

**Guru Purnima Program 1999**  
Mantras and Processes for Handling Negativity  
Teaching at the Ashram  
July 30, 1999



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*Swami was talking about going on trip with everybody to Himalayas from the 5-15 of August.*

**Swami:** Om Maha Papa Prakshalana Sai Shakti Raksha.

Got it? Sometimes Jonathan's pronunciation also similar to Virginia, he's talking, "Yea, yea, yea, yea..." after five minutes I say, "Pardon?" He goes crazy, "What?" Ok. Some people feeling, "We're not get good, we're not feeling so much one hundred percent confident, we can't be completely dedicated to our to life to service orientedly in the public." Like that styles, some people are thinking? Is it true? What is your difficulties?

Alana: Sometimes I get a bad thought in my mind. I don't know why.

**Swami:** Thinking bad? Ok, even a boy, if he saw a good girl suddenly the thought comes up – he wants that. That's natural. The girl, if he saw a woman, suddenly he attracts, even if he's a married, unmarried, even if he have a wife, sometimes the mind goes, "I want her." Because it goes like that, that's ok. Like that, you're seeing anything bad, but your thoughts goes to, you want to teach some lesson to him, to teach a good lesson with your energy. But unless you're a person sitting concentratedly to meditating on that person, to throwing the energy to give some injury to him purposely, that is the main, putting your attention.

Alana: That's not the problem. I don't throw it. I give it up to Baba.

**Swami:** That's ok; it's natural. Today, I don't want to talk anything much, just in four or five minutes I'll complete. When you started to meditate tonight, even though you are in the sleep, chanting, and chanting, and chanting, you went with huge energy down, huge energy in big trance. When your master is working on your body on certain level, don't give a chance to thinking immediately the Gayatri, you understand? It's natural.

Sometimes to me, if I want to dial to the George, I will dial to the John. My heart want to call to the George but the mind directs the call without notice to another number. It means, even though you are very, very tired, you went to sleep one hour, again you have attention in the drowsy position. Mind generally, it's natural, picks up another mantra. Whenever you have attention... suppose one hour you slept, two hours you slept, again you wake up ten, fifteen minutes and again you start to the mantra, what I told now. Again two hours you slept, again one hour you have awake then you start.

In meanwhile, the mind goes very drowsy attention, little diverting, picking up some other one, little careful. Good, today only this one, tomorrow I'm going to talk about huge information, what is meant by enlightenment, how everybody got enlightenment, the symptoms, the healing techniques, how to use that. Some I'm going to talk my experiences, what is each person's soul to soul connections. So you'll be hearing why everybody came here, why this happened, what is the mechanism is running without your notices, something's running by forcibly it is making all this energy. I'm going to open that - breaking coconut.

So, tonight you're duty - relax, then tomorrow no meditation, next three days - no meditation. No permission to speak one minute, to chant any mantra. Three days holidays, because of huge energy it needs to take relax. Must be very relaxed. That's why I asked who was going before August 5<sup>th</sup>. (*Someone interrupts Swami and diverts to give a joke*) Ok, good. I feel very sorry everybody's very, very tired. Everybody's much faces is very, very sleepy. Ok, go and relax.

Nancy: So you want us to do first the surrendering, then opening your heart, doing this mantra, trying to stay on track to watch in case your mind wanders to another mantra?

**Swami:** Um-hum. Go on your beds everybody. Think on what you really want in your life. Then... I'm not pushing everybody, I'm not pushing,

demanding on everybody, “No, you have to do this, you have to do this, you have to do that.” It’s up to your heart. If you don’t want to do service in your life, no need to worry about it, take a good sleep. You’ll get my blessing. If you really want help the people, if you really want to use your body, use your knowledge, using your capabilities to many, many people to sharing, if you want to do that, then you started to...I know how much the hard work the spirituality. I hope nobody ever get like this hard work entire in your life, like boom, boom - huge energy for the soul, everybody’s enjoying very much. Then what they really, the previous people, what they really did, hard work, comparison with that, just it’s like zero point, zero, zero, zero one percent your hard work. In my hard work everybody’s doing just one percent, seriously.

Everybody’s maybe thinking, “What is Swami crazy telling these mantras, to chanting and chanting. What is the purpose? What is really in that? What is really helpful this, what is really worth this? Just he’s giving one sloka, whatever they chanting to doing it, this crazy stuff.” But wait, but suppose if I called to one person, Jonathan, it means immediately, even in a crowd of a thousand people he reacts, “Somebody’s calling.” That way of pronunciation belongs to one soul, hooking. But Virginia, she reacts your perfect dialing number to somebody, any country, whatever you have found, it’s working.

