

Christmas Program 1999

Healing Techniques

Seven Power Treasures - Chakras

Talk at the Swing in the Ashram

December 20, 1999



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Swami Talks at his Swing.

Swami: Anybody have any idea on the Reiki healing? Can you tell little bit?

(Lothar gives explanations.)

Swami: What places on the body are touched for the healing? There is a seven places in our body, the Power Treasures. Mainly different people, they call different chakras on that. We can talk in our healing techniques power spots, power treasures in our body. Number one spot is under your feet, exact middle of under your feet.

Number two spot, under your here, under knees. *(behind knee, backside of knee)*

Number three is very powerful spot on your navel.

Number fourth spot is exact in the middle of your chest.

Number fifth is one of powerful spot, your 3rd eye.

Number six spot, on your head.

Number seven spot, your back bone - middle.

Wherever your navel, exactly backside, a little higher, navel backside,

little higher.

Nancy: One inch?

Swami: One inch, one inch. (*On spine, opposite navel, up one inch.*) Generally in Indian Tradition when they started to give the shaktipat in your 3rd eye, it's called gurusthan. I'm sorry guys, I'm feeling a little uncomfortable with motors around and the stuff here... it's really bothering me, to my flow. We'll see... (*Sound of tractor going by, it is decided to move inside, to the Mandir*)

(*Talk continued in the Baba Temple*)

Swami: Silence. Take your paper and pens. How many power treasures?

Students: Seven.

Swami: Under the feet, under the knees, navel, here, here, here from the navel backside, one inch up. (*Swami showing the spots*) The people, they talk in Indian tradition kundalini energy. How many people have idea on kundalini energy? Can you talk about kundalini energy? I think I talk in Germany, isn't it?

Patty: It is within the spine that moves from the lower part of the spine, all the way to the top of the spine to the head.

Swami: Exactly and what happens?

Student: As the energy moves through the different chakras, there's different powers. You can use these powers. You can make use of these powers as the kundalini moves through.

Swami: Ok, I will explain. Listen. Kunda - lini. Kunda means in Sanskrit, pot, vessel. That pot is completely in our body. What is this? Our brain, the head is like a big vessel pot. From the pot, interesting, when you want charge to the pot, when you want bring the energy, like a coconut fruit on the top of the tree, from the roots, from the friction energy, it goes to the water and it goes to like a coconut, like a huge water. If you cut the coconut, that branch, that little channeling, that root, you can't see any water there. But, in the rough branch it goes, the water, inside the big coconut - huge water inside.

Same process in our brain in our head... when it started from exact from your navel to little back, from exactly... different people have different opinions. From your navel exactly backside it started to like a snake, the energy moving and moving. It started to hitting to your kundalini energy. Kundalini means touching your brain. Which chakra? Exact here (*top of head*). I already told, Brahma nadi, Brahma nadi.

It goes to like a snake slowly going, hitting, again it coming down. After little while, again it growing up, hitting, again it's coming. Like a up, and down, up and down. That is the, one of the highest healing, self-healing, can suck highest power to send the blessing to anybody in the universe. From the distance healing you can use the kundalini. When you are sitting in the meditation, suppose Lothar, he is a patient. I want to heal him. I sit in meditation thinking on him deeply, channeling the kundalini. Kundalini is, you have to use only your personal mantra. I told to somebody:

Guru Guru Parama Guru

Om Kreem, Namō Namashivaya

Om Namō Namashivaya

Om Hessraim, Om Kleem...

Different personal mantras I gave in the Sri Chakra, in somewhere, different process whenever everybody is doing. Am I? In the kundalini you no need to chanting any prayers, any big - no Gayatri. If you do Gayatri, if you do crazy stuff, you can't bring your kundalini up. There's only two, three, five, below five words. Namashivaya, Namō Narayana, Om Hessraim, Om Hreem, Guru Guru Parama Guru, below five words. If you cross five words, the kundalini energy can't work perfectly in your life. That is my personal experiencing after seeing in the many, many, hundreds of people, what they tested. Using only one word, channeling and channeling and channeling.

When you started to channeling in the kundalini, wake up energy, you have to take your two hands like this, fixing like this (*showing fingers interlocked, palms up, holding below navel.*) Some people they meditates like this. Some people they meditate like this. I will tell different crazy stuff. Some people they stand with one leg meditating

like that. Some people on their head, legs up, meditating – srishasana. Some people they do with shavasana. Some people they do with padmasana. Different asanas it brings different energy. They have strongest feeling in India, but we have to go through all the stuff.

In the kundalini process, you have to sit in the padmasana - period. There is no anymore angles to put in your body in the control to do any stuff. To the only padmasana means you have to sit... the two legs it has to come like that, “Swami I have the legs pain, I can’t do that.” means, simply forget it. You have to sit close your two hands like that... taking your hand exactly, putting under your navel. The two thumbs never make you touch. They don’t touch like that. Don’t bring above the navel. If you sit like that... some people they do like this, very, very, failure process. You can’t get even twenty years if you practice. If you go under your navel it means, that boundary, like fixing that boundary, it hits to your back exactly that energy, it goes. From there it started to the energy vibrations, like a snake.

