

Guru Purnima Program 1999
Atma Sandhana Yoga and the Five Mantras
Malligi Hotel, Hampi
August 5, 1999



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Swami begins by teaching the five mantras:

First Mantra

Om dhimi dhimi
Sri Durga Rakshamam

It means soul is preparing through Divine Mother energy.

Second Mantra

Om Brahmha tejam,
Maha Shiva tejam,
Maha Vishnu tejam,
Atma sandhana,
Atma vilakshana,
Maha Shakti Shakti Shakti,
Raksha Raksha Raksha

Tejam - the glorious, sandhana - hooking. Your soul is hooking the Shiva, the Vishnu and Brahma, and asking for the protection for whatever desires you have in your life. Whatever point you're concentrating on, sucking the three person's energy, and your soul is turning equal to their energy level and hooking that. As a small soul, a normal soul, it's not possible to hook that level of cosmic divine person's soul energy. Your soul preparing yourself, I told one mantra about Durga: *Om Dheem Dheem, Sreem Durgaya Rakshamam*. Actually, today's class what I'm teaching... I told I was going to give five types of the practicing program, I mentioned that - everybody remember?

Today the main class is Atma Sandhana Yoga. My talk is three to four hours. It's beyond the knowledge of the Elements, and the Sri Chakra, and BKN processes. It's very interesting. First try to finish these five mantras.

Third Mantra

Om Tara chandra balam,
Surya Bhu mandala balam,
Avaha atma yoga sandhana,
Kuru kuru svaha

The meaning, your soul is covering entire the sun and the moon and the stars and the earth and the elements - all in one, one in all. I can't explain exactly the meaning in English; roughly it comes like this: Kuru is a forming in your soul. To your soul you're manifesting yourself entire universe. It means whatever you want in the universe, you can research that in your soul, and you can find that. You understand the deep meaning? You can research in your deep soul everything. In the soul everything you can see in that - you don't need to see outside. First in you, then it will show everything to you. When you have that type of the energy process - huge, or whatever... it's called the Enlightenment Stage, enjoying the energy then you can focus on any small part, anything whatever is in the God's creation, entire in this galaxy, you can go through in that in you. Your soul is like a big galaxy. Like in a small seed, a mango seed, seeing in that seed a huge mango plant tree. You don't need to plant it, to get the fruit. From the seed, with your energy, you're seeing the huge tree and you're bringing that fruit energy only from that seed - it's a higher level, stage.

In the seed, is it possible to bring the juice, the mango juice from the seed normally? Not possible. With your energy, from the seed you don't need to plant it. The seed is growing in you, you're growing the plant in you and you're taking the juice. Just simply the seed, forever and ever the seed is there, simply taking the seed and making the juice, getting the taste of that fruit. Planting the seed, making the plant grow, waiting for the flowers to bloom, getting the fruit juice, it's a huge normal process. It takes a long time. But this process, there's a seed, you can take directly the fruit whatever taste it has. You don't need to plant it to grow it and waiting for the juice. You can get it like that (snaps his fingers), that is Atma Sandhana Yoga process.

What I'm teaching this mantra, very, very, very important. Who came to my Samadhi Program, they have to, they must practice this - that's period. So, make sure pronunciation, each word, each sentence vibration, everything is clear. Everybody must say to me tomorrow all these prayers. Anybody if they're not able to say these, I'm not talking to them anymore for a long time, period. Is it ok Clint? I have to be strong, otherwise...

Fourth Mantra

Om Bramha Vilakshana,
Shakti Vilakshana,
Sruthi Vilakshana,
Sarva Sruthi,
Vichitra Sruthi,
Maha Maya Sruthi,
Raksha Raksha,
Kuru kuru svaha

Sruthi means creation. Maha Maya means the biggest illusion. The soul is breaking that. Whatever the maya... in sanskrit the highest maya is called mahamaya. Whatever the highest, highest, highest illusion, even to the God, the Brahma, and to the Shakti, they're the main characters in the universe. Shakti means Mother Divine, and then the Brahma. Even though, whatever they have the illusions, mahamaya, you're breaking it. (*Talking about his English problem.*) Yesterday, when I'm in Penukonda George called. He left the number and I tried to call back. Ok, maybe he needs some help. In the hotel where I called, the lady tortured me for twenty minutes to looking up the name of George. I had to wait twenty minutes then I'm saying to myself, "G for God; E for egg; O for orange..." She was very poor in English. I said, "Ok."

