

Christmas Program 1999

Healing Techniques: Energy Treasures

Malligi Hotel in Hampi

December 23, 1999



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(Recapping a class in Penukonda)

Lothar: With that, certain prayers with that, and as you swim in the water you pray and that can take you into huge trance. And that is the third channel. The fourth channel...

Swami: I told somebodys, they died in front of the ocean.

Student: Yeah, exactly.

Swami: They brings him...

Lothar: They're with the tides... You said it's not safe the waves are always....

Swami: So is a little weird, be very careful, not my energy, they puts him in the huge attention.

Lothar: Ok, the fourth channel is you said, is not with water but you and nature, you sit in the shade of the sun so that was number four.

Swami: That's it, I need only that – right is right.

Lothar: There's no water, it's go into nature.

Swami: Perfect.

Lothar: And then you gave the prayers afterwards?

Swami: Ok, perfect. Don't get confused. Ramakrishna

Lothar: Translates for the German students.

Swami: Ok, that's perfect. Ok, Beate, fine thank you. What is about under the feet? What is the secrecy in the energy's hidden under the feet, anybody have any idea? Ramakrishna?

Ramakrishna: I think some chakras are on the bottom of the feet. And...

Swami: Means we no need to walk? (laughs) with the chakras...can...

Ramakrishna: Like shoes...

Swami: Can bring you like a shoes to a lion (last word is unclear)?

Ramakrishna: Sometimes, maybe not me but only on the water...

Swami: Ok!

Ramakrishna: But you can suck all the, well... I don't know. What I know about the bottom of the feet is all the energy, it's like a soft spot, all the energy can come out from the bottom of the feet.

Student: Um, under the feet all the part of...

Swami: You no need to show. Just... (*everybody laughing*). Please explain.

Student: Ok, under the feet are all energy spots imprints that are in your body. It's the same as...they are also imprints on the ear and when Jesus was on the cross, they also put the nail probably through this energy spot.

Swami: You sure?

Student: Yes.

Swami: How you know that? I'm asking innocently.

Student: It must be the spot because it's Jesus and also because it's the most important energy spot.

Swami: Why? My question is, "Why, what is secrecy is there?"

Student: I don't know.

Swami: That's only I need answer.

Lothar: We are walking on earth and this is our connection to earth. So we can suck from earth through the feet.

Swami: Exactly, I told that! Am I?

Ramakrishna: You told that this time in Penukonda?

Swami: No, not in Penukonda, Penukonda I didn't mention. Now we'll start our healing techniques. Just five minutes, five minutes peacefully suck the peace. Take your paper and pen in attention. You have to write each person what I'm teaching with full attention. How are you global man? No good?

Clint: No, Good!

Swami: What do you mean like this? (laughing) You are like Ekalavia to giving your thumb?

Clint: Oh, God.

Swami: Your thumb is Nancy finger. (laughing) Try to make thumbs up but ah... nobody didn't bring my water here?

Anya: Takes two seconds, Swami.

Swami: No, you sit, the backside people... Alana, can you go and get some water for me?

Swami to another student: I'm sorry. Let me know what can I help you. Be honest. After, I don't want to give trouble to you.

Student: (not clear)

Swami: First you switch on the fan.

Ramakrishna: No outlet outside, there's outlets inside.

Swami: No it doesn't come up.

Anya: I can go get the manager. It's very easy.

Swami: Yeah.

(another break while the gate is lifTobias)

Swami: Backside people! *(motions them to move in closer)*

Lothar: She's offering you a tangerine if you like. (Christin)

Swami: She (Christin) has huge shy in the universe, number one. Ramakrishna, even just you put their back, the wind comes up.

Ramakrishna: The wind's coming.

Swami: Where?

Ramakrishna: Here, pretty strong.

Swami: You switch on the fan?

Ramakrishna: Yeah. I can come there to show you. (laughing)

Swami: You switch on one fan. There. Good. Relaxing? Good, everybody need it.

Lothar: Swami if you want to draw the moon yantra I can get the paper and you don't...

Swami: Good, everybody need that. Ok guys, relax.... Hey, Ankara? Somebody turn off.

Ramakrishna: The power, the fuse?

Swami: No, the boy. That's ok, everybody need the cool air.

Ramakrishna: You want that on or off?

Swami: On.

Ramakrishna: On?

Swami: On.

Ramakrishna: These people can't hear.

Swami: Is it true? Ok guys, anyhow, come to the points. In entire in our body, especially in Indian tradition they says, in entire in our body highest relieving when you got the massage... When you have too much energy, if you got the massage under the feet, just to the feet, you'll get much relief and relax. Is it make sense? A powerful...who does Indian tradition their energy it goes under their feet. First of all, why they in India, everyone, they go to surrender

their feet? They touches their feet. Why? Why can't they touch their hand? Why can't they touch their body and take darshan? Even the God and Goddesses, even any powerful holy man, when you saw just you surrender to his feet. Inner side there is secrecy the Indian tradition, it says highest power a holy man, the holy people, highest healers, the energy it flows and it stands much energy in the feet. They won't care, even it's traditional faithful to humbleness, to surrender to touch their feet in one tradition but inner meaning - you are taking lot of blessing from them. You are taking a lot of energy by just be simply touching the feet, and also it gives the much humbleness and high huge respectness.

