

Swami Writes the Five Elements Book
With a Small Group of Western Students
Second Session
Talk at the Ashram
October 25, 1999



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Swami: Everybody have your Five Elements notes? Try to take First Earth Element. I need to see the Earth Element. How come not bringing?

Nancy: We thought you were just talking.

Swami: Hey, we're talking on the book. You have with you? Good girl - I love you. You have the stories? If you include all the stories, how many pages, the Elements and stories?

Anya: Well, the Elements are about sixty pages all together what we've done so far.

Swami: Thirty pages by printing in the book?

Anya: I'm not sure.

Nancy: About double what we have on paper here.

Myuri: There's thirty three pages on this, stories have about twenty pages...

Swami: My regular speeches, my general speeches, talks, Atma Sandana Yoga...

Anya: No Swami, we haven't done that - only the Elements.

Swami: Lot of messages, just messages, my messages...

Nancy: There are many things we have transcribed we can pull from...

Swami: Just pull out suck some information from that. Last night I had beautiful meditation, it is so wonderful on the Elements. No need to describe very deeply higher-level things. Is very important the mantras exact pronunciation, perfect pronunciation mantras and giving some regulations how to follow, how many days to follow, what type of the regulations has to be, must be done - that is in the Elements is very important. First beginning note, try to mention it's a only the purification in your soul, choosing a powerful vibrations mantras from Swami Kaleshwar - purifying this mantras through the mantras to your soul to make you very highest peace and to connecting to the cosmic energy. Cosmic energy means to connecting indirectly God. When you purified through the Elements, aiming on the Elements... suppose you are choosing Earth mantra, perfect vibrations mantra, keeping on chanting and chanting and chanting... Certain period later your soul automatically it is set right.

Anya: It's aligned, lined up.

Swami: It's aligned, you have huge capacity in your soul, you are very strong positive energy not to receive any negative forces from the cosmic. There is a big chance some people walking, unfortunately they fall down on the floor. I think I already told. Some Earth energy shock, like electric waves, electric energy, your soul automatically you receives it. When you receives, it's forever and ever until you die. Many people what I observe in my personal life, huge psychological fear - understand? Psychological fear and strange energy is keeping in their hearts. Even though they're trying hard to wash it, they're trying to forget it, they are trying to remove it, it's very difficult. Some people if there is, do this process, there's a big chance they can purify it even if they fall down, whatever negative forces, it's not easy to them to touch. It is one of the Elements main purpose.

Virginia: Anything that causes fear?

Swami: Not only fear, the Elements purification, the benefits number one, making you powerful strong willpower, full commanding on highest positive energy to sucking in you, creating around yourself highest positive circles - divine circles. You can heal yourself very easily. You can heal other people who was having huge trouble with

the negative energies. You can remove the black magic powers who have the black magic energy with suffering black magic problems, you can heal them. You can make your mind very peaceful for to concentrate on the meditation. Your knowledge automatically improve to make your life successful. It creates beautiful wonderful thoughts in your mind to in your regular business life whatever it is. You can also heal your family members and your children. You can bring the good fortune in your life. If you do this process, without your notice your soul receives lot of benefits of the peace and the divine love energy from the cosmic. These are only who receives, who have the complete faith, and strong devotional open heart to the God. It only works for them. Who have no faith on God, even if they do - wasting of their time. Put as a big note in a box - wasting of their time - no need to do this. Faith is God - God is faith. Does it make you sense sister? What do you mean um-um?

Cindy: I said a-hah.

Swami: This the benefits and what my suggestion, we no need to be going very deeply, try to give one set to me your mantras and the rules and regulations and each Element: Earth, Fire, Water, Sky, Ether - step by step. Just you print it, and everybody have printed that?

Anya: That is it, what you have in your hand. Originally we asked you if you wanted to take out all the rules and regulations.

Swami: This is crazy, just crazy. Just do one thing, simply First Earth mantra, Earth Element - give the brief introduction to Earth mantra. Not brief, clear introduction what I taught, then mantra, then rules and regulations, then benefits. Then Fire, this is wonderful! Everyday Baba uses the mandir lights, the oil. Everyday morning he goes to the streets in front of the people asking the oil. After getting the oil he makes the lights.