When it hits here, it, you’ll be like when the sun is setting, like at dusk time when it’s coming like a big darkness, step-by-step coming the night coming. That same heavy energy when it is hitting, you’re sucking high cosmic. When the energy, your energy hitting that, from your Brahmanadi, Brahmarandhra, just it opens sucking the cosmic, again closing, again when it is hitting its opening sucking, closing, opening, sucking, closing, opening, sucking, closing.

Student: Like a rhythm?

Swami: I don’t know rhythm, what is that?

Student: Like a cycle.

Swami: Cycle, yes. This is called, one tradition the people Shakti Kundalini. In the kundalini, they talks two varieties, normal kundalini with their soul power, their self energy developing, bringing to the brain, sorry, bring in the Brahmarandhra, Brahmanadi, keeping the energy to their soul - self energy producing.

Shakti Kundalini sucking from the cosmic, connecting whole planets. They’re sitting, huge universe they’re seeing. If they want to go to Germany, some city, some home, somebody’s bed, in the universe pick-upping that country, taking the city. I’m not joking. Taking that part, just telling to the... a thought to your soul, “Ok, I have to go

there." Through your Brahma consciousness, using your Brahma consciousness. "I have to go out to certain place." Then your soul is prepared when you are one hundred percent capable, on kundalini energy. Then from here through the Brahmastrandhra your energy started to come out.

Most of souls, different saints have different experiences, they do with different process. What I does in my life, I did little crazy stuff. One time when I left my body with my soul in Bangalore... In my personal experience, I left from here, then from here. There is an Indian tradition, it say sloka. It's a small sloka, it's a big funny sentence. We have the nine holes in the body. Your energy, your soul power, nobody can give you guarantee which hole here, here. (*pointing*). They talks different. It goes...nobody have no idea the gas, the energy, the light goes, pops out - your soul goes out. But, the practicing spiritual high capable souls, that persons when they want to go, they mostly prefer from the Brahmastrandhra, they goes out, again they comes back. Sometimes they comes from your navel. It goes out from their navel, again they comes, comes back the door of the soul, soul's door. Your soul means like your body.

The soul it needs... suppose a person, a saint, he left, he only easily can channel to come exactly back to the same body. If you, the body, if you shifted like some feet, the soul is really in the huge problem just crossing some boundaries, some little (snap) done... no more. It's a big chance if he's expert he can come and he can find, but it's very difficult. Why it's difficult? It is, each step one feet, if you want to go before from here, you have to make the plan everything exactly, going outside - coming inside. First you have to prepare exactly, make sure everything. Then he jumps out. When he's coming, then again gain he jumps in. He can't go that way and this way. If he's with his master's like a group having some channels, with all the channels, the different routes they can go. This man is doing this direction, this man is doing the direction, this man is doing this direction... they can move it. Easily they can exchange the energies.

Some boundaries... suppose if he want to go to Italy with your soul, its not easy to cross from one ocean to another ocean even not ocean, to one village to another village. There is a huge, powerful souls, negative spirits, negative, powerful energies, if you go through their kingdom, their boundaries, their energy boundaries, they're walking and they're moving in their energies, in their own energy circles - you

can't enter in that. If you enter in that, forget it. You are in their control. Many souls, many, many souls, they're in the prison with the negativity demon souls. Like ten demon souls attack on you, on a pure divine soul man. If he left innocently, he is in their custody. They never let him to go. With their energy they fix him not to go out, like that soul torturing and giving. If they can't do any harm but they keeps it. Stay.

So in the kundalini there is a big little mystery, confusion is there. Why it never successful in the universe with energy? Because of, after they reach in their pot, after sucking and sucking and sucking they felt huge energy. Even they are sleeping, their souls to come out, come out, come in - come out, come in. It make to the energy to channeling without their notice but if there is no master, there is really big problem. Without master it is like a walking, like closing your eyes walking in the big desert. You can walk but you have no idea which direction you are walking. This is simple example.

So, everybody's thinking, "Ok, I want learn this direction, I want to learn this power or that power." If you have no exact idea, even if you are getting at a point... If you got it, if you don't know how exact right it, you are in a big problem. They say after you learn your soul healing techniques, soul traveling techniques, then if you don't know exactly how to implement to process on that, it is a big problem. You have to make sure to be in your boundaries. You understand? Boundaries mean the limits, how to do exactly, making sure the stages... I'm going to talk on that stages.

The first stage in the kundalini...

(Lothar starts to translate, Swami and he discuss that Lothar will translate later, but there is some disappointment... so Lothar translates.)

Swami: After that when you started to bring the energy to your Brahmrandhra, Brahmanadi, one process if you want to give the healing to somebody, distance healing... let's talk about distance healing. Somebody calling you, "Hey friend, really I have heart broken. I have huge pain in my heart. My feelings is no good. Please wash away." Then, "Ok, exact so and so time, just you think on me." He no need to think on God, he no need to think on, "Just you think on me." Just you have to say, "You have to sit." Even though he is ten thousand miles, 50,000 miles far away, it doesn't matter. Exact time. "Ok, I am sitting, in a few minutes sitting," you have to sit.