What type of energy is hidden in our foot? If we start to discussion on that... exactly in the middle of the foot you can send highest healing energy to any patient, any person very easily. Suppose if you... through here it's also can send... from here, from under the foot, from under the here. Generally Swami will touches which spots? Here (3rd eye), here (BKN). Of course I want touch sometimes to the middle of the foot, then they go crazy - too strong to them and when my mother is very sick I start Tobias to giving on her healing to her foot, she didn't accept, "Oh, you're a holy man, don't touch my feet." "Oh, you are my mother, I came from you." She like a huge shy, her heart is not open to me to touch her feet.

Of course every my birthday sometimes, when I am a student if I want something, when I am in the home and my mother is sitting in the chair. Suppose I want to go to some tour with my friends... sitting and giving massage to my mother feet like buttering on her, "Oh your sari is so beautiful. Oh what happen to your face, so glorious?" Finally she is comes, "What you want? Tell me. Come to point." Generally you can make satisfy any person giving the massage to the feet...easily. Even though they're so angry just you make them to sit, just you give massage to the feet. In fifteen, twenty minute their angry percentage comes down. Without their notice their heart chakras, their heart it complete opens. They feel like so loving and....what we say that? They feel so affectionate, so affectionate and so pleasant. Under the foot that energy we have to suck out.

Even when you came out from the long distance by walking and walking, just you step on two feet in the water, two feet - high energy whatever you have in the body just it completely it comes out in the water. Easy to discharge the heat, whatever your wavering mind,

whatever you feel uncomfortable, all different type of crazy energy whatever you have just simply standing in the water until to here fifteen minutes you feel so relaxly.

Cindy: Did you say fifteen minutes?

Swami: Fifteen, twenty minutes. Even the doctors they say advises, put the two hands under the bucket in the water, is it make sense? It sucks. And they put some cloth top of the neck here (back of), some cloth on your head with wet cloth, this way here (forehead). They never recommend to cover here and your back, mostly they recommends here and here. Easily you can suck out. These are two spots on our body very powerfully we can release our stress and negativity. The backside people is hearing, guys? Ok, they don't speak English I think. Good for them.

How to improve your power through the ground to in your feet? Understand? Through the ground in your feet, the earth have different vibrations, the earth have different vibrations, different energy. When you're walking, without our notice that energy is affecting on you hugely. And there is a big chance some earth it sucks your energy into the ground, it decharges you. "Swami, why are you talking little crazy? Is not make sense to us, the earth have the energy? How the mechanism it goes to charging and decharging?" Everybody have the big confusion on that. In the beginning stages, me too, I have the confuse. In the universe each metals, each rocks, each type of sands and mud, they have the vibrations. It's positively true. Even a person who got the fits, you know fits, like electric fits. Fits!

Clint: Seizures.

Swami: Seizures... then the people advises, put the iron rod in their hand. What happens put the iron rod? Clint Thompson, you are a doctor, tell me.

Clint: I don't know, I've never seen that.

Swami: You don't know that?

Clint: No.

Swami: You never heard about that?

Clint: In the West you don't do that for seizures.

Swami: What you do? A person fall down, fits, what you do?

Clint: You give the drugs.

Swami: You see practically, it's a big challenge. Who got the seizures fits, if you put iron keys - in one or two minutes he comes back. Hey! This is true absolutely, you can try any person, one hundred percent true.

Lothar: Is this like an epileptic seizure?

Swami: (nods yes) Anybody tried on that? Anybody know that practically you seen?

(A German lady's daughter has epilepsy and says she simply stands back when her daughter is like that.)

Swami: Uh-uh (negative). Take an iron rod when she's making that, put it in her hand, put it in her hand, just close it one, two minutes they comes back a normal person. Just you make them hold like ten, fifteen minutes, then the feels huge energetic.

Student: Iron?

Swami: Iron! Iron keys! Hey, keys is iron metal, your car keys is iron, your door keys is iron...

Student: For what is it epileptic, or can use for any loss of consciousness?

Swami: I have no idea on doctorism, but who goes by walking, walking, suddenly they gots seizures fall downing, they comes like a fifteen, twenty, thirty minutes later with the huge brain shake, brain injuring. Again if they came like twenty minutes later they got very sickness, they can't drink water, they're like huge trouble. That type of person, put the iron keys, in a two minutes they'll come out, they'll behaves as a normal persons. Is it not make you sense, Cindy?

Cindy: No, it is... How long do they hold the keys? I have ten to fifteen minutes...or shorter?

Swami: They'll come back in a two, three minutes maximum. When

they came back it is recommendable to have them just hold them like five, ten minutes. Then after they have to drink water. It must be normal water, even if it is a little cold, ok. So in the universe, each metal, each ground, each rocks, it's have certain vibrations. The magnet have the high vibrations, that stone. Why is that? The magnet is sucking the iron content, is there any contents to suck our energy? Does it make you sense?

Ramakrishna: Can you say that again in a different way?

Swami: The magnet is sucking the iron. In the universe is there any metal or anything it sucks the manpower, or it gives the power to the man? What?

Student: Metal, you said metal.

Swami: Metal or clay or anything.

Ramakrishna: Are you asking a yes or no question?

Swami: Um-huh.

Ramakrishna: Yes (laughter).

Swami: The ground, natural ground. One metal, it's like a metal to our body, it gives the energy to our body, it sucks the energy without our notice. It gives the energy - it sucks the energy. In the temples in the Indian tradition if we go under the huge temples' domes, that domes, the pyramidal energy, like a pyramidal structure, even though there is a statue, a rock like Ganapati, Durga, Venkateshwara, Shiva Lingam, that rock it haves own abilities to giving highest energy. How it is coming? When the cosmic energy it is sucking in the domes and it is affecting on the ground, like a pyramidal, it's like a high vibrating. Even if you go there, you go like huge blessing...in the pyramids if you go, the ground, everything you're like, "Hoh." Even if you put the curd, yogurt in the pyramids, after one month if you go, still there - perfect. If you put your shaving blade with wet, if you put there, that shaving blade it never rusts, it's still very knife-ish, very knife-ism, sharp. If you put the milk in the pyramids five days, ten days if you put the natural milk outside the sun hits that, it destroys, smelling. You have to...