Anya: That's that one story of Baba - it's beautiful.

Swami: One hundred percent perfect.

Anya: May I ask one question?

Swami: Sure. Go Ahead.

Anya: How would you like to do this because we had a number of questions about it? Shall we do now or do you want to wait?

Swami: Today onwards, now we started the book. No need to be very nervous energy. Be open. Understand?

Anya: Yeah.

Swami: Open your hearts, discussion with me, take your question, answer it. Take your question from me, getting answer. Now, today onwards, I am big bug on everybody, this week - period.

Anya: Oh good.

Cindy: Ok, I have something.

Anya: We'll wait cause I'm just about to ask a question. One of the questions that came up when we were in Hampi about your description of what the First Earth element does in terms of healing. You said healing negative souls, and we wondered if there was some way to give a positive example?

Myuri: Another way to show because the first example is that you fell on a negative soul, it makes people afraid.

Swami: Don't say the soul, there is a huge energy in this universe, and earth have certain type of the energy. If they fall down, the heart is completely open for to fear. When they are going to fall down, their heart is open for big fear when they are going to fall down. Without their notice, they are receiving huge fear energy. That fear energy, even if they fall down, a small wound because of the heat, blood started to bleeding, that fear creates hundred times huge negativity in them. You understand Anya?

Anya: I do understand.

Swami: That type of energy, that negative energy from earth, then they got the wounded from the rock, if they fall down on the rock, from earth they got big pain – shock. Even if it's like five, six drops, when they're seeing that they go crazy - hundred times that fear going high.

Myuri: So whatever they felt while falling, the earth magnetizes the feeling?

Swami: It affects on them. The Earth energy reflects on them - huge negative way.

Anya: It magnifies, makes bigger whatever you experience? Makes it even more than what you first felt?

Swami: Yes, exactly.

Anya: Or I fall down and I feel happy is it the same thing?

Swami: Yes, whatever your concept in your mind either positive or negative way, if you go on the beach, you are very happy, you are throwing all your dresses in the water, you're jumping like a monkey style. If you are doing with your will and wish... some lands in the universe, suppose Sri Sailam, Tirupati, Shirdi, Penukonda, Isreal, Mecca, certain places have huge energy, the Earth. Even if they went there, without their notice, they are feeling huge vibrations. The Earth is high powerful, the Air is so powerful, that wind is, that cloudy nature is very powerful. That land is giving like high electric energy, electricity vibrations. Why is like this means your soul, a person who meditates on the land for certain period, who even if he walks on the land, one time if he kicked that land... when he touched that land, that land for some hundreds of thousands of years, it radiates that energy. It started to produce the energy vibrations – that is called holy person's powerful.

Suppose I wear my dress, I gave to one person. This dress, thousand years have huge energy from the body. That energy waves still is have vibrations, so certain people who meditates on Earth, who walks on Earth, that Earth, that land became very holy, very powerful. Whatever you have the negative energy in you, whatever you sucked the negative circles around you, if you just enter in that land by through walking, by innocently, even if you walk, it purifies you. Because of, you are in the middle of the energy, the vibrations, even if you notice, if you walk, same result, even if you are not notice if you walk, the same result.

Virginia: So if you fall on a negative soul, you are picking up negativity from a negative soul?

Swami: Pardon?

Virginia: In the example before, if you fall on the place where a negative soul is buried you suck the negativity of that soul?

Swami: If you have huge positive energy how come to touch you?

Virginia: But if you are a normal person you will pick up that negativity?

Swami: Automatic it comes, it affects on you, it affects on you, makes powerful, makes you crazy, makes driving you crazy. That's why if you meditate Earth mantra using Earth element, concentrating on Earth element, first when they are starting to meditating thinking on God, "Ok, God created me through five elements, all the five elements is in me, please go out. I'm pick upping one element in my body right now, I'm purifying one element right now in my body, purifying that energy. I'm purifying that element completely one hundred percent perfect in order, taking that aim and starting the mantra, chanting and chanting and chanting."

