

# Christmas Program 1999

Healing Techniques – 18 Mantras

Ashram Teaching in the Baba Temple

December 17, 1999



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**Swami:** Good afternoon, guys.

Students: Good afternoon.

**Swami:** Everybody's very heavy? Eating a lot and sleepy? No?

Student: Trance heavy.

**Swami:** Trance heavy. Make sure you have your paper and pen with you. Can you give a paper and pen to me? I'm giving timetable to everybody to follow everyday what to do, what timing, what has to be done. What time the breakfast is ready, Golria?

Anya: 8:30

**Swami:** 8:30 breakfast?

Anya: Yes.

**Swami:** Lunch, dinner?

Anya: Lunch is 1 or 1:30 and dinner is about 7:30

**Swami:** Generally what time everybody wake ups?

Students: 9:00, 10:00

**Swami:** What time everybody taking breakfast? No breakfast?

Students: Nine, ten...

**Swami:** It's a good habit, like me. (*students laugh*) Okay. What time everybody can wake-up until to night, every night, the last period of the time? It means, what time they can maximum they can wake up?

Lothar: How long can you stay awake?

Students: Two, three, four a.m.

Student: For mediation?

**Swami:** To meditation to wake up your resistance power. How...

Students: Two or, three a.m.

**Swami:** What I'm giving program: morning taking breakfast, must. At least small snack, or taking some coffee, tea, whatever it is. Then you go sleep, wake up 11, 12:30pm, take dinner, take lunch, then you come back to the hall for to Swami talk or meditation, or definitely Swami talks everyday. After your lunch Swami will started to giving talk. After talking go back, take a coffee or tea. Like three or four hours gap. That three or four hours, if you want take rest or take sleep, whatever you want, take coffee, relax, getting massage (*laughing*), be relaxed.

Everyday my advice, at least attend two arathis, 6 - 6:30 there is one arathi running, 9 one arathi running. Must - you have to come and watch the flames. Everybody must have to learn the arathi prayer. It is very important. Then after taking your dinner; 9:30, 10 o'clock return here. Practicing the mantras, meditating until to morning, 5am. No chance, "Swami I'm so sleepy, I can't meditate." If you are sleep a little bit, take a small place, five feet, some persons seven feet. (*laughing*) Okay, take some place. Occupy one corner, very peacefully meditate and if you want to go take sleep, sleep. If you want to go to the toilet, open toilets is here, or your rooms, take one of your friends with you. Go peacefully, again come back.

Some persons, if they're interested, early morning when the Baba taking shower, 5:30-6, only four, five people permission go there. Women, when they have their periods, no chance. Go up to the Baba when the priests they are taking the bath, you wash Baba with your hands, chanting the Gayatri mantra. The gents' duty, wait a minute, the gents duty mostly is to make sure the stage, the hall, that open

side hall, everything is clean. All the women, they really did a hard work from the beginning they are cleaning, but I'm shifting to the gents. Ok guys?

Jonathan: Okay Swami.

**Swami:** Ok, guys?

Students: Okay.

**Swami:** They're not saying...somebody's saying, "Oh my God!" (laughing) It's a good seva, taking bucket and cloth, clean it, and especially this stage make sure no dust, clean it. Everyday evening, everyday next day morning, they release the flowers from the Baba. That flowers everybody take share. When you are sleeping, when you are meditating, keep with you. After it is completely dry, take the flowers put in the bushes, somewhere else. That water, when you are taking...after putting the water from Baba, that water, every person take the water like preserve it in a bucket. If you have any perfume water, rose water, or any... just you give offer to Baba. They'll make to shower. That bucket of, steel bucket, try to buy everybody one big bucket. Then try to take everybody, just put on your body. Don't drink that water.

Okay, then we are starting to connect the different angels. How to create the guardian angels to bring more around you? How many people know the Sri Chakra? How many people don't know the Sri Chakra, don't know the yantra, Sri Chakra Yantra?

Students: You mean how to make it, how to draw it?