Student: Are you saying it's in the rock then, and so it's not in the shape of the pyramid?

Swami: Wait, wait, I'm coming in the point. I'm giving outlines. Why certain energy sucking the pyramids and its giving the ground? That ground, it's giving vibrations to keeping alive. It's not only the cosmic. When the cosmic is sucking, it's giving the ground, the ground giving the vibrations.

Student: Like reflecting?

Swami: Yes, like reflecting, it's starTobias to vibrations. When you stay there that vibrations, our soul without our notice is sucking huge power. Our foot, incredibly even you're walking with the shoes or not, or whatever it is, it is sucking high power, that ground healing energy, vibrations. Some big faith, if you inviTobias a holy person in your home, you have strongest confidence and faith, if he comes in your home, whole home will be purified. Is anybody have faith like that?

Students: Yes.

Swami: Why is like that? He is the man of the highest vibrations. Even if he walks, with his feet in our home walking... if he goes still the vibrations is there. Does it make you sense, Clint Thompson?

Clint: Yes.

Swami: Some people in America when I left, on my bed, some people like a big competition, they're going and jumping on bed and sleeping in my blanket. In my ashram I'm so scared, in a year how many pairs of shoes I lost, Ramakrishna?

Ramakrishna: Two a week.

Swami: Huge my shoes pairs.

Ramakrishna: Hundreds.

Swami: Just I drop them in front of a door in a function. Indians they have huge faith and tradition on me, good love, even though they are doing thieving, they're inside saying, "Sorry Swami, we are bringing out," putting in their bags, going out. Hundreds of my dresses when my people washing, putting on the string, shawls, disappearing my dresses, lot of shawls. (scarves) I can't say, I can't yell on them, I can't scream on them, they comes in front of me as innocent guys. As Indian tradition if anybody stolen that, if I starTobias to talk on that,

it's so bad to me as a Master - no permission. No talk, simply watching, "Hey how are you?" Then little twisting him. Even if he stole my shoe, "Oh, your shoes seems pretty good." It means indirectly saying, "Oh man, you steal my shoes." then, "How much your shoes cost? (laughing) Careful, careful your shoes, maybe somebody can stealing that." He already understood, "Ok, ok please. I stolen as a Guru, I don't want use your shoes, I want to put on my..." Like vibrations they want to keep something, like a power objects.

Like in our feet how to suck the vibrations? Now we are coming to real point. When you went to holy places, when you went to holy ground, when you went highest pyramids, you have to connect the earth. In the earth easily you can suck the power through the elements prayers. Can you tell the First Earth mantra Alana? Little shout, little loudly.

Alana: (*She sings First earth mantra*)

Swami: I couldn't hear you, can you repeat once more please, because of Ramakrishna.

Ramakrishna: I'm sorry.

Swami: Go ahead, once more.

Alana: (*she sings again*)

Swami: Is it right Lothar?

Lothar: For one moment I thought it was not correct in the sequence but then I think it was correct.

Swami: Ok, what is that moment? Can you repeat for me?

Lothar: The "Tiga Yoli Bhava" I thought that was wrong but then, I right in my head.

Swami: Ok, I want to hear from you.

Lothar: (*sings First Earth mantra*) I was wrong, right?

(*Everybody laughs*)

Swami: Once more. Everybody have to, little careful with Swami.

Lothar: *(he sings again...incorrectly) (laughing)*

Swami: I don't want to make your heart to stop.

Lothar: You make me sweat.

Swami: When she's singing I watch your face, you're a little...like that, "Ok, why can't I pick up him?" The First Earth mantra you have to sing very innerly, very melodiously as much as you can. Then it helps...

Student: George is on the phone, he wants to speak to you one minute.

Swami: George?

Student: Yes, George from U.S. You want to speak? It's not portable.

Swami: Where it is?

Student: The Manager's...

Swami: Permission? He is very sick.

(Swami leaves-small break then returns)

Swami: It's my karma, not my karma, the student's karma they calling, he have an emergency got very sick, got diarrhea, he's a little... he have some problems. Ok, then. Natural. When we walk in the temples, the holy places, holy grounds, we have to chanting the First Earth mantra very melodiously inside to connect the earth to open your heart. Whatever the positive energy is in that holy place, you are sucking on the right moment, on the moment. Even if you saw a statue in the temple, that pyramid, that energy is bringing that statue and it is naturally that statue is bringing high vibrations, that holy dd...um...

Ramakrishna: Deity.

Swami: Deity, that deity is starTobias to giving the vibrations. Even if you are standing, that deity is connecting the ground, it's coming you like electricity. Even if you go and stand there, doing some prayers, you feel so pleasant. Then even though they decorate that deity and with flowers and with diamonds and with rubies, with the gold...it is

Indian tradition... that diamonds why they put Tobias, when the high cosmic it's sucking, it star Tobias to giving high dazzling, huge vibrations, much connecting, hooking. It is giving highest radiation. It affects on our body without our notice to our soul - huge charging to the ground. Even the gold, the high vibrations it produces to affect on us. And the priests in the temples, they chan Tobias the *Vedas* to connecting whoever comes to in the temple, they have to get the high beneficial, the vibrations, the blessing of the God and deity. In the *Veda* they chan Tobias that. So when you go there you have to ask your desires and you have to suck the power through the earth element mantra to suck as much as you can wherever your body is touching. Some people, in the temples you observe, they completely they surrender their whole body to the ground, like that. You observe in any temples in India?