After you finish your mantra, telling with your open heart, "Ok, I purified one element in my body, whatever you create in my body five elements, one pot I did, second pot I'm jumping - Fire Element. If you go over all Five Elements, choosing one, one, one, one, whole five elements, you have huge commanding on yourself. Then if any person came with the huge fear or any problem with negative energy, suffering huge problems, you can touch through your prayers, through the Elements pick upping any prayer - you started to heal on him. Huge benefits they'll receive automatically. Even though you are not ready to heal anybody, you can feel huge result in you.

Even God, Jesus, he came as a human body, he's also born in the five elements, under the five elements, in the umbrella of the five elements. Mahammet Pravat, he came in the five elements, Mother Divine, she came, Shiva, he came - complete entire in the universe whatever the energy have, everything is in the five elements. We are a body means our body, any creation of the God is like a piece of five elements. When you gone through process, that Five Elements, you're completely purified for many, many hundreds of lifetimes until to

you reached the God. There is no big chance the negative forces to come and touch you. One time if you do your process, immediately if you are not receiving benefit by long role, you will be huge benefited by the five elements. That's why indirectly meaning Shirdi Baba, he's keeping on making fire in his Mandir forever and ever until to now. He gave a big order, "Make the fire there." Just he created a fire, still it is there since hundred and seven, near, near, hundred and eight years. Still it's burning, and burning, and burning, and burning... What it does when you reached near the fire, that energy, especially that fire, he commanded who comes in that circumstance in that area, that earth is very high radiation magnetizing power vibrations, that fire is also huge commanding through Baba's soul - huge energy... When a person comes there, automatically that fire energy affects on their soul without their notice. It sucks their negativity when you watch through your eyes.

Entire in the human beings it's interesting different story, different knowledge. Eyes is very powerful in the universe, every human person, every creation in the life, eyes is very powerful. Suppose there is a big Jesus statue, there is a hundred statues, that one statue you really like so much - why is that? If the eyes is looking you very straightly with the peaceful, with the melodious look, the way of melodious look - how we say that word? Peaceful look. When you started to see that, you don't know, something automatic your heart channels is opening, then you started to see him and you're starting to cry. It is a rock, a statue - that eyes is completely hooking you. Same our eyes, when you saw the fire through the fire it automatic receiving the energy. The eyes is the number one receiver the life energy, either positive or negative. Eyes is very powerful. In our eyes there is a two chakras, one is sudarshana, one is adarshana, two chakras is there. I didn't explain anywhere before that.

Eye process on the Christmas Program I'm going to teach - only eyes connecting to the mind, connecting to the heart, it's link hooking. Even if you close your eyes, bringing the picture, purifying in you. It's a simple little interesting subject. When you watch the fire, we are sucking that energy through our eyes. You are getting the benefit and it is going to the soul. Whatever we are receiving the energy, through eyes it first started, it goes to the heart, it means it goes to the soul.

Suppose if you close your eyes, whatever there is a beautiful structure in front of you, even whatever I'm teaching, "Oh, it's

gorgeous, it's wonderful, it's marvelous," meaningless if you have not the senses of your nose. Even though there is a beautiful jasmine flowers putted you, there is no... meaningless. If you are not hearing very well, even if I'm talking very beautiful, melodious voice is there - meaningless. Your tongue is not perfect, the delicious food, even though you are using - useless. How many, one, two, three, four, this four called, *Four Vedas*. God is living in you through that four channels, to hooking your heart. Through your ear sounds, through your nose smell, through your tongue the sensation of food, eyes the receiving the beauty - these is four in *Four Vedas*. He created that four channels in you, even if you have any one channel left, it's not pure life, your life God is testing on you.