Even he have to lay down or he have to sit, just no more disturbance. He have to complete think on you. You have to think on him, to bring the energy to grow up, and to built up, and to built up, and to built up, through our Brahma consciousness. With your heartfully you have to bless on him using that small mantra: Om Guru Guru Parama Guru, whatever your master give to you, personal mantra. That Personal mantra means it is a personal key. You no need to chanting everyday like when you starting to give healing, you no need to chanting hundreds of prayers. One personal mantra it works everything it covers.

Suppose if I touch to somebody, even I'm walking just hitting somebody means, when I touch somebody just thinking, "My master what in my visions, what I receive my personal mantra - just chanting." Even I'm walking peacefully most of time I chants my personal mantra. If I chanting my personal mantra, it means it is equal to whatever I learn the prayers, huge results is hidden in the personal mantras. It is a key. You no need to operate everything, just open it, the energy open it.

The personal mantra is a big important, it very, very, very serious important. You have to never say to anybody else in the universe. That personal, below five words, "Oh my personal mantra, Om Guru Guru Parama Guru." If you told to anybody else - forget it, it never works. You have to pick up another one, even if you tell like a joke to somebody else, even if you know somebody is meditating same mantra, you have to act like innocent, "Hello, how are you? What you doing?" Talking normal. Even when you chanting - don't give a chance to somebody to hear your personal mantra. Even if they receive... I already told I think, am I? Hey personal mantra, "What does it mean?" Personal mantra, it is the meaning inside. Even if somebody hear your personal mantra, even though you are chanting, no problem, your energy goes to them, all you meditation power, transfer to them.

Two very important certain students, only in entire my life, only two persons I teach my personal mantra. Whenever they call, "Okay chanting that prayer." They're meditating exact same time I'm meditating exact same time. That energy flows huge at the time. It is some special process I am doing with them, but in your life don't say to anybody your personal mantra.

Then you have to chanting your personal mantra with your heartfully, with your Brahma consciousness, "Ok, right now I am sending this energy to help my friend." And you have to know exact that person' name and their father, mother name. Like, "Ramakrishna, Mary," son, right now I am sending the energy. Right now he is receiving my blessing with my complete heartfully, with my Brahma consciousness I am sending the highest healing power right now to him. I'm sending highest blessing to him. I am washing all his negativity right now." You have to bring that thought through your Brahma consciousness to send him. After you meditate and meditate like thirty minutes, thirty-five minutes, you have to hold that thought like five to ten minutes, very peaceful state to sending.

That person has to take some water and go to the toilet, taking some fresh water to clean his face, to drink some water and that person has to, like one or two minutes, he has to say completely, "Thank you so much my dear friend. I got you meditation power. I receive your power. I receive you blessing," like two minutes. After washing his face, he has to say with his heartfully, "Ok, thank you so much." Then it started to work very powerfully affecting on him. Like when the person, when he's started to sending the energy on you, when you stay, suppose you lay down on the bed, make sure not get up from the bed. You have to put your body at one position, relaxly.

Even though you are thinking on him, deeperly like unbalance, with your painful, you can't think so much, that's okay. You have to think mostly on him. When you have heart pain problem, heartbroken, it bothers you, you can't think very deeply on him, that's okay just put attention on him, "Okay, he's sending blessing." Relax. Don't wake up. Don't go this direction, this direction, walking. You have to lay down, or you have to sit or you can meditation, wonderful. If you know some healing process, if you know some mantras, that's wonderful. You can sit same time meditation. If that guy, he don't now how to do meditation, that's ok, sit peacefully to chanting. Got it? That person have to wash with water, he have to say like two to three minutes, one hundred percent with open heart just, "Thanks, I received your meditation power." It's very important. Whenever you fix the time...okay thirty minutes exact, "Now 9:00, 9:30 I'm stopping." Done.

Make sure not to sleep everybody with head facing north. I already told I think. North head sleeping, try to avoid. Most of people there's

a big argument why north, why east, why west, why south. Already I teach on that. We don't want to miss the subject. Your questions - make a white paper write down your list. When after I finish, there is some minimum one hundred types of healing techniques: Kundalini, Shat, Chakra, Nada Bindu Chakra, different types of healing techniques. I want to finish entire knowledge - they very supreme healing techniques in the world. I want to fix that so don't interrupt. If you go the question, my nature is pulling that way. It's very hard again I come back to bring this information this direction if you make me divert go this direction.

If a person is with you in front of you, how to do? If a person is in front of you, how you can do it? If a person is in front of you he has to sit same, both of, like touching your knees or like exact back to back. Suppose you are facing the East. He has to facing the West. If you sit, make him do, stay your back, do your process. Even though he's thinking on you, he's not thinking on you, he's thinking on his girlfriend, he's thinking on somebody - don't worry. That energy started to working on him. Then when you started going in the huge trance, then automatically your magnet power make you to go to trance, you can easily throw on him. You can easily throw him in trance.