Students: Yes.

Swami: The computer man?

Tobias: I seen on TV.

Swami: You seen in the TV?

Lothar: Even in the ashram.

Swami: In my ashram, sometimes you feel little uncomfortable even if I say, 'computer man?'

Tobias: No.

Swami: Good. So they fall down completely, it means high vibrations they're sucking from the ground. One thing another also, you're completely surrendering whole your body and your soul, your mind to the God is a one humbleness. Innerly that meaning, you are sucking high vibrations to whole your body. After standing one prayer, lay downing one prayer, again they stands on their knees. You understand? The Muslims most-ofly they stands up, they sits, again they surrender, they touches their third-eye. Even an old Muslim person, they wake up, they sits, again they touches their third-eye to the ground. Again they stands up, they prays, again they sits, they touches there. You can see the Muslims this spot (third eye) after touching and touching and touching and touching the ground it goes to black...hitting and hitting and hitting, like twenty-five, thirty

years who visits in the temples, the mosques, the Muslim mosques, easily we can see huge black color on their third eye. Hitting. It is innerly meaning. In the temple we are using in Indian tradition under the feet, they are using their third-eye to touch the ground. It is the inner secrecy. What Swami giving, after understanding everything, finally bringing in one conclusion to giving the answer - inner secrecy in that. If you feel, if you touch any holy object, if you receive any holy object, I recommend, just make to touch here. Some people they can touch to the two eyes, they can touch here. If any one person gave a any one...suppose any powerful power object, if you take this touching here, or touching here, whatever you catching one part is the blessing. After you start to touching here and here, one hundred times receiving, without your notice your soul is receiving some energy.

Certain rocks, certain holy objects, it start to giving the regenerating it, like a generators the energy vibrations. The human beings need it and after...when after you suck the high vibrations in your soul it mostly it maintains your positive circles around you, the negative energy never attacks you. Like lot of unhealthy crazy emotions, bad luck, huge criticism on the person to make him to hurt and painful - that type of stuff the positive vibrations give the protection him to keep the distance. When the positive vibrations is getting lesser it means the negative energy easy to attack on you to put you down in the sadness and the depression. So you have to be very comfortable and careful too - you have to create your own energy around you to make the positive circles. To visiting mosques or temples, the holy persons to meditating and power objects, these are all necessary.

So when you're chanting that prayer from the ground, when you're walking with the foot, high energy you can suck it. How to use on the people to sucking whatever you suck from the ground. How you can easily send the energy. You seen some Indian tradition they'll sit in the... when they're transferring some energy the Master and the student, some people they sits like that (*foot to foot*). The student is sitting like that, hitting on Master and the Master's hitting on his student feet. You ever seen that? No?

Students: (*Some yes, some no*)

Swami: I think the girlfriend and boyfriend sometimes they sit like

that together, lay downing. At the time they're feeling so much pleasant happiness. Anybody did that? (laughing). Seriously I'm asking.

Lothar: Yes.

Swami: Even your brother and sisters whatever it is, if you sit like that you feel such a greatest joy, like connecting with them...easily, just you are connecting with them. You have like a feeling huge commanding on them. Another person also feels huge commanding on him. They're feeling like a huge connecting. You felt anytime? You know that?

Anya: Yeah, I do. Don't embarrass me.

Swami: Embarrass? Hey, where is my coke man? So like that, I recommended some people to sitting their back and back meditating. (*Sitting back to back*) Actually I want to do in ashram, finally I gave up, again we can do that to sitting one person in back and back sitting. I think I observe the wife and husband, and girlfriend and boyfriend, they are sitting, one person seeing the East, one person seeing the West and they're talking together. They feel so happy and joy. Anybody did that? One hmm, you seems to very master, Elizabeth E. energy sharing.

Even if there is any misunderstanding between wife and husband, boyfriend, girlfriend, if they sits like that one hour they can maintain, their misunderstandings coming down. They have to go walk in the nature, on the beach, or a lake, or in the garden with open-heartedly they have to talk to sharing their energies either this way, or to back to back. To back to back there is a power spot, that makes them to so washing out - discharging. To foot to foot it started to giving the cycle. You're thinking I'm crazy Ramakrishna?

Ramakrishna: I always think you're crazy. (jokingly) I like that. I like your crazy.

Swami: Any questions on that? These are all techniques how you have to maintain your positive energy. It seems to little silly and...

Students: No, no.

Swami: Deep energy is there.

Student: When you're doing back to back, this spot?

Swami: Just back to back automatically...suppose, ok, boyfriend is so fatty, the girlfriend is so lean, tiny, well...(laughing) if he makes his back on her, she bends, crack her back, forget her life! Ok, doesn't matter.

Student: What is the difference between feet to feet and back to back?

Swami: Feet and feet you can use the earth energy sharing the one spot, first power spot, and when you are the back to back the seventh power spot sharing. You understand? Actually I have to explain that one in the Kundalini. I didn't complete the Kundalini process, I didn't complete yet. So I took the special subject when the discharging... it's Kundalini subject will come then. So the foot to foot it's advisable, back to back advisable, and a person who was really crying and crying, if you hug them to hold them to you, like ten minutes, they feel so security. Heart to heart touching, after fifteen, twenty minutes, they're getting huge relief. Does it make sense? Why is that, Martin?