A person when he's going to connect to God means he have to hear the God voice, he have to see the God face, he have to smell the real smell of the God, he have to chant in the real prayers of the God through the tongue. When you started real prayer through your tongue, without your tongue you can't pray anything. Is it possible? Pray, it must come out. Whole universe is their prayers, the tree will pray, the bird will pray, the cow will pray, everything even a rock, a rock it will pray. One rock when they're preparing a statue in the rockism - in the rock process, they'll tell the people when they are making a statue, even that rock also started to cry with huge love, "Oh, I'm changing as a God, millions of people is doing pujas and prayers on me."

When your heart is open to that rock as a statue to worshipping, your energy is going to that sharing - it's build upping. They are putting one seed, that seed is growing, it's going to hundred seeds, hundred fruits, that hundred, thousand, that thousand, million. Each person when they are going with the huge love and faith, that is like one seed planting - it's starting growing. Even if it is your imagination is a rock, a statue - he is there, God is there, Jesus is there. Just is a rock it is your imagination, that seed is enough to growing up hundred times power, that hundred times, again it goes to one thousand. It seems to crazy, but it is true nowadays in the universe. How a rock is receiving power it means God is everywhere - Aham Brahmasmi, whatever you are planting of the faith, of the seed, it is creating like hundred times power. It's like a nuclear bomb, atomic bomb spreading inner the energy process it is.

Even if you have faith... one tree, suppose some people they offer, they do prayers to some trees also, is it true? They takes their desire and they're hanging in the tree. If they make in the tree their desire will be fulfill. You know that?

Nancy: I've seen it over there, little things hanging.

Swami: Yeah, they'll do it. It's a tree but they have the faith on that, just they are putting their faith there. Ok, we jumped different subject. Come back the Elements, each element have the different type of the capability, each person they have to purify it. Finally I have to read.

Myuri: Do you want us to read the Earth intro to you?

Swami: No, not to me. Each person earth taking, and keeping on reading it. Try, I want to listen, try tonight, pull out all the information, earth information, Atma Sandana information for tonight. I can give one couple days to you. Like hundred pages is it enough, hundred pages book?

Nancy: I think we said one twenty for a small book.

Swami: Hundred twenty pages information? Just you keep, just you put hundred twenty pages, then it goes to hundred thirty. When I stop talking, just you make me keeping on listen. Simply earth, suppose earth...everybody must have one copy, she's reading and reading and reading. When she's reading middle, you have any extra point you have with you, just you pull your hand, then you read your point, immediately person make it. If I have any new points I'll mention there - just you write it.

Anya: That sounds very good.

Swami: It goes very balance, everybody simply listen. Then after you finish if you have any new thoughts, we'll discussion, finish Earth element. We'll take the fire starting, simple, beautiful, clear...

Nancy: We're going to Bangalore tomorrow?

Swami: Morning, come back by evening.

Nancy: In that car it's about three hours?

Swami: Take Safari, Safari.

Myuri: One point we think about in the West is that they have little practical, simple... that applies to their life, maybe they're not spiritual. If they want to know how to heal with the Earth element...

Swami: When you finish that, when you finish this Five Elements, again the same prayers I'm telling in English - same power. Who aren't interested in Sanskrit, who was interested on the English... already I wrote English prayers, I wrote it, I have it with me.

Cindy: But people who want to do the Sanskrit, they can't pronounce it correctly. If you want, I can read some mantras to you so you can hear how someone who doesn't know it will sound...

Swami: They can't speak perfect pronunciation?

Anya: She's saying there is no clear way how to pronounce...

Swami: I pray Baba very deeply, "If they do with their pure heart, they're doing their maximum best, more than sixty percent - they'll receive the benefit."

Myuri: There's going to be a tape with this right? They're going to hear your voice anyway - no problem?

Swami: All book, again I'm giving in cassettes.

Cindy: So, I want to know the audience of these books.

Swami: What?

Cindy: The audience for these books, who are these books for? Are they for the healers?

Swami: Entire the normal people universe - anybody can read it.

Cindy: So tapes will go with books to the bookstore? Oh, ok, that takes care of the problem.

Myuri: I'm still back here with examples of how to heal with the earth, like different examples from the one with the negative soul. There's many different examples of how to heal with the earth, like if you have a wound or if you have a sickness, or... many ways right?