The perfect pronunciation, if you’re chanting, no doubt you’re receiving huge energy. In the *Vedic* tradition, in the manuscripts, millions and millions of mantras they’re writing. Just I took the few gems of prayers, pure crystal gems, natural powerful things I’m teaching – whole my systems, the elements, whatever it is, no need to do all crazy. It’s not crazy, it’s powerful but the important very useful... like if you want to do one manuscript book complete, it takes whole your life, entire your life, one hundred years. It’s not possible. And to write one book also, it takes to them two, three years, everyday seven, eight, nine hours sitting and writing. It’s not possible to complete.

So the people in the previous times, how they really surrendered their own life to sacrifice to God. How they really enjoyed the happiness, it only comes through their own experience. Nowadays the people, with their different culture and different nature... of course everybody needs money, name and fame, luxury life, affection... even they have everything but something’s troubling in their life. They want something. That’s ok one part, fifty percent, fifty percent take the spiritual knowledge and implement on yourself, you open your heart, you feel it first yourself.

What is the purpose, even if you make one hundred million dollars, who cares if you're not happy? Even if you have two, three, one hundred slaves in front of you, like doing favor to you. You have a struggle in your heart, some problems. If you felt so one time, who hooked completely to the God energy, like dedicated, without your notice the energy is making you happy. Suppose one person if he's addicted to read the Bible everyday four hours, after one month he has to study Bible everyday, otherwise he can't sleep well. Somehow the energy is making him to do it. Is it true?

If you close your eyes, even though a beautiful nature is in front of you, you can't see it. You need to open, you need to see it, life is nothing but happy and enjoyment and sharing, complete surrendering and faith. Then everybody can realize their reality, it only comes with their own experience. God created huge generation but we can't see the similar faces. That's the God's technique. Like every soul have different type of experiences with God. There's no law he wants to only have this experience. Each person has different, different experiences, each experiences is from the God's energy.

Now I'm going to talk about the enlightenment. The enlightenment, the crazy people they gave only one type of wrong idea. It's ok, that one idea is good but as complete it's a little crazy. Here everybody got enlightenment. I need to explain what is that. It's very delicate, sensitive matter. Everybody has that energy, but how to use that, how to recognize that, how to hook that, and how to utilize that? It's so important. Some people, they're meditating, and meditating, and meditating, ten years, fifteen years, "Oh, I did huge meditation many years, nothing happened. I didn't get any enlightenment." Crazy, meditation is crazy, the saints are crazy, their teachings are crazy but it's my karma I have not much commanding on the English power. This coming time I'm going to work with Nancy writing some information, some books, I'll study.

If I have good words to use in English, it's really a beautiful subject in Swami's mind. Only ten percent I'm using that, impossible to talk. In Telugu ten hours, fifteen hours talking, like an ocean about Maya, just Maya means illusion. We can talk on the illusion ten hours, just illusion - where it comes from, how it comes, how it links to you, how it makes you confused, at the time how you really handle it. Going one time if you enter into that in your car, how it shakes you, what type of dangers it creates, how to you remove that. So these are all techniques the *Vedas* indicates very huge. You don't need all the stuff, just I'm working on... today you have the energy, everybody is receiving - how to use that properly, how to

recognize that? I'm going to talk on that clearly, to be very much helpful. Where are you Jonathan?

Jonathan: I'm right here.

**Swami:** Not your body.

Jonathan: Little sadness but I'm ...

**Swami:** Why sadness?

Jonathan: You know.

**Swami:** Go ahead, you shared with me. Anya is your ex-wife and present wife.

Jonathan: I was just being sad for her, not for me.

**Swami:** Sad for your ex-wife, why?

Jonathan: Because I was thinking, in the illusions she's not getting what she wants.

**Swami:** What she wants or what I want?

Jonathan: What she wants.

**Swami:** Is it true Anya?

Anya: No, no.

Jonathan: I bet it's not true.