Today program is to putting in some energy angles, to make meditate like forty-five minutes in the kundalini energy with Swami. Ok? So, you can do that process - second one. When a person, when you are starting to giving healing, suppose twenty-five minutes, you have to say very strict on him, not to wake up, just he's breaking that energy. He's going to somewhere else, to going to toilet, again sitting - no chance. When the both of sitting, like exact fixing the time. When the healer, when he's satisfied fifteen to twenty minutes, thirty minutes, then ok, he can wake up. Then the patient can wake up. That person who getting me beneficiary, he have to wake up. Without healer permission to wake up, no good.

Suppose twenty people came, you have only two hours time. You can't heal everybody but everybody want to receive your power. At the time, you have to make sit everybody in the one round circle, one round circle. Exactly everybody have to hold their hands, touching their body, sitting. Then you started to sit in the center, exact in the middle to focus, to giving the energy to them. Then when you are meditating, their duty is to simply watch on you, what they want,

thinking on - that energy huge effect on them. Like if you go in front of a God just praying, it means you are in the presence of the God and you're asking what you want. Same that person, he's in the huge trance, thinking, helping on you; that person, he's channeling that energy through the Brahma Kundalini Nadi, it helps. Ok, three minutes giving permission, any question?

Michelle M: Two questions. Is that good for physical healing as well as mental healing?

Swami: Sure.

Michelle M: If you're dealing with a group of people and they are sitting in a circle, can they sit and meditate, or do they have their eyes open and watch you?

Swami: It's better to watch on you. I think I told, to see you. After seeing you, maybe they can close eyes few minutes, again they can watch you, again close the eyes. But, they have to put attention on you.

Student: The one who's sitting in the middle, he's putting their attention to the people or just his mantra?

Swami: Automatically it effects, of course he know which purpose he's sitting. He's sitting to helping them. Then he's sucking the energy and bringing the energy with his prayer. Automatically affects on them. They feel like a huge, after they wake up, huge energy.

Sai Ram: So you're actually using your own energy or do you channel the energy?

Swami: You're bringing the energy and you're giving to them. Any questions? Good. No more questions, huh?

Student: Do we need to discharge?

Swami: After I finish all this subject on the healings I'm going to talk the discharge subject. Discharge subject is like a little pretty interesting. This is kundalini. The Indian tradition says Kundalini Yoga Process to helping Kundalini yoga technique.

Student: These three processes?

Swami: Yes, Kundalini Yoga Process. Yoga means whatever you're working hard for to something like an exercising, like continuing your process. It's called yoga. Whatever you are doing the process, different type of meditations, different types of exercises, different type of breathing system, different type of mentally working - whatever you choose is called yoga. In Sanskrit yoga means, practicing. Exactly focusing on what you're doing - Yoga.

Yoga means, if you add the "m" yogam, "Oh, he got the greatest yogam." Yogam means he done the yogas. After done the yogas he go the yogam. Yogam means his life is completely happy, always in the yoga. Even though he is walking, he's talking, hey he's the big yoga person, yogam person. Yogam means big enjoyment man, big enjoyment human being in the universe. Who cross the yoga process then they jump in the yogam. Yugam, yogam, yugam. Yugam means...it is some Sanskrit words to know is better to understand to you. Yugam means the time period - Kali yuga. Kali yugam, Dwarapa yugam, Treta yugam, Kruta yugam...

There is the four yugas in the universe. One is Kruta, Treya, Dwarapa, Kali yuga. Now we cross three yugas, three time periods. Now what we are enjoying is Kali yuga. In the Kali yuga, the entire big creator is Lord Venkateshwara, who was staying in Tirupathi. Near to hear, near 300 km we see a big statue with a gold temple. Entire the temple is huge God, that dome. He is having unbelievable diamonds and rubies and emeralds, whole his statue. That statue is himself he turn as a physical form as a statue. In this yuga he is ruling entire this kingdom of this universe in the form with the statue. His energy is take caring. Of course what he change, everything like the stuff. I told already...am I?

So, there is a big... we done this kundalini healing techniques. There is another healing techniques. In this healing techniques, we are using two of our power energy spots. I'm asking the questions. Now everybody listened, now I'm asking the questions. Which two of our energy treasures we are using to our healing process? In the seven energy spots we are using two energy treasures to channeling the kundalini healing process we are bringing up. What are they?

Jorg: Nada Bindu and the 7th spot.

Swami: Really? Really? Think one more time, you're right man. Well, if you listened my talk after everything, you have to give the

good commanding, "No Swami, there is only two." You have to be like dominating, "Until what I understand, what I observe, only two that is." You have to be fighting, arguing, then only it comes up. If think the chai is came to everybody? Myuri chai, you don't drink coffee? Maybe the glass is there? When is everybody's dinner? 8:00? Then another process is called, before I told, Darrpana...no wait... Bimba Pratibimba Healing process... Bimba Pratibimba. Can you talk a little on that?

Myuri: Just general, Bimba is natural and Pratibimba is the supernatural.

