

Christmas Program 1999

General Advice

Ashram Teaching

December 18, 1999



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Swami: Okay, now let's come to the subject. I hope everybody enjoyed last night, but my little advice and suggestions, even though everybody is sleeping here or meditating here don't feel in your heart like painful, "Oh why I am here in the hall? Oh I am so uncomfortable. I can't sleep here. What do that little crazy, all that people sleeping here, what do that energy, what I'm doing here?" If you have such type of feelings don't be shy, just go take a sleep! Go in your room take a sleep. Last night I felt somebody's energy like little uncomfortable. If your heart is not open to hanging around, it's like in front of a deaf person... what you called that person?

Ramakrishna: Like a deaf person in front of a symphony.

Swami: Like a deaf person in front of symphony. So... it's no good. You have to like...one day, two days, three days, you have to be open your heart. It's a big practicing time, big hard work to do the time, to be here even though you are little uncomfortable, a little sick, a little...to went through the door. Whenever you feel comfortable, just you come and sit in meditation, but what I recommend, even though like one hour you are very uncomfortable go just away, make some walk, take fresh air come back lay down, take two or three hours sleep, again you feel comfortable. Stand up, go take fresh water or just a walk. From your heartfully you pray to Baba or pray to the God,

to pray to the divine light, to really you need blessing, really you need power, really you need energy, really you need help. From whole time whenever you are in deep silence, just go through to connect the God energy.

You can't get again this same time again in your life anymore, like this day, like these moment - so, so auspicious. Holy auspicious events is running... Even though Swami is walking, going back and forward, Swami chanting whole night the mantras to sending to blessing creating huge energy opening. Even though it's enough, even though I see like a few minutes one night a person like that... that blessing, that power, it goes to from the eye the healing. That midnight time even though everybody is like a little sleepy, that's ok. You do as much as you can meditation, then you go to sleep. Open your heart asking God, asking Swami, asking Baba, "Please help me, I am in front of your feet, I am in your hands, I am taking sleep. Please come in my heart, protect me, take care of me, I am here in your presence. Whatever you want to do through me I am so happy please, please use me."

So it is very important to open your heart even though you are going through a very hard time. I can understand a little climate change, a little food change, jet lag and no much comforts, the body doesn't accept for a few days. Even the whole program some people doesn't accept it. This is the practicing time. It is natural. When I am doing in my life in my practicing time like seven eight years back, really, really, really I went through very, very hard time. Even now sometimes I go so hard time. Sometimes huge negativity I sucks. I feel very, very tired, just I want to go take sleep. I can't walk, I can't take breath, so, so muscles is tight, even is dead tired. At the time even if I lay down very peacefully on my bed, taking hot shower, some persons comes, they really want my help; some phone calls; they are in the hospital they want to see me they are ready to die. I have to go, I have to go and take that man. It's a big...okay, simply I wake up, taking dress, saying, "Ok, I am going on my duty. You never accept me to do myself to taking at least a couple of hours to take a rest."

Sometimes I had to do like everyday my program to chanting certain prayers, certain mantras, like in a regular time. After 1 a.m. generally,

even though he is a biggest person, even if he calls I never answer. Like complete doing some process channeling. At the time, unfortunately some people, they are breaking my channels. Even though like ninety days... I supposed to get in a hundred and one days some power; some big testing comes. I had to go take care some persons, mostly to take care some persons. They comes like that. Then certain time, exact time I had to make that meditation to channel to connect the power, to suck it. I lost it. Again I had to come back from one day to go ninety days going, again breaking, again coming back - going many times, "Hey what is this my bad karma?" Simply saying, "Hey what is my bad karma?"

But what I did in my life from the childhood, supernatural secret prayers, even though if I done completed, I didn't receive any power from Baba. Simply he held it; he didn't give it to me. I am not blaming on Baba, just he is holding not giving. If he gives it like in the world, unbelievable supernatural miracles through Swami, the supernatural energy can do it. It is not believable things, such as supernatural miracles can do it. If we say to somebody, "Oh Swami is little hysteria patient. Swami is a little psychiatric patient, Swami needs a doctor." Of course spirituality is like a psychiatric problem. Spirituality means psychiatric problem. The people regular analyzing in the universe, spirituality means nowadays the people they thinks, "Oh, he is little psychiatric patient!" When I am doing my childhood days practicing entire my school friends, my professors, my father and mother, my brothers and sisters, entire society, they see me I am psychiatric patient! Everybody is putting me at some distance. Okay!!! Even if I start something, I go to them they goes like little, "Ok, what do you want?" like cutting up.