**Swami:** How to draw. Every three days once, Swami is putting testing. Taking papers, giving papers, all the mantras, the yantras, and the questions, the energy how it works the questions and giving to them after they're writing, again they have to give to me - I have to check the healing techniques, specific angles when I teach everybody has to remember clearly. When I put the question they have to write in their paper and they have to submit to me. I have to check how much they have memory power. So I will teach some mantras...

*First Mantra*

Om Bramha Nada Swarupam  
 Dheem Dheem Dheem  
 Akunda-Brahmhay  
 Vishwa-Shakti Raksha Raksha Raksha

Two rakshas at end is best, three is maximum, enough. Raksha means protection, asking protection, again asking protection, again asking protection.

*Second Mantra*

Om Naga-Bharana Rupam  
 Nila-Khanta Rupam  
 Tri- Neytra-Dhara Bhasmaasura Dhara  
 Namaste-Shu Namashivaya Namaste-Shu Namashivaya

“Bhasmaasura” I told the story. (**phone rings**)...go and check (*talking to Ramakrishna*). To Swami birthday, like a huge people calling, “We want to come, we want to come.” Like near, near 10,000 people, the groups from different cities - different villages. Simply I’m saying I can’t give the providing accommodation. They are a little bit, “Oh, you are only caring about only westerners, not Indians. You are like western guru.” Some people like depression, upset, sad. That’s fine, I can handle that.

Okay... first earth mantra. Write that and add little more mantra. Rupa, Rupam like, “Sir, dear sir, my dear sir.” These are all greeting words, Om. You can use anywhere. Namaste-shu - shu is very important. It’s a deep power. (*students are talking*). Please, silence.

Okay, third one.

Go First Earth Mantra: Om Aim Kleem Saoum... write that. Then after earth mantra: Amrutha Gadiyaay...

*Third Mantra*

Om Aim Kleem Saoum  
 Sera-Hana Bhaava Say-ya Noli- Bhaava  
 Tri-Pura Bhaava Teega-Yoli Bhaava  
 Wari-Pura Bhaava Bhaava-Noli Bhaava  
 Pari-Pura Bhaava Bhaava- Noli Bhaava  
 Om Adi-Tiru-Muruga  
 Om Guru Guru Paramaguru  
 Om Kumaraa Ranakalaam  
 Om Shanti Shanti Shanti-hi  
 Amrutha Gadiyaay  
 Maha-Shakti Gadiyaay  
 Ava-Hum Ava-Hum Ava-Hum

*Fourth Mantra*

Om Maha-Chaumundeshwari  
 Maha-Chenshu-Lakshmi  
 Narayana-Amrutha Dhara Dhara Dhara  
 Ava-hum Atma-Shakti Ava-Hum

This is very important sloka. Dhara means... this mantra especially... whatever the Narayana-Amrutha... Narayana means lord Maha Vishnu. Chenshu Lakshmi means the Lakshmi, the prosperity of the

Goddess.

In the universe, in Indian tradition the people call to Maha Lakshmi, she is big prostitute. In Indian tradition it says. It means why they are saying like a dirty word... the money...even if a person, if he got hundred million dollars, next day it goes to another person, the next day it goes to another person. The prosperity never stands with one person, like more strongly, permanently. The lady she is always moving to one person to another person, another person to another person. That's why the Indian saints, the people, they never doing pujas, offering to the Lakshmi, "You are the big prostitute. You make the big illusion. You comes and you goes, we can't catch you strongly. Even the Narayana your husband, also cannot catch you strongly. 'Hey, don't go away from me.' He's always observing on you, 'Hey, where are you going? What are you doing?'"

Of course, it means she's not actually prostitute. The way of her behavior is prostitute behavior. Even though a very, very good person, having a very good character, very good person, one time she comes in his life then next few month she goes away from him. He goes broke. No more money. But her sister, Chaumundeshwari - she's very intelligent lady to helping who chanting this prayer, she makes her sister to keep with the friendly. Wherever the Lakshmi is there, through her sister you can make her sister to catch to be permanently to stay there. The Avahum Atma Shakti Avahum - from your heartfully you are completely sucking. Avahum means you are inviting in your atma, into your soul, "Please come both sisters." Not only one sister. You are asking the Lakhmi, "You have to come, as a big river," Dhara, Dhara, Dhara.