Swami: Mirrorism... Mirrorism. I talk on that, Mirrorism Healing Technique. Anybody have idea of these healing techniques? Is there any healing technique with the eye channelings? Anybody have any idea?

Jonathan: Yea, you said in Hampi.

Lothar translates: The energy of the eyes can be used like X-rays. They can go right through and they go all the way to infinity. In order to do this you have to connect with your heart.

Swami: Then, next?

Lothar translates: You have to open up and let it flow and you have to use your heart for that.

Swami: Then? This healing technique is very pretty interesting healing techniques. In entire our body, the biggest energy bulbs, the energy hooking, connecting, receiving. One level in the nature, in the present nature with our eyes we are connecting. With the blind person he is completely in the big illusion. You understand, there is the three varieties techniques here. One is with eyes, then with the music. With eyes is going touching your heart. One is with music when you listened, really very, very beautiful music, it touches your heart then you're crying - you are melting with that energy. It is affecting in your chest treasure, and it is melting you with your Bramha Kundalini and you're completely huge trance and you're crying. You are so, so healed after listening the music.

What's happening with the hearing after seeing, some level smelling, you know some smell? Breathing some smell. That smells puts you so

holy, so impress, so glorious...what do call like a one part, like a trance, you're breathing and you're breathing a beautiful smell.

This is the main three parts. Is one of the three parts, is including with the Bimba Pratibimba Healing Techniques is the three main process. Number one with eye; Number two with ear; Number three: with smell. Some people, even though they says, "If you touch any food with your tongue, it touches your mind, it touches your heart, you feel so, so pleasant." Then it's also one type of the energy connecting to your power energy spots, power energy treasures. It goes to entire your treasures. It makes you so happy.

But, to me I won't accept with the tongue. The tongue is little... there is no limit with that. Sorry there is a limit with tongue. Suppose if you had the big jam, a big sweets, a big milkshake. You're drinking like one glass, so marvelous. Second glass, your tongue want but your stomach doesn't accept. Then after, your tongue tastes, you lost it. With music, there's no end with that. If you're keeping on listening the music, music, music, you're completely receiving the energy.

Another one with eye, eye is number one, one of the powerful healing techniques in India. Neytra Sam Yoga Process - eye to Eye. If you look to me, I will look to you. Whole your energy is hidden in your eyes, in Indian tradition they says but I won't accept that completely. But, it most affects through your eyes. Easily you can hook any person with your eyes. You can show your expressions with your eyes. Some people very expert... here some students I know very well, they talks with eyes. Like very funny way. I think one day, me I'm sitting just two days back, a beautiful couple under the trees they're watching on Swami. Like everybody is throwing their energy on Swami, like hooking.

Even though when you are so sleeping, if somebody stands in front of you, just simply watching on you, you suddenly wake up, "Hey, some one, what you doing here?" They wake ups, "What you doing?" It means that energy affecting on them. Is it right computer man? Is the hooking one part through your heart feelings from your eyes, sending on them, hooking? That also you have use your personal mantra.

Suppose if you want heal somebody else, a person really he's big he need help. You have to say him, "Look to me, just you watch me."

Eye to eye you have to look straight like hitting his eyes few seconds. Then you have to wash his face completely. After you seeing like ten, fifteen minutes...no need ten, fifteen minutes different people, then your eyes is really starting to little painful. I think everybody can understand this. Even though if you work with the ten people, like if you talk to a hundred people, by evening you go really tired with headache. Some whole head is aching. To me especially, my eyes is little burning, then my head complete their energy hitting on me and I'm sending them. I makes the people sometimes my head to pressure it. To pressure it as much as they can with whatever they have the energy. (*Swami asks students to squeeze his head*) It goes like a big rock. I need to like that. Of course, little my style to getting relief the stress out, I can meditate, I can discharge it, but mentally, with muscles, taking massage. It's not necessary everybody but it most affect through your eyes with somebody else.

If you see one person with your eyes immediately... suppose if you saw a beautiful man. If you saw a beautiful girl, then our heart is starting to beating, and your heart is started... you want to talk to her. You want to make friendship with her. You want to be very close with her, then you want to try to be. You can't sleep, you can't drink, it's bothering you huge crazy. Just with the channeling with your eyes you're receiving, and you're holding in your heart. Period. It's there. Until you discharge it, it's bothering you.

Some people little crazy people who comes to me, "Swami I saw a beautiful girl, I lost my brain. I lost my life. Please can you bless me to her in my life as a wife?" "Oh my gosh, you have a picture of her?" "No I have no chance to take picture." Simply saying, "Ok, go and get a picture." Then he tries to get a picture and he comes to me. He is already gone his mind, his heart - completely crazy. Like it takes to me two hours hammering on him, how she is ugly. No, I'm serious. Then his feelings coming down, coming down, "Oh yea, maybe. Oh yea maybe." Then it goes away. Some people it is very, very danger to them. It is very painful with the eyes, immediately receiving, hooking, and keeping in their heart. So, my advice, it's temporary energy you're receiving. Whatever you're seeing, immediately your heart, this treasure, this part, this part immediately receiving it, and you're receiving it, you're bringing up and it is holding there and it's making you crazy. Completely whole your life until you discharge that.