**Swami:** For desires, for satisfactions there are no limits. The Ravanaasura... I'll tell one story. Ravanaasura, he's a big villan in *Ramayana*, but he has incredible energy. Even though he has that, for his desires he has no satisfaction. He did meditate one time strongly on Shiva. Shiva appeared in front of him, "Hey Ravanaasura, what do you want?" "Oh, Shiva, I'm so happy, please give your atma lingam, the energy whatever you have Shiva, give it. I want to handle that." "Oh no, you can't handle it." "I'll handle it." Then Shiva gave to him on one condition, "Ok, don't put it on the earth." "That's fine I can carry it." Then after Ravanaasura took it from

Shiva, he went through the forest to his kingdom. He's running and running to reach there before sunset. In the Indian tradition it says it's a good time to enter into the kingdom before sunset, before it becomes dark. Then the sun is shining, who does the God prayers it's one type of perfect. Who are the beginners, the nighttime they can suck the Mother Divine energy.

When he's running, meanwhile Lord Ganesha, he saw that, "Um-hum, how to steal that, how to destroy that." Lord Ganesh came to him as a shepherd. When Ravana is running already the sunset is coming. Then Ravana decided it's not possible to enter in the country, it's such a long journey. Then he wants to take a shower in the river. Before he takes shower, just he needs to find a place to put the lingam, somewhere else. When he's taking the shower, he has to take the water in his hands and release it. If the Shiva lingam is in his hands he can't do it. But it's good, it's the tradition, every sunset and sun rising, the meditators must take the shower, so he has to do shower. Then he's searching for somewhere else to hold that Shiva lingam little high. He wants to take shower then come back.

Lord Ganesh entered at that time as a shepherd. Then Ravana is watching him, "Hey, boy come here. What's your name?" He said, "My name is Ganesh." "Oh Shiva's son, beautiful, just I'm coming from Shiva. You know what this is? It's a Shiva lingam." Ganesh said, "Oh it's a rock." "Oh you little boy can you help me? After I go to my kingdom I'll give lot of fruits to you to eat." Ganesh, "Ok, what do I have to do?" "Please hold this Shiva lingam." Ganesh said, "Why you're saying Shiva lingam, it's a rock?" "Ok, it's a rock, please hold it." Then Ravana said, "Don't put this Shiva lingam on the ground until I come back. If I put on this ground, it never comes back, it's stuck in the earth, it's my life, my energy. I'm bringing Shiva energy to my country. No more Shiva energy anywhere on this planet, only in my country, no place, any land, only in my country."

Then Ganesh is laughing in himself, "Ok I don't know the story but I'll hold it for you. But one condition, it's already sunset, I have to go to my home. I'll chant one, two, three, like that, you have to come immediately to hold that otherwise I'll put it down on the ground." But Ravana thought, "Oh, he's a good boy, he'll never do wrong." The illusion came up. Then, he started to walk in front of the river. Just he started to touch the water, he stepped in the water, then Ganesh started, "One." Ravana, "Boy what are you doing? Just I came, hey, no don't count!" Ganesh said, "Two." Then Ravana turned to run. Ganesh, "Three,

finished." Then Ravana is crying and crying and crying, such an irritation energy, "God from a small boy's hands I lost it in a matter of three minutes. Such a huge, my entire meditation energy in a few minutes he destroyed." Then he's very mad at the boy, and growing - impossible to pick up. Then he caught that boy, "Who are you?" Then he used his energy, "You're Ganesh!" Ganesh said, "It's not good idea for taking in your hands the entire God's energy to using for the bad works. Entire in this universe all the Gods know how your thoughts are so crazy. Definitely you're going to do the bad in this universe with this energy, that's why I destroyed it."

Again, then again I'll start my meditation, then again Ravana went in the forest to meditate. Again Shiva came. It's a real story. When Shiva's coming, he came with his wife. Suddenly Ravana, he saw that Mother Divine. He's a big fool, big attracted to Her, "Shiva, you ready to give whatever I'm going to ask to give?" Of course, you did a huge meditation your energy is so incredible. I have to give you I have to satisfy you otherwise your meditation power will defeat me.

That's true. If one person's soul continues doing meditation, meditation, meditation, after one level he'll get the energy. After another certain level, he's ready to contact any soul in the universe. After another level, he's ready to take off. There's many systems what I'm going to talk on that - simple soul, supernatural soul, powerful soul, supreme powerful soul... not bodies, the souls, the levels of the soul stages.