Nancy: Her point is that the only example is the one about negativity. Like is there a more positive way to give an example? It's a little scary, negative souls... A positive story about...

Swami: It makes you to the earth, it improves their psychiatry problems removing, and mental stress removing, and mental sicknesses - all different type of mental sicknesses...

Myuri: Physical sicknesses does it apply?

Swami: Not so much - mental sicknesses, huge mental sicknesses. It pulls, it magnetizes, it sucks huge mental sicknesses, different type of mental sicknesses.

Myuri: Which element is for the physical?

Swami: Water, Fire.

Anya: Is the Earth working through the emotions?

Swami: It works, earth not that hundred percent. Fire (snaps fingers) Water (snaps fingers).

Myuri: Cause the Water says only for the psychiatry patients.

Swami: Myuri, uh-uh, don't put me in confusion.

Myuri: No, it says mostly for the psychiatric patients.

Swami: I told, try to catch their hands. When they're done, they'll go very angry. It is... suppose I did three days non-break hard work. I have huge stress. I'm using the sleeping pill, not working. I'm using different stuff, it's not working, just simply meditating Earth mantra, then taking my hand, taking some sand in my hands, some dust sand, some clay – meditating... When you read the Earth mantra, after finally what you have information, I'm adding some points, ten to fifteen, twenty points. Holding the Earth, meditating, that soil

putting to the garden - finish. Each part of the soil is created by God your body's also created by the God. You're using a pot of fresh sand, fresh sand, or you can take your thumb, it's not in your house, on the wood, even if you are in the house, all the wood - taking some clay in the box - I think I told this.

Anya: You did, all of that is very clear.

Myuri: My point is about physical. So many people in the West are worried about physical, their body.

Swami: I will teach after all the Five Elements, different techniques of the healing, just little side-track all the healings different techniques.

Anya: The other thing we were wondering when we were reading through all the Elements is, we wished there was a description of each element like I don't know, a little more than what you did. Like that you could feel it a little more...

Swami: Yes, I'm going to. Everybody have beautiful thoughts, big brilliance than me, you can create it.

Virginia: Will we be reading our talks to you, what we have written?

Swami: First you have to once more review it, purify it again once more. I will give twenty-four hours time - shhhh - purify it. Then we can make it some beautiful talks. Suppose a candle, you put in your dark room in your home - no electricity only candles. Even if you see the candle lights you feel automatic such a love in your hearts. Without your notice, there is a candle lights... suppose if you see a hundred candles, this is gorgeous! When I'm in Los Angeles in the hall, everybody's waiting. All candles is around me, just I came, I sat there - what happened?

Nancy: It was incredible, what happened.

Swami: I'm sorry, you were observing on the Clint! (*everybody laughs*) Oh, you're wrong person to asking you.

Anya: What happened?

Swami: Everybody's very waiting and waiting to Swami - just I came and I sit in my chair, suddenly everybody, "Oooouuuu – ahhhhhhh," five to ten minutes everybody's complete pin-drop silence. That noisy people, like the energy is like this at a time, it make a straight line...

Nancy: The candles were lined up all along the stage.

Anya: Oh God.

Nancy: Karin did it.

Anya: Oh she's great.

Swami: Whole building - she's excellent. One level she's great, one level I have to fix her, it's my karma - no problem. Entire everybody's soft straight line... Five to ten minutes just simply I'm watching everybody guys, then I started to talk, "Good evening guys." Then, "Ohhhhh," means - hooking energy. That candle and Swami sitting there with the light is there, it's huge opening their hearts. Suppose you are so disturbed mind, you are... if you started to listen any some melodious music, even whatever the important work you have to do, just you stop it for one minute. Just you, you're concentrate will divert, then you started to listen that music, "Ohhhhh wait a minute," then you go, "Ohhhhh," it hooks you, it hooks you. A beautiful man is walking, even though you have huge works, of course everybody's girls here...

Anya: Thank you.