There is two or three types of meanings is there. If you chanting this prayer, most-ofly you can relieve from the financial problems. The Goddess of the Chaumundeshwari, the sister of the Maha Lakshmi, Chenshu Lakshmi... Chenshu means little psychiatric patient. (laughing) Seriously, chenschu means, "no standard" always moving. Chunschulakshmi. So the Chaumundeshwari you can suck in this prayer. When the Chaumundeshwari comes, automatically the Lakshmi, she always follows with her sister. They are very good thickest friends. Wherever the Lakshmi goes, there is Chaumundeshwari. Wherever the Chaumundeshwari is there, there is Lakshmi.

But we can very easily satisfy Chaumundeshwari. Indian tradition is a little funny, seems a little crazy but there is a lot of meaning, lot of power is there. So I recommend, you have to chanting this prayer everyday minimum thirty minutes. Like in the written...(*Swami repeats 4th mantra*) again I will record for one person clearly all the prayers like in a rhythm, and you can copy that, you can listen.

In this program everybody has to learn before January 8th, my birthday, like near, near thirty to forty mantras...like that (*snaps fingers*). Like any mantra if I, "Stand up, tell that mantra," they have to say that. Because of, don't feel little you're not good enough for that, maybe you have no much memory power - try. Maybe feeling, "I have no capable, Swami, I can't remember, it's a little heavy, oh my God. Why I came this program?" (*students laugh*). Don't feel that. Don't feel like a pressure, feel like a pleasure! Simply relax and take the cassette, put in your ears, make it keeping on repeating, listening, walk, just listening - automatic it comes.

Jorg: What is your advice how to study the mantras in everyday life?  
(*students laughing*)

**Swami:** No doubt you are a brother of Jonathan...(laughing)

Lothar: He is German engineer!

**Swami:** (laughs) One is in Germany, one is in America, good. Great. I think uh, I can sit in the middle. Everybody can sit around me? It's a good idea?

Lothar: Yes, because the echo of this room's very difficult for the people in the back to hear.

**Swami:** Shall we go in the garden? No! It's worse? It's good?

Ramakrishna: If there is no construction.

**Swami:** Okay I can talk loudly.

Myuri: We'll get the PA system set up.

Swami: Ramakrishna, take that chair and put it in the middle...that chair. Or I can sit there...

Myuri: What about the microphone?

**Swami:** I don't know it working. Is it working?

Myuri: It was a few days ago.

Ramakrishna: Swami, someone had an idea that all of the Germans sit together and the translator...

**Swami:** That's a good idea. The five element mantras everybody has to learn. How many mantras, Anya, there in the Five Elements?

Anya: Fifteen

**Swami:** Fifteen mantras possible?

Students: No, nine.

**Swami:** Yes, nine mantras, simple. You have to learn the nine, then what I am going to give the twenty more mantras. Now we are going to...these four is necessary to the, to connecting to the Jesus energy. One is for prosperity, the fourth one, third one is commanding on the time cycle. Second one is commanding on the Shiva to giving highest healing. Who has the negative emotions, negative feelings, negative vibrations, negative like hysteria patients, the spirits problem. The third one, time commanding on the time means...suppose we can see in one family in the one month her father is accident, her mother legs is broken, her son is died, like his whole house is fired. Like in one month lot of negativity is flowing in their family. We can see certain families in the universe like a little strange problems at a time. In fifteen days, one month it's keeping on coming on them. To that type of peoples using this third one, Earth mantra plus you have to not break, you have to go like a straight line.

Myuri: First Earth mantra for what purpose?