Martin: Somehow you take his grief and you share it, and give back your love, you exchange love and take his grief.

Swami: What do you mean? Give me exactly.

Martin: Somebody's crying and you give them a hug, you share your energy spot, your energy system with his, and you take his pain and therefore you share your love, giving to him.

Swami: Clint?

Martin: Basically you exchange energy.

Swami: Clint what's your feeling? What is inner secret mechanism is running there when you hug a painful person after fifteen, twenty minutes he's getting high relief. What is secrecy is there? No? No?

Clint: I think it's an easy place, it's the natural place for the discharge of emotional energy so it's easy to touch, like a door, to touch the soul in that way.

Swami: Pardon me?

Clint: It's like the door to touch. It's an easy way in. It's easy for the energy to flow in that place, you touch your heart to their heart, and vibrations, the heart vibrations.

Swami: When a person is crying, another person automatically when he saw that person, his heart is completely open, then he forgots all his thoughts, "Hey, why you crying? Come on don't worry," then he starts, he hugs. It means the healer, heart is completely open for him, like a huge love flowing on him. Then he's allowed the energy from his heart is flowing to him then automatically he's sucking his pain. He's dissolving his pain in his energy. You are a master on that Martin.

Ramakrishna: Like a mother.

Swami: Like a boyfriend to a, with the woman.

Ramakrishna: Like a husband.

Swami: Like a father, like a grandfather.

Ramakrishna: Like an ex-husband.

Swami: You look pretty grandfather symptoms in you (laughs). So, power spots when you started to touching, to hitting, the energy creates. My meaning here, when you start to hit the power spots, the energy produces there, then it works very easily. The healing is working very powerfully - that is my deep meaning.

Student: What do you mean by, "hit" the power spots?

Swami: Not to hit you, it means... hitting means when you touch.

Student: Gentle.

Swami: To you gentle. Anyhow, everybody understand this? When you work with your power spots and power spots touching together - huge energy start to creating. Then it works highest healing, working there. In India they never uses hugging, ninety-nine percent. Why is that? Anybody have any idea?

Student: If you meet somebody and you have a certain level of energy and the other person has a lower level of energy, the person who has the higher energy loses energy and the other person who is

lower energy takes the energy of the other person.

Swami: In India we can't see the people hugging each-others, they hates that. Seriously, they hates that, why?

Student: It has to do with sexual energy? So that the heart is connected to the sexual energy and if you meet, it arises some of this energy and they don't want.

Swami: You're pretty close, go deeperly, explain more.

Student: They feel that they want to give love, an energy pure energy and if they hug the whole system is coming in vibration and this is also the sexual energy.

Swami: Is it comes automatically? I'm asking you. If you meet a beautiful girl, your wife is there, all your friends is there, she came, her energy hitted you already when you saw in her eyes, it's came, then you went, "Hello, I'm so and so," then you want to hug. What's your feeling at the time?

Student: It's a decision...(Swami laughs) are you, is this... it's not automatically?

Swami: You have the...don't escape. Don't hear (*to student's wife*). Go ahead she's not hearing - talk. Just talk as a student.

Student: Yes, yes, yes.

Swami: Go ahead, be open, be honest.

Student: Yes I am honest. When I see such a woman, I have this feeling or attraction I know...

Swami: She gave a big hug with you just as a brother.

Student: No, I don't want a hug.

Swami: She want to give you a big hug as a brother.

Student: No, I don't want to (Much laughter).

Swami: No, she thinks you are like a brother, but you have a big affection on her like a girlfriend, to want as girlfriend but she wants to give you hug as a brother.

Student: Yes, but that doesn't work. It doesn't work at this time.

Swami: To you or to her?

Student: From me to her.

Swami: She wants, what you say? No, it's important. You want to insult them? It means you don't like them? It hurts her feeling you can't say no. Come on it's a very bad culture. Is it true, is it make sense? If anybody gave hug, if you say no...

Other student: What people do in that situation is that they hug but they make sure their second chakra doesn't touch. It's way out here...

Swami: Wait, I will discussion on that very deeply. It's better to know everybody. That's why I'm pinching the point deeper levelly...to pull out the information out.

Student: At this point I'm very aware of, to how close the bodies come. You know it's more like a triangle you know. I hug here and the lower body is really not touching.

Swami: You seems to pretty good master on that. Well, especially in the Westerners we can see a lot of divorces...divorce...divorces, lot of divorces. Why is that means too much they're hitting their power spots. One is main, heart to heart is absolutely right. When they're hugging each-others, they're creating their feelings up high automatically. Even though the mind is, the heart it not want, the mind it started to think on the person. If a lady, even though she have a beautiful husband, if she gave a hug a beautiful gentleman, handsome man, for a little two or three days she started to think on him. Is it true? It make sense guys, be honest.

Students: Yes.

Swami: It is true! She's not giving perfect love to her husband and she is little uncomfortable energy. In a two or three days again, if we saw again that person, then their energy, it automatic flowing. When their energy flowing from her, automatically it creates from him also one point the energy growing up on her, they started to be friendship. When the friendship makes to big love, they'll make loves to started the relationship. Then she wants to cut to the husband giving the divorce, because of power spots making the candles, flaming the candles.