Swami: The beautiful man is walking, you made, "Oh wait a minute," whole your diversion goes there at him, your eyes is hooking him. Is it true Nancy?

Nancy: Which element is the man, sixth element?

Swami: You're completely diverting on the man, oh, watching...

Virginia: It's very true Swami, if you walk everybody watches.

Swami: Sister, you are my party, you shouldn't divert, it's natural, the God's secrets to opening their hearts simple, no need to be talking

huge information. In the simple techniques to creating that more, forever and ever, that generating that love.

Nancy: With the Earth though, the attraction isn't the same as the sky. Is it the same as, "The sky is so beautiful."

Swami: Everything, all Elements is beautiful, look the sky how is beautiful...

Nancy: The earth also the plants...

Virginia: Look at the mountain...

Swami: It's a huge, it hook you the beautiful view is hooking you.

Nancy: So everything is the earth, everything...

Swami: Um-hum. Try to make the beautiful creation on the earth some points. Try to work today, everybody' beautiful thoughts - rise up it.

Marie: So we add this as part of the book?

Swami: Um-hum. Earth, how it is beautiful, why it is beautiful, how we generally hook that beautiful things, why it is secrecy in that, what is secrecy in that? That is because our heart is completely soft and divine energy, it attracts for anything whether it is positive or is negative, it is very sensitive baby, it's very delicate baby... Whatever you are showing, it is receiving, whatever you showing it is receiving. So....

Virginia: Do we have to write that?

Swami: No, it's no good?

Virginia: Well, it's a good exercise for building our hearts up. I think to write about the beauty of nature of each element, I don't think it belongs in the book though.

Swami: No problem.

Myuri: But part of our problem is, who is writing this book? From which point of view, to make the reader feel this flow being even...

Swami: From Swami.

Anya: From Swami.

Swami: That's it.

Myuri: Right, but if we are taking... so far we have taken almost everything from your words and just adapted a little your words... Now if we start writing our words, it's going to sound completely different.

Swami: It's ok.

Myuri: It's ok?

Swami: But everybody using my mantras, so what?

Myuri: The language will sound different.

Swami: It's best. I'm not good English on that to tell the Western English. I need everybody help taking sixty percent the Western English, forty percent my English - flowing out.

Marie: It's hard not to put some of the things you say that are so sweet to us, but aren't necessarily proper English, but we want them all in there.

Swami: Put it, whatever is like butler English - put it, butler English?

Myuri: We don't know that term, "it's British."

Swami: Butler English mean uh, uh, we can understand, but it's not perfect English. You can put the butler English, whatever I'm talking, butler English.

Anya: Yeah because when you speak Swami the flow, the way you say it, and the way you use words and everything, it's incredibly beautiful.

Swami: Mmmmm, like you.

Anya: (laughing) I mean, but really it's true! When we're reading along it's so hard to not say it like you say it, because it means so much more when it comes that way. We have to change a little bit...

Myuri: It's going to be very obvious to the reader the difference between your saying and our saying.

Swami: Just you read for me, I will see. I think I'm little now good enough to the Western people?

Virginia: Yeah, absolutely.

Swami: At least I can make the people happy through the, some my words.

Myuri: We prefer your words.

Swami: We'll see. But your duty's guys, try to create whatever the new points. Take the Earth, think it, make it little clear. Fire, some thoughts, sky, water, ocean, lakes, valley's, beautiful water... In a desert when you are walking with having no water, when you see the oasis - what type of feeling you have? When you are very, very tired, when you want to swim, unfortunately if there is no water is there, what type of feelings the human being started to... a fish, if you throw in the water, how it is happily to swims...

Cindy: Are you going to put parts in it that show people how to pray? Because there are prayers that you did that you gave Clint in Germany, the Mother Divine prayer and other devotional prayers. Um, they really, really, help to learn that...

There is a short cut in the tape

Swami:what you are receiving, but again it reflects from the eyes, how can a healer me especially... if I saw a person face, he have the pain or happy, some problems what he want. Through his eyes I can recognize, I can read from the eyes. First reading is the first index of his astrology. First reading means his eyes reading... Some persons they'll look like very criminal - you understand?