After day by day, everybody is coming on me like a huge magnet power, "We need you, we need you!" I, okay making, "Ok, wait. (laughter) No time, no time - wait, wait." It's natural. This is God Power. Not only in Swami's life, everybody who do the practices it is natural in everybody's life, they have to go through the same door. So even though your friends, your family members, your children's, they are thinking on you that you are a little crazy - don't feel like painful and don't suck negative feelings! You have to think yourself with your mind and with your heart what you are doing exactly. Then once more like keeping on think, then use your heart, "Is it good or bad?" then do it.

Even though your friends is thinking you're so crazy, you're sitting in meditation, you are doing some prayers, they're talking crazy. You no need to listen them words to divert your mind's direction to go on their way. They're not so clever then you to following their path. You are choosing a tradition, not only any tradition. If you like Indian tradition, Japanese tradition, American tradition, your own tradition, if you are on the path of the God just if you like it, do it.

Suppose you are little feel uncomfortable with Indian tradition with all the prayers to making remembering the chakras and yantras. It's little weird subject. If you think like that, it's ok, that's fine. Give the respect. Then if you like to your German tradition, some prayers...it is beautiful your language. You pick up. If you really like with your heart - follow it. Life is a big challenge you have to face it. Even though it is a little big new tradition, its not difficult. Beginning seems difficult. Practicing later, it's like making a powder. Making powder, again you are grinding a powder so it's a complete powder - it's easy.

Life is so big. Open your heart, follow the path as much as you can. Remember the prayers as much as you can, try to see all the different paths of the God. But you have to stand one path. After seeing all the paths, choosing one to staying there. If you go like a 'monkey mind' going this branch, that branch, this branch - finally you can't get anything. Entire your life ending until to your last breath, you're old age, ok if you think yourself what you done... your big confusing mind... You know all the knowledge, but you never practiced anything, just you ignored it, "Maybe I can get this tradition, maybe more power. Maybe I can get more power with this tradition," like big creating hell yourself, wasting of your time.

The prayers is like a water. Your open heart... sorry, your prayers is like a seeds. Your open heart is the water to grow your plant, "Swami I'm doing all whatever you said, the prayers completely; I didn't get anything yet. What is the mystery?" It means the seeds what I gave the prayers, exactly one hundred percent perfect seeds, it's the Indian tradition. No doubt its perfect seeds but even though it's perfect seeds, you had to put the water to that seeds to grow. It means with your open heart completely to doing that.

Some people was doing the elements like one day they feel very uncomfortable. "Why I sit in front of flame, in the water tub, to

touching the floor? It's a little crazy! Ok, anyhow I have to do that in a forty-one days, ok I can complete it in a thirty minutes." They're finishing it as a like making by force. Don't do like that!

Like the childrens when they're not good mood to study, you're making them, "Ok, you read it." They're watching the mother, father and reading. They are not learning anything, just they are reading for the father and mother by forcing. Like seeing my picture in your home, "Ok, Swami told I have to do this process." You can't accept yourself, completely. It means like with uncomfortable doing. Don't do that. You have to do with one hundred percent pure spirit. Even though you are uncomfortable, the thoughts came, "Hey monkey mind why are you creating this thoughts? Forget it! I am doing it. God is Great! I am following complete my tradition! I took this prayer. I had to do this!" If the crazy thoughts comes, immediately saying, "Hun-un, no more, forget it!" Even somebody is saying something, just say them, "You don't want to listen that words." Beginning stage if they are talking, saying, "Please don't break my mind." It is very important.

Even sometimes to me in a Full Moon Day times, sometime huge crowd comes, sometimes even I didn't say to them one month before, "You have to come next month or you have to come three months later." Just I tells to them. Sometimes huge crowd comes to me. My mind goes, " Hey, he is so a crazy guy. He never listens my words. He comes, he eats my time like thirty minutes, one hour, but he never do. If I ignore him, really he go crazy. He will do crazy mistakes but I can't give my time to him. Wasting of my time I know clearly. Even though my heart is not open, that crazy thoughts comes, simply making this person come and sit, "Ok talk. What do you want?" Even though my mind is not listening, just saying with my heartfully, "Whatever he is painful, please Baba bless him." Then simply I am sitting like thinking on somebody file, deeply sending him to blessing.