How it discharges? It means you have to consult a beautiful person, psychological good man to handle you. No doubt you can't handle yourself because of, you already crazy. Some people they have the ability they can handle. It's Ok but don't stay in that condition. It's big danger condition, biggest illusion sucking in you.

Then second one, you have to even though you are so, you have beautiful friends, you have to go with them to be enjoy. Enjoy means to spend your time playing with them. Then that energy with your friends automatics they can draw on it. You know draw on it? They can suck out with their love and affection on you. Playing music it goes out, then your energy goes down. Or, there's another chance the friends has to introduce another beautiful girls, beautiful man, introduce to the guys who was the friends. They have to be very intelligent if he's in that condition, they had to introduce another pretty persons to them. Then Ok, its normal, it's natural, they goes down. Does it make sense to you guys? Ramakrishna is it make sense?

Ramakrishna: Perfect sense Swami.

Swami: Oh good. Now he's in Los Angeles! I hope not. Why this place, this power spot, it sucks high energy means... this part is very sensitive. If somebody crushed (cursed) on you, you're listening, you're easily receiving that and you're holding and it's going there. You're receiving that pain and you're in that pain, "Why she crushed on you? Why she's crushing on you? Why she's doing this crazy stuff? Why she's screaming on me?" That pain easily she's receiving. You have to be very careful. Nowadays there's a lot of jealousy, a lot of egoism, lot of proudness, lot of confusion, lot of illusion. It's only we are receiving with this three channels. This one...this one... this one... Nose, eyes, ears. When we have to improve our strong will power through your highest peace sucking in the meditation, even though you are seeing so pretty girl, so pretty husbands, sorry, pretty man, your mind and your heart it doesn't affect on you mostly, even though somebody's screaming on you.

Today example, morning some Muslims came, another religion people. Simply I went out to show how to build the walls. They came screaming on me. Well there is no mistake of mine. I'm simply listening. It is really, really crazy screaming on me - a man, head of the guys who was religious head. Ok then just fifteen minutes let he

talk. No problem, all my boys, all the Indians, like thirty people they are so angry. Just I simply, "Wait, Talk." He finish talking fifteen minutes, then he tired.

"Am I talk now?" "Ok talk." "Listen, what you want? Tell your disturb. What you want?" Oh I want until to here, to this, this is our boundaries." "No problem. What else you want?" Just simply one word, "No problem, you want? Get it. You want cement road? How much money you want? I can give my donation." Then again he have egoism. "Oh if I get donation, all Muslims will appreciate on me." He goes little doubt, "No, we don't want that." "What else you want?" "We want put arch," his symbol like big arch. "No problem. Make it."

If I started to receive that craziness, if I started to fight with him, my boys definitely they are attacking on them. All the devotees they gathered, all the villagers backside. They came somebody came doing little crazy on Swami. They came like big, simply, "Come on?" Then finally when he's going, he take a Coca-Cola, drinking, "I'm so sorry. It's my emotional." "It's Ok, no problem." You want one more Coca-Cola? Maybe you are so thirsty?" He got like that.

After finally releasing everything, they are like simple seeing like in the big lens creating some religious problems. "Come on, don't, no more one chance to you, I'm not giving - what you want, have it." What I offer most, many things but he took only certain things. His heart is not accepting. He know he's wrong, he's guilty, he know he's wrong. When you open your heart with love, another person even though he is a big angry, he can't do anything. It affects on them. They goes down. Even though I told many times, the wife is screaming on you. If you, "Ok, I'm sorry." If your heart is open completely, "Please forgive me." No chance she can't fight with you anymore. You're simply sitting, "Ok, I am so sorry, forgive me." But nowadays the husband and wife, they're not doing like that. If she started to argue one way he goes another way higher level. Then she jumps higher level. Big blasting. They're separating.

Jonathan: Question Swami? If the Muslim came and wanted to build an arch on your ashram?

Swami: No, side of my property they want, if they want on property fine.

Jonathan: Next to it?

Swami: Hindu, all are brothers. It's so pretty it brings so prettiness to my ashram. Last time I told, "If you want some cement bricks, I am happy to offer to you, please make it so pretty, I need prettiness." It's natural nowadays.

So the eye...whatever we see it holds. But we have, do only a person who came like that with sensitive heart receiving some pain. Then with your peace you have to touch him wherever you feel very comfortably in his body. Maybe some spots in his body, maybe the power, energy spots. All spots you touch heal him. Make him to lay down relaxly. You started to work on him. Huge mostly effects you can suck out their pain, without it's a big mechanism. One day is huge enemyism thoughts. In a couple hours if you are strong, sending high peace in him, you can pull out that pain. Seems to little crazy what Swami is saying, but it's true. Is it make you sense Lothar?

Lothar: Very much because this morning the energy for very short time, screaming was going on. I came to the door and I looked at what was happening - everybody running to the back gate. The energy changed very hostile for a moment. I mean crushing. Then after little while, like rain, it left. So it makes perfect sense.