Students: Oh yes.

Swami: Very cruel look, even though his face is very beautiful, his look, eyes very criminal. Way of his all energy, his emotions, everything is coming from his eyes. Some people, even though he's a big famous guy, when he saw kids, small kids, he will change immediately as a kid, "Hey," he playing, he forgets everything, he turns as a baby and playing with them – done, complete he's soft. Way of his energy, he's reflecting, you can easily... in a previous three hundred, four hundred years back, the kings... when the king is giving the judgment, first he looks straight with his eyes - he's guilty or not, "He's guilty, you did any mistake?" Five minutes if you make him to look seriously, five to ten minutes look straight to me, then he can give easily the judgment, that is their art. Through their eyes they can feel it, how they did a mistake or not, that is their art, that is their siddhi. It's not make you sense?

Anya: No, it does, perfect sense.

Swami: I do sometimes to my children when I walks, suddenly I watches, "Hello Hari," then he says, "Hello." "How are you, ahhh?" If he's doing a mistake then, "Ohhhh..." "Ok, come in my room," purifying him then, "Ok go." "What's wrong, tell me," hooking, that's your duty guys.

Virginia: I have a question.

Swami: What is it?

Virginia: The akasha, ether, the element what is it?

Swami: Stars, moons, sun...

Virginia: That's sky isn't it? What's the other one, air?

Swami: Air you're breathing air, rose smell, jasmine smell, some soft smell.

Anya: We need these little things - no I'm serious, it makes it very real you know, like each one... It's very beautiful, then people go, "Oh yeah, I understand."

Swami: Sure.

Nancy: If you're charging an element, if you don't have the exact symptoms like the burning thumb, is it possible you've charged it, if you don't have exactly what you said in the past?

Swami: Just you read it then I will explain later.

Virginia: Cause many people ask that.

Swami: Yeah, I can understand their problems.

Nancy: You have a little symptoms but you're not sure.

Swami: I will tell the symptoms if nothing is happening, what you got benefit without your notice. You have to test your benefit. You have to proof your energy. That's I'm telling when you read all the Five Elements. After you done, then the symptoms of the elements... Of the symptoms, my experiences, my sharing, I told you I think putting my experiences, what is little difficult to me. Swami's chapter, Swami's power... Swami's chapter that is big, interesting subject, interesting chapter in entire the book.

Anya: The best one.

Swami: The best chapter.

Anya: Yes we can all hardly wait.

Myuri: Should we have chosen an element each ourselves? In the book you said after you take the course, Five Elements, then you chose one element yourself and you go to the people. Should we be choosing an element ourselves?

Swami: Wait, don't hurry, what do you mean choosing and going on the people, means healing?

Myuri: That's what you said in the book.

Virginia: You gave examples of each master, Buddha commanded on all five elements, different temples use all five elements or one of the five elements and then...

Anya: Baba used Fire.

Virginia: Sai Baba uses Air.

Myuri: And then you said, "Each of you will choose, after the course each of you choose one element."

Swami: You tell me which element I'm using.

Virginia: Fire.

Swami: Me?

Myuri: Many, many, actually...

Swami: I am the fire, of course, almost all the fire is running there all, everyday night times it's keeping on running and running and running. I uses the Air and the Fire.

Myuri: Definately the Air, that's how you know everything we do...

Swami: What she said?

Myuri: It's how you know everything we do and think, because you can see everything.

Swami: Myuri.

Virginia: We can't do anything without you're knowing.

Swami: Ok girls, no problem, please try to work that, then at any time I'm going to call. By tomorrow First Earth and Fire - try to make it huge.

Anya: So Swami, we might not be back until the late afternoon, so can we do it in the evening?

Swami: Why, you can discussion Earth.

Cindy: Tonight?

Swami: Yeah.

Anya: Oh with you?

Swami: Not me, everybody.

Myuri: With us and then tomorrow evening we will discuss with him.

Anya: Oh good.