Why I am saying this means... its not only you, its also natural to me. I reached a certain stage, then even though my mind sometimes with the unbalance to take care with the important needed people, to giving preference to them. Even though I am giving preference, indirectly I'm giving preference to him to wash out. He have created feelings, "Ok, I done it." That strange feelings is natural to me also, so don't worry. You have to ignore that thoughts. You have to do your process.

Swami we came to do your program. We are expected to maybe to get huge power, maybe I expected I am suck in highest something metal thing. I will receive anything even you are not giving interview to me, so don't create such type of feelings. It's enough, even though he was in my presence to meditating, even to me to watching - highest healing, purifying you like each one night giving blessing to one, it is like your ten years meditation power! At your time this evening like a lottery ticket every number is winning.

Spirituality, the God prayers...there is a some millions of prayers is there. We no need to know all the millions of prayers, we need God love on us, that love can do wonders in the people, even though the love you are receiving, but you also have to do minimum certain important prayers to follow the path, to connecting the cosmic energy, to connection the God. Like it's a small story. A big saint came in a village. Powerful saint. He told the villagers, "Next day morning I want to do some abhishek with the milk, so please every person bring a vessel of milk from your cows. I want to do abhishek to the Siva, offering to the God." Then he have a commanding. He put a big vessel there and he showed it. Early morning everybody came, putted the milk there, then when I wake up, I can abhishek. Then all the villagers decided, "Ok, may how we putting in a big vessel no need to bring the milk. He can bring the water." Everybody is bringing the milk. If you put a small vessel of water, it won't be...anyone can see it. Next morning the saint came then said, "Hey where is the milk?" Complete water is there.

Ramakrishna, what you teach about Sri chakra? Everybody understood about Sri Chakra? Yes, no? He is a good boy, but certainly I told to him with out prepared like that he talked, any questions on Sri Chakra guys?

Student: How to use it in everyday life? What shall we do with the chakra everyday? Expect it or practicing

Swami: What you mean?

Student: Meditate on it or design it?

Swami: It is better if you learn that yantra in your mind. I am giving program when teach two more yantras, if you are sitting in meditation in your mind, yourself making drawing. When you started making drawing you are complete, your mind cannot put any

more thoughts, no more disturbance. Your focus is only doing the yantra in your mind. When you completed, done drawing the yantra in your mind, you are a huge watching that yantra with clear picture. But it takes some time to you yourself to drawing in your mind, but it is very sensitive and delicate with the mentally doing process its very sensitive! When you can draw with your mind to this Sri Chakra easily, then you draw, that it means you are the master, you one the, one of the top healers in the universe. The yantras, if you can draw in your mind clearly, making the picture, you are the master.

Later that day

Who cares even though you are making billions of dollars, who cares! Even though you are making huge name and fame, the real wealth is the knowledge. It is the happiness, the God power, what you enjoyed it. That is, God happiness is immortal happiness. If you one time if you hooked that, if you tasted it, day-by-day you're completely... it's growing higher and higher and higher - interesting growing higher. It is beyond whatever you're enjoying with the physical form, whatever surround you. Even though you have a beautiful husband, after one year you're feelings is going down. After maybe five months, six months – it's not permanent. Even though you're enjoying beautiful wine, beautiful beer...that's only for couple of hours for putting you in the trance happy, again, it's making you down and it's making you addicting.

But the spirituality, the meditation to sucking the heaven energy, enjoying the heaven on earth with your silence, sucking high peace, that is real enjoyment. Even if you get out from the meditation, then you feel so fresh, so willpower, so strong powerful soul. After that you're the person to helping hundreds of thousands of people. You have the huge capability to help many, many people. If you're having a beautiful beer, only your self you're helping, you're not helping anybody else - forget it. Of course you're getting sick, you're giving many people to trouble in the hospital with the doctors and the nurses to take caring on your body. Some liver problem, mental problem, drug addicting – it's a craziness. Best drug is meditation, truthful to your spiritual path forever and ever until to your last breath. It's very important!

Don't worry, Swami's going to bless whatever Swami can do on each person his maximum best, even though you're practicing or not. It's

my duty why everyone's came here. As much as I can, I'm going to bless. Already I've started giving highest healing so it helps a lot to improve your spiritual path. It's a huge enough. But you have to practice. I will teach beautiful techniques.

End of Talk