When you started giving the hug any girl or any man, you have to think, "Oh my dear brother... Oh my dear sister..." If you start one word from, even if you have such type of weakness in you, you know that you have that weakness, by strongly just you have to use one word, "Oh my dear brother..." Then if you use one time from your mouth to his ears it's a big break to your energy - it never flows. You feels yourself very uncomfortable, it doesn't flow much from you. Then his heart is also completely closed just to seeing you as a friend. You understand?

Student: You say it loudly, "My brother, my sister"?

Swami: Of course, it's very important to you (joking). Sorry. When I'm giving interviews definitely I'm little tough on everybody, checking everybody files, washing, exactly fixing the boundaries. Permission?

Students: Yes.

Swami: Permission?

Ramakrishna: No.

Swami: Who was no? I know his already, that's why he shaved his hairs, no women is not attacking on him.

Lothar: But in the West many women like no hair on the head of the man.

Swami: Really, permission?

Lothar: (*Translates questions for the Germans*)

Swami: It's a simple question, why too much discussion?

Lothar: Just to be very clear.

Swami: Maybe I'm little scared. Sometimes I can't believe Lothar in his subject.

Lothar: No, no, no, no, no, no! I do my maximum best.

Swami: I know you are. Is there little permission to go in your personal lives? Swami can go in your personal lives to swim to pull out? Switzerland man?

Switzerland Man: Why not?

Swami: It's not my business but I never go deeperly, I give some suggestions. Your life is your life. If I really, like few persons definitely I'm going in their personal lives from A to Z, washing to making fixing it...go.

Student: You won't be afraid of cobras if you go swimming in our lives?

Swami: I'm a Master. Ok, so we discussion overall the power spots. If you started to hit what the craziness it happens. Without our notice, with notice, even if you do or not do, practical results you are going to face - we discussed on that. So, next power spot under the knees. They gave the much, they gave the very less priority under the knees, in any all traditions but what I recommend to the people, when someone is really having going hard time with their mental problems, such type of the persons, take the rose flowers, put them under the knees. You make them hold here. Like that. Hold it and you touch the...here, on the top of the knees. You have make them lay down, make them lay down, put on the rose flowers under the knees, and you meditate on the person. Any prayer, it doesn't matter, to sending the energy to him. That flowers must be very fresh, only one time to one person using flowers. Only one time, you understand?

After using two flowers to one person, don't use again to second person. When the person is hold like that, with two hands, give some flowers to him, like petals putting on his here, head, to himself just you take the two hands you hold like this (*person interlocks their fingers and hold the flower petals over thier own forehead while laying back, knees bent to hold roses under back of knees*) When your giving the healing don't touch his third spot here. And he has to touch himself. (*over the forehead*)

Student: Are these more for specific problems or is this for general healing energy?

Swami: You can use the general healings also, mostly you can use the mental problems.

Student: What do you mean by mental problems?

Swami: Some emotional problems.

Student: The patient is lying on the side when he pulls the knees like this? He's lying on the back or on the side? (*Another person shows the position*)

Swami: Exactly (*on the back*).

Cindy: And the knees? Hold it or straight?

Swami: First you make them to lie down like that, exactly like that on the bed. You make his knees to back (*knees up*) in his back you make the two flowers fix it. Careful don't the flowers fall down and you touch their knees. Then before you're touching their knees put some rose petals complete covering here (*meaning forehead*). Make his two hands to close here. And you touch his knees. Meditate.

Lothar: While holding, meditate while holding so the energy can go?

Swami: Yes. When the flowers under the knees, generally some people they'll have the pains, they can't bend it, they can't fix it tightly. At the time you can wrap with cloth. It's advisable to be like that (*wrapped so the knees can't come down from the bent position*). When some heat start forming under the knees...you understand, when he's getting some people very, very hot like a hot, they started to crying, the heat is...they're very uncomfortable like little itching, you know itching? It's ok, make them to be relax holding that. The heat when it start to growing up, then again start to fall down. When it's growing up and again start to fall down, after fifteen, twenty, twenty-five minutes, then you can remove the flowers.

Student: Should you have flowers under your hands too? (*between your hands and the top of patients knees*)

Swami: Not in your hands - no need in your hands. You understand? Good - any questions in that?

Jonathan: Is it possible that we can do this exercise amongst ourselves to get more practice? Is it advisable?

Swami: Sure. Um-hmm. Sometimes in my bedroom when I lay down I feel so tired, I uses myself. Just it keeps some few roses here, under the knees, myself taking the rose and holding it. Sometimes I feel like a little painful, just I put the roses...relaxingly. Once if you putted the flowers, don't touch the flowers until to, until to the energy hot, go high, and coming down. It's very, very important.

Student: How long does the process take?

Swami: It's up to your time, that patient fifteen minutes, twenty minutes, like a twenty patients came to you...

Student: Any particular color? (*paraphrased question*)

Swami: Color no problem, it must be rose flower.

Ramakrishna: How does that work? Why does the heat come out? Why does that heal the emotions?

Swami: The energy that flower naturally it sucks.

Ramakrishna: Pulls out the energy from those spots?

Swami: Uh-hmm, pulls out, automatically it pulls out.

Student: Why roses, why not other flower?

Swami: Roses have highest frequency vibrations. First lotus, I told I think...

Student: Yes, Lotus, rose, sunflower, then jasmine.

Swami: Jasmine, first lotus, I told, highest frequency.

Student: (*another question about wrapping the flower in knees with cloth*).

Swami: Yes, dry cloth.

Student: (*If it's just that they can't hold it there themselves?*)

Swami: They have to lay down, their back it has to, it's not advisable to sitting and (*the knees*) bent. (*explaining the position to each other*). You got it? Then come to navel. This is pretty interesting spot.