**Swami:** No, it is the continuation mantra. Amrutha Gadiyaay means, Amrutha means immortal liquid. Gadiyaay means the form of the liquid in the sense of time. Whole time in their life... (*Lothar begins translation*) go ahead, I'm sorry. When after you chant it, when after you sending the energy to them, then after you bless their family. How to bless it means, a little carefulism on this. Suppose a person called you, "Swami I have really hard time. Swami, we are facing lot of, lot of, lot of problems. We don't know, last month we are so happy, only this month complete huge negativity flowing in our family." They are feeling like somebody did black magic, somebody

feeling some negative spirits came in their home, somebody thinking like somebody spelled on them, "Something stuff is running and Swami we don't know, the time is very, very bad in our life right now." To such type of persons, you have to sit in your room, even in their home, or in your home, to chanting this prayer, and mentally you have to concentrating on them to sending blessing. After one hour meditation, like five minutes deeply thinking on them to change that energy - purify it. One hour, like in a week three, four times, then it helps a lot to that family.

**Swami:** That prayer is immortal time. You are sending to their family no more touching any negativity. No more any person's black magic, no more anybody spelled on their family.

Student: Five minutes concentration before chanting the mantra?

**Swami:** After. After you generate energy, after you cultivate it chanting and chanting and chanting, then after the last five minutes then you have to focus on the person and their family. You have to send it. Before, you have also idea, intention to help that man, to help that family, to help that person, but one sitting you have to concentrate only on only one family. Don't make like two, three. If you want to do like two, three families, take one hour, take gap one hour, then again you sit. There is no anytime resistance. You can do whenever you feel comfortable.

If you can do this prayer in their home it's very, very much benefit. Even if you can't go that person home, if the person came in front of you, if you both of can sit together in one room meditating - very beneficial. After you did the meditation, it's best if you can hug him. Okay, then we are jumping...*(Swam was cut off by someone asking a question)*

Lothar *(translating for student)*: You do this until the family is well again for two, three?

**Swami:** In a week two, three times like three months, two months purify it. Your prayers, no doubt it goes to purify their family. *(something inaudible)*

*(A student is saying something regarding Third mantra which includes First Earth mantra)*

**Swami:** Shanti, shanti is greeting words, like a humble words. There is no any like deepest meaning there. Shanti, Shanti, Shanti, like okay, greeting word, peaceful. Until to Om Kumaraa Rana Kalaam (*in Earth mantra*) the mantra is, that is the boundary. Om Aim Kleem Saoum (*Swami chants the Earth mantra again...*) Om Kumaraa Rana Kalaam Understand?

**Swami:** (*explaining to Jonathan and Lothar*) Suppose you have the beautiful hairs, even you have the hairs you are making the flowers, on the top of...again flower, then the peacock feather on that. On the peacock feather you are decorating something, some jewelry there. (*students laugh*) But we know only one Jonathan. Understand? Okay, then the first mantra, the first mantra useful – Bramha Nada Swarupam, the meaning means...the intelligence of your thoughts. Suppose every person, they're successful background is their own create thoughts. A big business man, he got unbelievable successful. It means his intelligent thoughts. Intelligent thoughts only it comes in a certain small period of seconds of the time - it comes up, pops up.

When you are in the toilet or when you are early morning to wake up, when you are taking coffee or chai, when your mind is very relaxing mind, some willpower, certain such type of a willpower or some clarity mind, or the energy making you stronger, and it creating some beautiful thoughts in your mind to getting successful in your life. How to do, how to approach, how to make it success it means creating in your mind, producing in your mind high, beautiful, sharp thoughts. Even though you have the beautiful thoughts is coming in our mind, but you can't implement that thoughts in the right time in the right moment. The bad karma is coming in your life. You are failuring in your business, in your life, in your life, routine life. Even though you have brilliant mind, you are going down. That good fortune never comes to you even though the good fortune comes, it destroys.