Swami: When he's screaming just I'm thinking on Baba, "Ok, you're screaming on me this direction. Maybe I need it." Making myself joke. He's screaming, just I walk a hundred feet. Then he's screaming, "How gently he's walking even though I'm screaming. He's not listening!" Swami says, "You talk. When you finish I will talk." After fifteen to twenty minutes he's completely tired.

(Everyone took a break for dinner)

Myuri: Question on the eye. Do you look both eyes or one, or the other? It's hard to look both eyes.

Swami: Ok, am I looking both or two?

Myuri: Both or two?

Swami: Am I looking both or only one?

Myuri: Your looking one.

Swami: If you started to cry, any person, if your heart really, ok it's

not right. If you started to crying, one eye never cry. You know that? One eye, if your so painful, you're weeping, when you started to weeping you can't see anywhere in the universe only with one eye, somebody crying, one eye no crying. They started to both of crying means when you started to look eyes, it affects on boths. It receives the same energy.

(Later that night)

Now, almost all the vehicles the rooms finalized. Takes the vehicles fixing huge time. It's India. Who was feeling sick today? one, two, four, five, six... I assume there is no enough sleep to everybody, isn't it? Even today I went like four o'clock to take sleep, just take a small nap, then they started to hammer on the wall, "It's ok, forget it." I woke up and take hot shower and came out. Some people have to take in charge not to make any noises, even on the upstairs walking, huge heavy - especially in my bedroom. That wing section, walking like, just walking on me, and big laughings, and big talkings... sometimes big talking, making noise like animals. You have to be as much as you can in the deep peace and silence. Try to be in the huge silence. It's ok you can talk but not always. Generally it's not good for the health - number one, and it makes the life span very less. This is true. Who talks too much, their life span automatically goes to very, very down, and easily they'll get some mental, emotional problems. So such type of the problems we have to face by talking too much.

But we have to laugh. When you started to laugh it makes you so fresh and healthy. Too much laugh very danger. Memory power goes down. You know that? I think everybody know that guys? No? Who laughs too much their memory power, their intelligent power goes very down. Ok, we can jump on the subject. It's not so much time today to talk. If feel so tired but we'll see how it goes. Eye, Ear, Nose, Bimba Pratibimba Healing Process we are talking like in a couple hours back. Isn't it? Anybody can read for me how much information we have done, just a few introduction?

Jonathan: Eyes connected to the heart. Three main aspects of Bimba Pratibimba, one, music that touches your heart and leads to crying; two, melts your chest treasure; three, connects with Brahmanadi. Beautiful smells through the nose can also trigger those kinds of openings. Tongue you mentioned also but that the tongue has limitations. Tongue gets...

Swami: Very less reliable.

Jonathan: Neytra Sam Yoga Process, eye to eye, look to me, I look to you. Can hook anyone with your eyes and you gave examples of that. Use personal mantra for healing when you're healing someone.

Swami: Ok, eye later, hearing with some crushing words, keeping the pain... then after?

Jonathan: The eyes receive energy. You receive it in your heart, moves up to your brain, stays there. You loose your mind - big illusion possible. Don't stay there - discharge. A lot of illusion can come in through the eyes, ears, nose. When an angry person comes, just open your heart, let them talk for a while, or if you're doing healing make them lay down. Touch him on the power spots, treasure areas, or some of those areas. Work on him to pull out the pain. Those were the main points. Eyes get tired also doing a lot of eye healing.

Swami: I mentioned that?

Jonathan: Yea.

Swami: It's interesting. With the ears, when you started to listening the music, that is one of the... if certain souls not even like forty, fifty percent most-ofly, they receive highest energy, self-energy to them self. They create their own energy by listening the music. It is one of the most, best advisable healing process to anybody in the universe to release their pain, to discharge their emotional problems. They can wake up their energy through the music - highest advisable process.

When you are listening the music, you so impress, your complete - your mind, your heart, your attention, your consciousness, is completely very soft and smooth with melting with the huge love. At that time you have to use your Brahma consciousness, you have to think what pain you have in your life. What you really want in your life. Open your heart, you think on all your desires, what you really want. You ask the God to help that. At that time your mind is completely closed. Your mind is no more thoughts, crazy thoughts. You're so enjoying at that time. It's one type of the attention trance stage, attention trance stage.

Even though you are in attention, but you are out of your mind. So, it

is most advisable, you have to do the healing, self-healing yourself to release. But, even though there are many, many diseases - through the music, through the music you can make it to heal them. That music, what advisable, there is many varieties of the musics. It has to be very soft, melodious, very peaceful like a nature music. You have to develop your heart channel to open to that, to addict such melodious peace music. When you started to hearing, then automatically your heart started to addict that beautiful music. Even though when you done huge hard work, when you came in home, just you play the music. It's enough, in a fifteen to twenty minutes you can heal yourself.