Anyone want to go Jesus cave or? I think it's already 4 o'clock time. I recommend morning wake up, arrange a bus, either the buses will be here or local bus, straightly going like a fifteen minutes, sunrise is coming, then come back take a breakfast. I think some people can't wake up; it is their problem. You can go by seven-thirty, eight, taking some snacks, going there with water bottles, sit there, meditate. It's a big rocks - very careful, don't fall down. Try to be attend on the Christmas celebration, if you got sick, little... Swami's not responsible,

you have to take care yourself. What? It's a little dangerous if you go sneak into the rocks, some cobras, some poison snakes is... (laughing) seriously, in that mountain... Monkeys, monkeys it attacks on you if you have the food. If he sees, even if he's the big strong person, it comes, "Hey, give me my food, you are here!"

Myuri: We saw a jaguar, a cat.

Swami: You saw?

Myuri: Yeah, big black cat, huge when we were here last Christmas.

(Change tape – lost some conversation)

Swami: It stays for little while around our navel, high energy, then again it's started to dissolve to go entire your body. The Kundalini energy from the back, when it's starting to take off, I told under the navel you have to put your hands, not touching the two thumbs, you have to hold like this and meditate. It means, under the navel, exactly back side hitting, it's starting the... a little one more inch up, one more inch little back, it's starting the energy take off. In Indian tradition, different people they wrote different crazy stuff.

The Kundalini starts wherever your body sits, the weight, completely putting the weight there the spot. You understand? In your back, from that spot the energy started to come up. But it is like the difference between the hitting spot and where the energy is flowing, like four or five, four inches. But what my personal experience, under the navel, exactly back side, around like half inch difference, it started to take off.

When the Kundalini energy started to take off, it hits the navel, here the energy spot, one of the energy spot, it's a huge energy. One time if you sit the meditation, like twenty-four hours, this meditation power, the energy, it is arounding (*like circling*) on your stomach. Who is the high meditators, high healers, when they're doing meditation, first month, one month, two months, three months, they feel very, very sometimes uncomfortable hot, body gets hot, heat, sweating, like stomach is like itching. They're not feeling well to eating, you understand? They go, "Hey I can't eat." Huge energy is hidden, energy is working, it's coming on the navel, it's affecting on your stomach. You can't feeling much better, not feeling good. So high your energy, hot, hot your body, like heat, heat your skin is

getting little dry, your face is getting dry, your heart... You're sitting in meditation very drowsy and sleepy. Even if you, big eater, big appetite you have, it comes down, again started to take off. Anybody have that experience? Be honest, one, two, three...only few.

So it's natural, the energy sucking, holding in the navel. Even if you, without your notice, without your no notice, the energy comes here. How to...you send the energy through the navel to certain persons. Here's what I recommend, taking a flower, when you're sleeping, exactly putting on your navel...anybody did that? Who? What is your experience Nancy?

Nancy: The experience? Just it focuses the energy. It's like sucking...

Swami: Well, when you put the rose flower when you meditating...very careful not the flower fall down. If you are so belly like a rock, if you putted, you are breathing, the flower going up and down. Sometimes is go away (laughs). Careful put the rose flower, concentrate on your prayer, any prayer, to sending the power in that flower, what like five minutes meditating thinking right now you're sending the energy to the flower. When you started to keeping on thinking - that flower sucking high vibrations from you, the flower sucking high vibrations. That flower you can use. Who really want healing, they can hold on their third-eye spot fifteen, twenty minutes sucking that vibrations in them.

Student: We use it for healing other people?

Swami: Yes, yes. It's only advisable to do only few people.

Lothar: In Germany you said five people.

Swami: Few, you can't do like more than five anyhow.

(Another student affirms process—Swami agrees with finger snap.)

Student: Then, fifteen minutes?

Swami: Fifteen, twenty minutes ok. Even if you generally meditates, you no need to bring the energy in here, it comes. That's my inner meaning. Some people have no appetite, it's going...sometimes huge appetite, that means huge energy. They're like a firing, they want huge. Sometimes that energy makes not eat, so you have to improve that appetite again. If you are not feeling, not eating, it means you

have to stop little while your meditations. Making the less. And sometimes even though you are not meditating, the appetite is not going high, put some flowers, then later, twenty minutes later, take the flowers throw in the bushes. You don't want to use that flower to anybody so just throw in the bushes.

Sometimes what I do...you can use that with water. I go to in my well, in the well I lay down completely, taking my two hands, putting on my navel. When I very, very sick, I want to my energy to high positive energy to decharge, not only negative. High positive energy if you can't handle it, you have to make a little relief, you understand? In the water taking two hands (*covering navel*)...

Student: With the rose?

Swami: No, simple two hands focusing and hitting on your navel spot. You feel after twenty minutes, twenty-five minutes you feel so comfortable, so relaxly, then you're ready to eat much food.

Student: You're lying in water?

Swami: In your bathtubs you can do. Any questions?

Student: Why are thumbs not allowed to touch?

Swami: That's a pretty interesting question. I want to talk on the decharging. I already told in Ekalavia story in the thumb. In Ekalavia story everybody know that? Am I?

Student: Yes.

Swami: Ekalavia story, thumb to cut off to giving his Master - hey, I told it many times.

Student: Not in this group.