This prayer, if you keeping on chanting like a, in a week like one time or two time, like a few minutes, it makes your, it makes your soul, the thoughts it comes only not for your mind, mind is like monkey - it comes from your soul. Your soul is like a mirror. If it started to reflect, then it's continually starting giving beautiful thoughts. Then the thoughts, it's automatically you can implement in the universe, in front of your people, in front of the public very easily that resistance willpower you can create. This prayer helps a lot for that.

In entire in the universe, the knowledge person is the Bramha. He's the man of person who was creating the new souls. "I'm sending on the universe," it means he's the big producer, producing, sending the souls. You're sucking his knowledge, his energy. Whatever his energy in this cosmic, in the nature, you're chanting, you're connecting, you are hooking with your soul, that, that energy flowing in you. It helps a lot in your regular life. How to approach, how to handle different crazy emotional problems, different difficulties, different problems to solve? It gives the much resistance willpower, especially woman's need it. Okay. Is it true?

Students: Yes, of course.

**Swami:** Oh, maybe especially you. (*students laugh*) Not maybe - for sure! The woman have, it's a God nature, when they have their periods time, very sensitive natures, they go up and down. Very temporary happiness they need it, like a chocolates, they need it. Three days back I handle one Indian family. Actually, the wife and husband, they have the huge fighting, big misunderstanding each others. Daytime they are like a tigers, like wild tigers, nighttime they are good friends. Again next day morning they are starting to fighting each others. They're breaking their instruments in the home - like crazy. Finally they came to me, "Swami is a somebody did a black magic, or what happening with us? For to simple, small misunderstanding problems we are tempering huge, like we are fighting, we are going away, we are not eating food, we are not drinking water, she is always crying, I am sometimes huge crying and depression. I can't work in my office. What is this problems?"

Simply I gave one suggestion to him. When she's very angry on you just you accept it, just you surrender. Go in the market buy some rose flowers, just you give to her, "Honey I am so sorry, I never do again mistake." Like one week just you surrender to her. Okay, whatever..." You just shut up. If he very silent, "Okay, I'm so sorry, please forgive me." Then she can't fight with him, with silent person. One hand cannot make noise, if this hand makes (*he claps hands together*) the noise will come up. Now just I called today evening how they are doing. They are doing very fine.

It means the emotional, if you give the chance to in your mind, if you keeping on to that chance, the mind keeping on doing the mistake, temper, high temper. We have to control that, step by step, every day

to recognizing, “Hey, what you are doing?” Why I am doing this crazy emotional? To coming down, coming down, otherwise, no use. Okay, next mantra. Om. I think everybody knows the mantra:

Om sra nam Bhuum Bhuteshwari

Mama Kuru Swaha.

*Fifth Mantra*

Om Sra Nam Bhuum Bhuteshwari

Mam-Kuru Swaha

Amrutha-Varshini

Dhyasagarini Mama Pahi Pahi

Ava-hum Ava-hum Ava-hum

*(A student asks about using “nini” as in dhyasagarinini)*

**Swami:** Okay to put, it is a greeting word. Here mama very, very important; Mama Pahi Pahi is very important. You can put three ‘Ava hum’s,’ makes it easy to remember. Okay, next one.

*Sixth Mantra*

Om Vishwa-Sindhu Datta-Sindhu

Nava-Datta Rupa

Datta Datta Datta

Pahi Pahi Pahi

Krupa Raksha Raksha

Can put Datha or Datta, no problem. Okay, next one.

*Seventh Mantra*

Om Paathala-Ganga

Kailaasa-Giri-Nivaasa

Hima-Giri Rupa

Dham Dham Dham Dhama-Ruka

Dhara Sarva-Yekshani rupa

Maha-Manchala Rupini

Raksha Raksha

Yekshani means the 'angel.' In Sanskrit "Yekshani" means the angel messenger - whatever that angel who was the Shiva, the number one angel. Go ahead, I'll explain later, done, good.