Generally, sometimes I like so much music I plays only one cassette entire like six months - once just I takes the cassette out, putting new cassette. One guy making the back and forth, some Sai songs, just I plays really loud the songs. Playing it, going in my bed. Slowly just listening, he started to sing, a beautiful guy. Sometimes who do the bhajan I hear, they go really crazy the bhajan they're doing. At the time I run away from the entire, not to hear. I go to the edge. I don't want stop their happiness. I will run away from out of the ashram. I'm talking seriously. They have no how to practice but some of my kids they do. But some of them do really excellent. Somebody does very crazy, like making they're in a huge trace, like making the drums, like even the devotional songs like high frequency. High frequency with the drums, the kids go crazily. I told many times, come down, again they comes for two days, then again they go.

So it is one of the best, easiest way. Everybody they know music is the best but they're ignoring that. They're not taking that. They're not taking as a healing. It is one of the highest relief, so it's most advisable you can use that. It's called Sangeeta Prakshalana Healing. Sangeeta mean in Sanskrit the music, Prakshalana - discharging through the music, discharging through the music to getting the healing. You understand? Suppose, before I comes here to start any program I makes people to sing a song, like Om Nama Shivaya - keeping on listening. Even though you are in one certain frequency your mind, your all comes settle down. Makes huge relief. Then if you bring the energy to high, it goes to, easily they can understand. Immediately if you comes talking, it takes huge energy to them to understand. If you put them before to some music to play to chanting, to chanting, chanting, it brings huge energy - they settles down in a one frequency. From there you can make them to pick up. You

understand?

Then we're going to another healing techniques. Everybody understand this, any questions on this? (*Lothar translates*) Not making much noises that's very important point than any knowledge. Present position what we are doing, processing...Swami also preparing for to Christmas celebration, the Christmas day to channeling with a really, like a huge breaking my head. Like big exercising. Today just I lay down under the tree talking, after the Muslims talking, again I pulled out that one man, just forty-five minutes working on that, having a big conclusion, jumping out, again in my swing like twenty-five to thirty minutes, peaceful thinking. I'm preparing also huge for the Christmas.

Even though whatever you are learning, our mantras and prayers, that is your process but I have to do my process. I can't to be like simply talking and eating and sleeping. So anyhow, then we're going to talk about in this what we talk... Which power spot in our body we used? Computer man?

Computer Man: (inaudible)

Swami: You are so smart. In the seven power treasures, we use here one power treasure... in this healing Bimba-Pratibimba Healing Process, we use one power treasure power spot. What is that? Alx? Alana? Ramakrishna?

Ramakrishna: Brahmanadi

Swami: One level good, Jonathan?

Jonathan: That's what I thought, Brahmanadi.

Swami: Hey! Entire it comes to touch your heart. You're listening music, you're getting that and from here it's going here, and you're keeping that. After seeing a girl, you're losing your mind. From your heart it's coming and you're holding it, seeing, it's going here. Then it's growing high. I think nobody really can understand that, isn't it? This entire discussion it seems to nobody's not understand this?

Myuri: I think because you said center, they didn't know of your chest. They didn't know that meant heart is center of chest. They didn't know that meant heart.

Swami: Myuri, you're the big escaping. You're expert on that. Why can't you become a lawyer? You are very perfect in the professional life. Gosh. Is it make sense? The heart means here? You're receiving, it's coming. When you're listening some music, your heart is completely like free and it's going high, and it's making you cry. You feel so pleasant, relax, happy. You feel so weightless. It's called in Sanskrit, Hrudaya Chakra.

(Question asked by someone)

Swami: What's she talking about?

Lothar: She's talking about the music healing. That we can do self-healing but can we use music also for distance healing, healing others as we listen to the music?

Swami: Why use that process? We can but it's not so much advisable. You are not sucking the energy, you are self-healing, you're creating. It's a good point. I will discussion on that later very deeply. We will jump on other healing techniques, we don't want waste the knowledge, it's not advisable. Ok, we can talk on that. Now let's finish that.

Suppose, how tell the example? Ok, when we are started to listening the music, you are so, so, so impress and you are starting to crying. You're so melting at that time. I told, better to ask with your Brahma Consciousness what is your problems, what you really want, think all your desires. At the same time we can use... you can bring up somebody's name or their problems. You can think on them. It's ok, the blessing it goes to them. But, through the music there is a big faith and tradition there. Using the music, self-healing is excellent.

If you started to think when you're in deepest music, enjoying that, if you started to think on somebody else, there is a little problem it gives to your mind frequency. It affects on you very sensitively. It is a sensitive, delicate process. You understand? It is very sensitive. Suppose my mind is very sensitive at that time. The people started to making the huge musics - I go away, not to getting disturbance. Not to making the frequency making me going down. Ok, just I go edge of the corner. It's not advisable at that time to taking you're really enjoying, taking another frequency. When you're really enjoying taking another frequency, putting in your mind with one is melodious, with one... is like big fire throwing the water, taking the

coals out. You understand how it is with a huge exercise. No need to do the process. That's my advice.

You can do with our eye healing taking somebody picture, watching him. You can send the blessing. Sorry, I forgot that one point - taking the picture watching him, sending the blessing. That result can happen there, easily. Is it make you sense Lothar?

Lothar: Yes.

End of Talk