Swami: Ok, anyhow I will tell again in the decharging moment. Mostly it is very powerful, one of the powerful spot the thumb. I want talk after, later what is the secrecy power here. If we have no thumb, it's very hard difficult to give the energies - they are a little unfit to the healings. Why? They can't do as a powerful healings as a normal person if they have no thumb. When the Krishna is dying, the hunter, he hitted his thumb (big toe), after all the battlefield everything over, the Krishna he want to die, he want a reason, exactly

he hitted a hunter, the big toe – Chhht - the blood is started bleeding, he died. What is inner secrecy is there? These thumbs. When we're giving healing, most of the people in Indian tradition, the Saints or the Masters, they started to touch with their thumb. What is the secrecy? Lot of stuff is there we'll talk very deeply when we are in Penukonda.

Student: (*affirms the previous healing technique: appetite going down, flower on navel, throw in bushes?*)

Swami: Yes, exactly. Got it? If you started to grow the Kundalini energy, automatically your navel energy started to grow. Even if you do normal process meditations, your navel energy grow. If we go certain powerful spots, powerful places, your stomach started to aching. Anybody observe that? Sometimes they feel not eating, diarrhea, stomachache, it started to growing. It means high energy hitting. That is the deep secrecy is there - they got the stomach problems. Even though they are eating very good food, they have stomach ache, "Ooh." That's natural, it means the high vibrations is affecting on you. You have to wash out; you have to take out some energy. Even though you're taking a beautiful medicine, um-um (*negative meaning*), it doesn't working. Try to aware when you go the holy places, the powerful spots, to be balancing your energy - any questions in that?

Student: Swami, we got the diarrhea from the lingam or the food?

Swami: What do you mean?

Student: Because you're saying when you go to powerful places, like the places we went yesterday, the powerful places and today some of us have diarrhea. Was it the food or the...

Swami: I think so it's very good hotel, maybe everybody hungry, too much hungry, they ate a lot, getting diarrhea, or maybe it's the energy. I am seeing huge energy flowing in everybody, even your breathing I can...feel it.

Lothar: When I have high positive energy, too much energy, is it possible to eat some chocolate to put the energy down? (*everyone laughs*)

Swami: You are so lucky, there's a very good joke on you but already

you are... ok, go ahead.

Lothar: You have some chocolate?

Swami: Of course I like See's Chocolates. Many people brought me See's, I tasted one or twice then...(finger snap) whole pocket disappears. The people, my boys, they all... I can't keep anything for myself.

Student: How do you discharge the energy, too much positive energy?

Swami: I told - going in the water tub or just putting some rose flowers, sleeping, after nap take the rose flowers throw it in the bushes.

Student: One general question, you told us you would give us about one hundred healing techniques. Will you give us an idea of when we have to use, what kind of healing?

Swami: These are all the healings what I'm giving each step, these are all the healing techniques am I? Isn't it? Totally it covers like 101 then I'm pinching every person, "Tell me, tell me, tell me..."

Student: When will we use the First Earth mantra? When will we use the rose flower under the knees? How can we decide what healing technique and what situation the right one?

Swami: Whenever you feel comfortable, just you do with your heart. Do with your heart. You are a master on the techniques, do whatever you choose. I mention, generally if you have the mental problems, it means you have to understand, ok it is mostly some little angry, craziness, emotional, so frustrating, too much that type of things, stomach problems, I'm mentioning. I'm mentioning.

Student: Sometimes during workshops I get dizzy and have to sit down. Is that too much or too little energy?

Swami: So when I ask you yesterday you do workshops healings you said, "No" but again you're asking so nauseous, dizzy means you have to discharge. Same problem Clint is also facing, Clint Thompson. Is it true Clint?

Clint: Yes, of course.

Swami: Be honest.

Clint: Definitely!

Swami: When you nauseous little, it means we have to discharge, it means it's too heavy to you. Ready to vomit from your stomach, you need to discharge. Either positive or negative you have to see. When you did a healing on many people it means a lot of negativity attack on you - have to discharge.

Me, I think two years back, two years back? Complete my health it went crazy, two and a half years back. Hmm, my gosh like per a day twenty times vomiting. It takes to me fifteen days to recover. From that day onwards I'm maintaining my health very carefully. Not so much hard worker, two and a half years crazy hard work I'm doing, like a nineteen hours, twenty hours per a day, whole nighttime sometimes getting answering the phones and clarifying their questions.

I think, I don't want to mention some people names... they calls too much to me. Even somebody here, it's not advisable call too much Swami, just give a... send a fax your questions. Swami can send back in a couple days. Even if there is any emergency, very, very emergency, give a call like one or two minutes, ask your question. "Thank you Swami. Anything else your advice?" Hang up. Somebody's started talking, "Da, da, da, da, da, da, da, da..." Swami can't say no, but you have to understand that many people need it.

Ok, so we done until to now, so take a little break. If anybody interested to go to Baba Temple here and relax, or there's a big swimming pool here... take swimming and go in your rooms. Take from beginning A to Z, all my talk study.

Ramakrishna: How come we can't make a study group here tonight?

Swami: Yeah, let's come here tonight everybody and discussion after dinner. Everybody sit, yeah discussion, discussion each-others. If anybody sick, try to heal each-others. It's very, very good advisable, heal each others - everybody's good healers here.

Ramakrishna: We can make the circle with the candles.

Swami: No, just healing somebody, go and the person, ten minutes do prayer, use any healing technique, make him to healthy, making

bringing up. It's very important. Heal each others, ok?

Ramakrishna: Thank you Swami.

Lothar: Is there a good shop here to buy some chocolates, for good chocolate, for Western chocolate?

Swami: I know you're missing chocolate. I think some girls have here, you figure out.

End of Talk