Ganga, I think I gave that name to somebody to Germans, who the guy, who the lady? She's not here? Hmm, Ganga...everybody have the Indian names here? No? I have to give the Indian names. It's a difficult to understand your names. I'm receiving everybody letters, when I see their face, okay I can recognize, most of German letters I'm seeing, somebody writing in German language. *(students laugh)* Who is that, Ramakrishna? I think I showed you two days back. When you are sending the letter... every letter I am receiving, but try to send your picture with that. I can see your face, who is the guy, then I can feel what's inside *(talking with German students about their letters)* Norman never writes the letter. He never...just he fax, he is the high tech. He's always busy with the hunting *(students laugh)*.

Once more, Om Paatala Ganga ... Kailaasa....Mount Kailash is Mount Kailash. When I went there...is it okay to talk five minutes? When I went there with the Mr. John, I never experienced such a horrible journey in entire in my life but the Mount Kailash energy is very beautiful, but the journey was really, really, really dangerous. Each mountain is like a big Shiva lingam. We went to Tibet... first we went to Kathmandu, Nepal. We took the helicopter; we went to the Tibet

border, China Border. From there we drove 140 kilometers, car driving. That roads that is really dangerous roads in the universe. Only one way, if little one feet step back, like 3000, 5000, 6000 feet we can fall down.

The driver, who was driving my car, he's a little drunken. (*students laugh*) I'm asking him, "Hey, why you drank? How can you drive?" He said, "We need some dareness Swami, otherwise we can't drive." (*big laughing*) My guide, he took some, like a powerful drug then he's big smelly, he came in the car, he slept. Me and John seeing the valleys, "Okay!!" we have the Iridium phone, if the car accident, if anything happens, we can simply one call, "We are going to take off!!!" "Goodbye!!!" We are going in the middle of the water, the tires, valleys is going - incredible dangerous valleys... deep peace. We stopped somewhere the car. We never seen such a peace anywhere in the universe, in the Earth.

After reaching highest attitude (altitude), first lake, Rakshasa Lake. It's called Rakshasa Lake. It's a big lake than the Manasarova. The water is complete sky blue. There is no freezing. The birds, the mountains... we went like dusk time, like evening, like this time. The driver saying we have to go again 30 kilometer far away to Manasarova. He's saying that lake beginning, all the rakshasa's, the demons is living in that around that lake. If we cross from these valleys from these mountains, we can reach the Manasarova, Mount Kailash.

We went through there, we made a hut, we made a small tent there, little firing. John is meditating then he went in the sleep. He can't come out from the tent, he's very tired. I went outside, whole night, taking the coats and everything, sitting, meditating. Small spiritual soul, any person can see the angel's vibrations. It is like little pretty moon is there, stars and moon, the sky and the lake, like that adding. If we make shout "ohhhh," again it sounds comes back - very, very pin-drop silence - whole night connecting that Shiva energy, Mother Divine energy, taking the bubbles, throwing in the water myself. Just feeling, "Oh, it's enough, the life, it is enough." The water sound is like... slowly, it's like a, in the little river canal, rivers flowing. It's really marvelous.

Next day early morning we wake up at 6:30, 7:00. I slept at 4:30, 5:00 on the rock in front of the lake. After one and a half, two hours we

wake up. The vibrations is like making you to lift. We can't see even any one percent pollution there. It's a deep silence, it's the huge angel's powers is there, incredible angels! Many, many holy saints, they're meditating there; their souls but we never disturb, especially I never disturb little, anything, just I suck huge power. I got some messages...I help John and came out.

It's really very hard journey, tired journey. When we are coming back, that truck, he changed another vehicle. That vehicle is flat tires. When we are going, crossing through the Rakshasa Lake, my psychologically, my intuition definitely we are going to die one, another. Some pilgrims they are coming another car opposite. There is no space to pass on. There is only one way but even though my driver, he's a little alcoholic, but he is very expert. He went to the very small edge to that one mountain, just very tiny. If you throw a rock it goes to like some thousands of feet valley. It's very interesting. Very interesting. Then after we reach our destiny near the helicopter, the Tibet border, the driver simply he get out the car, he open the door for me, "Come out." Simply he's smiling, "Am I did a good job?" like expression. Then I gave a beautiful ring to him. Since ten years, his profession to seeing Manasarova and coming back the peoples. I gave a big hug to him, some money and, "Be careful to drive." He said, "No problem Swami, please, whenever you come, please choose me." (*students laughing*) I said, "Maybe I'm not coming any more to here!" He's a very nice truck (driver).