Then Ravana got the big illusion, "Please give your wife. I want to marry her." Shiva said, "She? No problem. Please..." Then Mother Divine she's shocked, "What, you're giving me away? I'm your wife. How come you're giving me to him?" Shiva said, "No I gave my word to him." "Who cares your word, I'm your wife! How come you're giving to him?" "No I'm completely dedicated to my students." "Gosh!"

At the time, Ravana is laughing, "Oh, come walk with me to my country, I want to marry you." Then he's walking, "Oh such a beautiful woman I never saw in my life - gorgeous. I'm going to get her in marriage and I'm the first person to get to marry Mother Divine. What a lucky man I am. With my meditation energy, I got it. I'm enjoying Mother Divine." And he's walking.

Mother Divine, She's the mother for to everybody. She's the number one incredible powerful lady in the universe, powerful soul in the universe.

She turned like a huge ugly face like a demon. She's walking, "Ok, no problem." When he's turning back to see her she's so gorgeous. When he's walking, and walking, in front of his country, all the people who are watching in the street, first they're seeing Ravana'sura the king, bending their head. Then again they're watching the lady. Immediately they're going into shock with the huge shivering, like heart stroke, they're dying. Ravana'sura he got confused. Thousands of people in the street they're dying, dying, dying. Ravana'sura is thinking maybe they're dying of shock from seeing her beautiful. They never saw such a beautiful woman in their lives. Who cares they're dying, that's fine anyhow I got her. Such a big illusion, such a bad karma, he did a huge meditation but he's asking for bad.

Then Ravana'sura's guru is walking unfortunately on the street. Immediately he saw, "What? Hey Ravana'sura what are you doing crazy? Are you in your consciousness?" Then immediately he said, "Stop, don't walk, don't even step more. Who is she?" Ravana'sura says back, "Oh master, don't get jealous - no chance to you. No go away." His guru says to him, "Hey fool listen." But Ravana'sura, "No I don't listen. No way, I'm not listening anything. You'll play some tricks on me. I don't want to listen." His guru continues, "She's the big devil in the universe. She's ready to kill you. If She stays one night in this kingdom, entire all your kingdom people are going to die. She's the huge energy you can't handle Her. Your thought and your implementing to enjoy her did you think? How much she's so beautiful and also she's so ugly, it's equal - that is the energy. If you have the good thought, she's always good. If your intention, your purpose is bad, She's your big enemy. You're totally misunderstanding the God energy. No way, please." Then, the master touched Ravana'sura on his third-eye, "Look, with eighteen hands with the huge tongue going to the ground, up and back, big teeth with the huge eyes. Her whole body is like..." Then Ravana'sura he looked and, "Ooooooh, what a lady."

Then he got really, really mad at Shiva, "Hey, why this illusion is coming? I'm able to talk to Shiva and Mother Divine, even though I'm a strong master on the energy, the illusions are attacking me." Then he fell down on his master's feet, "Please master, I ignored you since many, many years. Completely you're telling me how to handle the illusions, how to handle the energy, how to control that. I neglected you. Just I did boom, boom, boom, meditation. Then I sucked the energy. Then I don't know how to ask, how to use, how to handle that. Completely I destroyed entirely the energy. Please teach me."

Three key things to control when growing the energy. Number One, not recognizing your energy. Like that, everybody's meditating, meditating, meditating, sucking the energy but not recognizing how much energy you have with you.

Number Two, self-doubts, creating lack of confidence. Even though you have the energy, you're creating the self-doubts, "Really, I have the energy? Maybe somebody's just saying that." Creating doubts on yourself, making less self-confidence.

Number Three, growing the egoism. Even though many people are getting much relief from your healings, after they're getting much relief, then automatically your egoism is rising up, "I'm the boss." Even if someone's saying something to you like, "No, you shouldn't do this, it's not good." Then you're saying, "Hey you're nothing in front of me. I have some thousands of students. I'm a master. You know more than me?" Like egoism, proudness, that really destroys...ignorance, egoism.

Who controls these three completely, they're very, very successful guys in the universe. Everybody has the huge energy but how to recognize that energy and the symptoms, I need to explain tomorrow. It's very delicate, sensitive subject - very sensitive. Also it takes me to find really good words to talk properly on the soul system level.

Ok, that's it for tonight. We'll start again tomorrow but one advice I want to give. When I'm talking, simply your duty is just listening. Try to write down whatever questions, doubts, confusions... Tomorrow onwards I will clarify if there's really big confusion, questions.

Good night guys.

End of talk