Swami: I can wait Fire, I can complete tomorrow.

Nancy: And do you want the Atma Sandana Yoga taught?

Swami: Some point, some important beautiful interesting point.

Myuri: I copied some points from your discussion from Yoga Center on Divine Mother, it was such a beautiful talk.

Swami: Ok, put it.

Virginia: So we can take words from some other talks and add maybe to this book?

Swami: No, different book, not huge. This Elements, some beautiful stories, funny stories, and uses, benefits, enough...

Anya: You know Swami, a lot of the stories people wrote are not about the Five Elements.

Swami: That's different books like a testimonies, a huge book, part one, part two, part three. Three books of the testimonies: Satyam, Shivam, Sundaram. Sai Satyam, Sai Shivam, Sai Sundaram - the book titles.

Anya: What does it mean?

Swami: Brahma, Vishnu, Maheshwara. Satyam – Truth, Shivam - all in one - one in all, Sundaram - everything is beautiful wherever you are, creating your own beauty around you. Even though you are in the big desert, creating around you huge greenery.

Marie: This is one book coming or three?

Swami: Three part, all the testimonies.

Nancy: So only the stories about elements you want in this book?

Swami: Stories, some beautiful my talks.

(*Swami talks in Telugu to one of his staff, Suri*)

Swami: I'm telling to Suri, everyday he's feeding me since two months. Everyday he's giving food. I'm saying I have to pay him. Today his wife came, came as a big tiger on me. She's very angry on me – crazy! I said, "Ok, I'm go out." I want to pay her, she don't want, "Ok, what do you want?" She don't want anything. Without paying anything it's not good for me, I never become strong.

(*Swami talks again to Suri*) We can pay money to him.

Anya: Yeah.

Swami: Especially the master, if I'm receiving some food, I have to give the huge blessing or money, I have to give back something. I have to give back, otherwise no good. Already I gave the huge blessing, you have to give re-back something. Not only the master, suppose a person gave a flower to you, just if you took not even saying one thanks to him, what is that? That flower never be beautiful God.

Virginia: Thank you Swami.

Swami: That is my flower I'm giving to you. (*Everybody is laughing*)

Anya: We took from him, we gave to him, he gives to us. (*everybody huge laughing.*)

Swami: Is it crazy girls?

Anya: We are crazy.

Swami: (*Talking to Suri in Telugu*) Marie you'll do one thing? You want to marry him?

Marie: He already has a wife.

Swami: No problem.

Myuri: That's not the question.

Marie: Swami...

Swami: No? Yes or no? Yes, no?

(*Swami is talking to Ravi and Suri in Telugu, laughing.*)

Swami: Now he's putting dhabba, sixty, seventy people. Coming birthday, how many people Germans and everybody?

Anya: Are the Japanese coming Swami?

Swami: Don't worry about Japanese, just overall guarantee people, seventy?

Nancy: Germans and Americans.

Anya: Probably seventy.

Swami: How many days?

Anya: Well, twenty-one, twenty-five days for the course.

Swami: I'm telling it's good business to him.

Anya: Oh, can we sit and talk with Ravi and ask him what kind of things he can make?

Swami: Of course.

Anya: Because we know what everybody loves, we can taste his food.

Swami: I'm telling to him very strictly (*long conversation to Ravi in Telugu*).

Marie: I have a question about Donald?

Swami: Donald?

Marie: My son, he's in India now in the Himalayas with a friend, could they come to the Ashram?

Swami: Girlfriend, boyfriend?

Marie: Boyfriend, just a friend.

Swami: Don't worry, we can talk later that. Thank you guys. So, try to work tomorrow, early morning five am, directly will be ready.

Nancy: But if we leave then nothing will be open in Bangalore.

Swami: Six, six-thirty, seven, seven o'clock? Ken will be there? By eleven thirty you done your work, by three thirty you will be here. How many people going?

Anya: Four.

Swami: Chhhht - go.

Virginia: What about lunch?

Anya: We're having lunch don't worry.

Swami: No problem.

End of Session

