice. You understood? Nancy, you got my point? So practice - done. It's very important. Practice. You came from Germany, "Swami didn't focus on us..." Wherever you are in this planet, Swami's connecting to you - is it possible to you in your life to forget Swami?

Students: No, no. (laughing)

Myuri: In our eternity?

Student: No.

Swami: So, why you worry? He's always there, big guy, he's always practice. You must be avoid that desire, "Oh we must be close to Swami always. We must see Swami, we must spend much time with Swami - having great fun." That's not important. Practice. Mind you, I'm like a soldier, hard work is my aim, that's my habit, that's my desire - to make everybody hard work, hard work, hard work...

In the saints, in the ancient saints, many saints, ninety-nine percent everybody did in their life unbelievable hard work. Totally they done their hard work, they got, then they're like stars. Their messages in the world, even to now millions of millions of people they're receiving their messages, their souls is happy - hard work flowing. Everybody's' souls be happy - that is we need, that is a blessing. That is the real reality the purpose of why we came on Earth. There is every person, every soul's a purpose. If you reach one stage, make everybody to reach that stage. You make them, that is the blessing.

And one time all souls in the meeting, "Hey, thank you, you helped me to come here," and everybody's talking on this vacation after the everybody's souls reach that stage. When you left from your body, everybody can meet again there. It's true. Everybody can meet there and same like conversation, "Hey, Swami you helped us. We came here." (*something drops again on the floor*) Second time...

Babu: Leave it on the floor.

Swami: No problem. You can have the great time there. I've been many times having great fun, it's not believing, but one day everybody will recognize what is that.

I can say, "Hey, this mango is very beautiful and its very tasty, it's very sweet," but I am eating that. But you must, even if you bite that, you must have that kind of the energy to feel that taste. You, everybody must to be produce that kind of stage to feel that - is it sweet or bitter, is it lemonish, either salty - you must increase that. What we call that?

Myuri: Discrimination.

Swami: Discrimination that's it. So, I bless everybody to practice very well. Done. Tomorrow onwards your big boy Philip can take care everybody, practice meditations. I think evening hours is here is very beautiful.

Student: Yes, it is.

Swami: Everybody can sit meditations here. I think it's a pleasant, as much as you can - can stay here. What is your desire? How many days you want to stay here? Actually, meanwhile before February first, I'll come one or two days. If I am not coming, please give excuse to me - permission?

Students: Yes, yes.

Swami: Who's giving permission? Who is not giving permission? Raise the hands? *(Everybody laughing)*

Babu: I can't let you off that easy. They may go for it, but.....

Swami: Karin, take care of him. So, I'm going to really good work, as early as possible I come back. Even though I am traveling, but all my heart is here with everybody, thinking on every person, "Hey! What's they doing?" Then, that's it.

Swami to Joey: We are waiting for you again to come back at Shiva Ratri.

Joey: Give me a date. Give me a time, when?

Swami: Maybe you can come on February 8th?

Joey: Eighth?

Swami: Ninth?

Joey: Eighth or ninth, which one?

Swami: Ninth. Make the plan to come like three weeks.

Philip: When shall we tell the people who want to come for Shiva

Ratri?

Swami: Ninth.

Philip: For three weeks or two weeks?

Swami: Two weeks. They can stay three weeks.

Philip: Earlier, most people are planning to come the 13th, 14th.

Swami: 14th, 13th, twelve hours journey start, going to the Madura and Agra like journeys, Agra, Benares, Kasi - from there to Kedrinath, from there to Badrinath - twelve hours.

Philip: Should we have people fly and meet us in Delhi on the 13th?

Swami: Yeah.

Philip: 13th Delhi?

Swami: It's ok? How many Germans is coming to Shiva Ratri?

Philip: Petra is coming. Oh there - remember?

Swami: Showing the hands. Petra means?

Philip: Herbert and Petra, Herbert has a class and can't come.

Swami: And I'm giving the rudrakshas, the rudrakshas, and you gave to them everybody when you go to your country?

Myuri: Can we get lotus oil?

Swami: Yeah, I'm bringing to everybody to there.

Philip: It's incredibly expensive, unbelievably expensive.

Swami: On Manasarova they sacrifice their lives, they sacrifice their lives and in ice valleys they pick up the flowers, it's not like natural lotus, it is a beautiful fragrance, like a small lotus, some of the huge lotus. There is many varieties, you see you study that.

Myuri: So we will get to Manasarova? Oh no, little high.

Swami: I am little worried about little old people.

Babu and Karin: I'm not old. I'm not old.

Swami: I'm not saying to you, we'll see - no problem. Everybody must buy... It's fine. (*Discussion continues about other items required, the temperature, tents and blankets, sleeping bags, financial arrangements, guides and security*)

Swami: I'm buying beautiful...

Babu: White, all white.

Swami: You can get me some?

Joey: Yeah I can get you these from America.

Swami: And one long coat.

Nancy: What will the temperature be?

Swami: Minus four, minus five, minus six...

Philip: We are sleeping inside?

Swami: In the tents, everyone must have the blanket themselves; they are selling in New Delhi. I'm a good troublemaker. Done. Just flying New Delhi bus fare, security people - ok? Done. Prepare Himalayas, not Manasarovera.

Philip: Manasarovera - you promised.

Swami: To whom?

Philip: To me.

Swami: Any witness?

Philip: Yes, John, Joey, George, Monika L.

Swami: Ohhhhhh, George can't remember that whatever I says, he's ok, I can't remember... he says that and who else?

Philip: John, oh that's right until I get the affidavit, then I shouldn't say... (everybody huge laughing)

Swami: John is my boy, he's in my house - he never go opposition to me. That other guy, he's a big boy he never support you.

Philip: Well then, Monika L.

Swami: Ok, we'll give the voting. Monika L who here? Be honest, be honest.

Monika L: This is not right for the master to say. (laughing)

Swami: You want Himalaya or Manasarovera? You want the God or just you want husband?

Joey: Say both.

Monika L: I know you're giving me everything. It is by your grace that I'm getting everything.

Swami: So, if you're thinking that much time means, it's threatening.

Philip: Yes, exactly.

Monika L: You see the torture? This is the torture.

Swami: Done. I'm bringing to everybody to Himalayas; it's great fun. So, when your flight Joey?

Joey: I'm leaving on a train from here tonight to Bangalore and my flight leaves at 4 o'clock on the 19th.

Swami: Done. Take care yourselves everybody.

End of Talk