So why the Shiva he prefer Mount Kailash... it means his energy in the deepest silence, the Shiva mostly he's living there. That's why I always recommend to my students, "Be in meditation; be in meditation." Means, when you are in the deepest silence, huge peace you can suck in your soul. It's a big boon, big gift, to be very peaceful. No more thoughts, no more craziness. Even though a lot of craziness is around you, but you are like a lotus leaf. You know lotus leaf? Even though it is in the water, the water never touch the leaf. To be like a lotus leaf sitting, sucking high peace.

Even though there is a lot of disturbance noise is there, when you went in the trance, you are making your blocks not to hearing any more. Even though it is your hearing there, you can't, you can't hear that. Such type of peace channel every person have to improve that. It's very important to suck high divine powers.

In Hampi I can discuss on how many peaceful stages there... in which stage, what type of power we generally we seek. Then high peaceful state, how to be we are very careful when the channeling is connecting with our soul. We'll discuss very deeper level. First we'll go through all the mantras. In Mount Kailash there is a, even now, the triangle of the Shiva, his instruments, the shell conch, his music instruments.

Student: Dhamaruka

**Swami:** Dhamaruka, where is that? Like that one that Dhamaruka. (*in corner of temple*) His real instruments is there in the lake, instruments is there. Many saints, many people, the some thousands of years back, even now they want to get that, to using the transporting energy to suck out that instruments. They want to transport that, high powerful people, to even to touch one time. They are in their illusion to trying and trying and trying. He's the man of the highest powerful person. To his instruments to touch, it's a little crazy, "What Swami talking about the instruments in the lake? Is it real or not?" But it's real, it's a power, it's real. When I went to Manasarova, after meditating there, using my channel, touching the water, I saw, I felt it's there - deepest, high deepest lake. His energy's complete controlling from there, to entire this planet. Okay...

Student: (*asks question, Lothar translates*) Is it true that Brahma started the creation at Mount Kailash?

**Swami:** Mount Kailash is Mount Kailash. Under the Mount Kailash there is a Bhadrnath, Kadranath, two Shiva temples. If we want to go to there, it's on Indian border edge. We have to go by horse. That Shiva statues... who cannot go to the Mount Kailash, who goes to the temple to touch the Shiva lingam, or to stay there, they'll get same benefit. They'll get the same blessing. It is the Indian tradition faith.

Om Paatala Ganga... I'm repeating seventh mantra. One more mantra, simple small one.

*Eighth Mantra*

Om Vishwam-Narayanam

Maha-Narayanam

Raksha Raksha

Next one. Next mantra.

*Ninth Mantra*

Om Nam-Tejam Mam-Tejam

Sim-Tejam Vam-Tajam

Yam-Tejam Namashivaya

Easy, just you see. Like Na Ma Shi Va Ya. Na-Nam, Ma- Mam.....

Okay I can give little break, not little, strong break, again we can start tonight, we can complete tonight all mantras. It's already like 5:30. Take shower, take bath, take coffee, tea, chai, whatever it is. Then after your dinner, try to...everybody have their own small beds to sleep here? If you have no beds take a small blanket, bed sheet, with your pillow. I brought all of the lotus seed malas. Who haven't, please try to get it.

*(Discussion with Lothar about his mala breaking, Swami saying generally if you've used a mala for doing your mantras you should stick with it, don't go to a new mala, but there are exceptions.)*

**Swami:** No permission to again to buy, then because broke it. If one time you're using mala, then throwing away and getting new mala, it's no good! Because of lot of energy you're losing. If you get use one time, try to keep, with that mala forever and ever. If they have rudraksha mala can take lotus, if they have already lotus, no permission to again wear (different).

Thank you guys!!!