Fifth Mantra

Om Maha Sri Chakra,
Sudarshana Chakra,
Wakratunda Maha rupa,
Gajavadana Gajanana,
Maya Mohita Durlabha,
Ankura sarva dosha nivarana,
Gananada raksha raksha

Using the malas to do the mantras, if you keep around your neck, especially the malas are useful, if you're a spiritual person, and you're meditating and meditating, the holy beads, the lotus and the rudraksha, it sucks highest positive energy, and it keeps like a treasure of your energy. Sometimes even if you're not doing meditation, it can make your energy balanced. Not crystals. Crystals are ok. Lotus, rudraksha is natural. Actually, I got failure to get special rudraksha – one eye, two eye, five eyes, six eyes, but I'm going to Himalaya and I'm looking forward to getting some good things. Some saints, good saints, like twenty, thirty years they're there meditating under the trees. If we find them, we can pay them for things. They use the money to buy the ganja to smoke. Generally, they can walk in the forest finding rudraksha, and they can prepare the malas and put their meditation energy in that. Then when certain people who go to Himalaya, if the saints like them, they'll give their meditation energy – huge energy already they put in that, then they'll sell it. So, I'm looking forward to buying some rudrakshas there. We'll see.

Virginia: We can make smaller ones like fifty-three plus one beads?

Swami: Yes. How much do they sell in America?

Student: Expensive. Can't find them easily.

Swami: And make sure don't put the water on lotus beads. And put some coconut oil, then the bugs don't go inside. Inside it tastes good to them, like a protein. If you put the oil it protects.

Anya: Once the bugs get inside, pretty soon you have nothing, just empty powder.

Swami: Some of my personal malas, four months I kept one place, after four months, just I went there and touched it, it's dust, "Ok good." Don't break your malas. If they break, you can restring, but don't cut them. The mala is one part valuable, but coming through the master's hand, if the master held it and gave it to you, it's a good hook to wearing around your neck. It's a good hook.

Ok, these are the mantra prayers. Ok, everybody knows about the Sri Chakra? Does everybody know about the Sudarshana Chakra? The Sri Chakra belongs to Maha Mother Divine and Sudarshana charka belongs to Lord Maha Vishu. The Sudarshana chakra that Lord Vishnu is carrying in his hand he sends to kill the negativity. Here, with the two energies... One

time Lord Ganesha, Gajanana, trunkman... in the universe Mother Divine likes, the most important person is the trunkman. He's the really, really, really, closest soul to the Mother Divine. We're going through him to break the negativity, to remove the obstacles, to get the control on the Maha Srushti. You know Srushti? The Creation, it means we're getting the control on this whole creation. Here, Maya Mohita means, the illusion whatever it is, is coming in a fraction of seconds on us. You're bringing Lord Ganesh energy in you and you're asking to have the control on the negativity, controlling the negativity. Ganesh is sucking from Mother Divine and Maha Vishnu the Sudarshana chakra. If one time Maha Vishnu releases his weapon, his Sudarshana Chakra, it never comes back failed. That much super strong energy it has. Understand?

In history, the Gods got a lot of failure when they're fighting with the demons. Maha Vishnu's weapon, Sudarshana Chakra is the most powerful weapon in the universe. One time if you release it, whatever negativity of the demon, whatever Maya illusion creation person... like even the demon at one time he's appearing one hundred times, in one hundred or one thousand bodies to create the big illusion to Maha Vishnu, not to be able to find where he is. But the Sudarshana chakra can identify which is the real body and it goes straight and kills.

A person who comes straight in front of you as a big illusion person, the healer cannot identify exactly what is that person's negativity. It's showing this angle, that angle, this angle, lot of crazy illusions are coming in his soul but you don't need to worry. If you use this prayer, the Ganesha prayer, through that then automatically your positive energy will exactly identify whatever the negativity is that soul has. The main energy, no matter whatever it's showing, it goes straightly and it affects that. Suppose a patient comes to you. He has headache, stomachache, eye problem, brain tumor, some energy is making him fall down fainting. He's unconscious so he's not saying what's wrong. The doctor comes but he has no machinery to identify exactly what is wrong to make him get up. The doctor can't decide which medicine to use because he's not sure what the problem is. Finally using one medicine, the Sudarshana Chakra, the problem goes no matter whatever it is, it goes and attacks directly to that. It goes and it helps him then comes directly back.

Sometimes even though the healer has good energy, why they're getting failure means, whatever he's focusing on the point, that point is not correct. It doesn't work. But here, no matter whatever the point is, the chakra goes

straight and attacks there, through your positive energy. You understand? What does it mean atma sam yoga?

Jonathan: Atma is soul.

Swami: Sam yoga?

Jonathan: Sam means evenness; yoga means union.

Swami: I want the meaning.

Jonathan: Steadiness of the soul, unified steadiness of the soul, unshakable soul?

Swami: No. When you see the ocean, after a while you can see the water and sky is coming together touching. Is it true? Why is it like that? Clint? Just I'm talking now casually, talking and eating. I will talk again seriously, ok? The fundamental words I'm asking about.

Clint: It means at a certain point, differences appear to be, go away and they become one. The ocean and the sky in the illusion seem to be different then when we go closer to God, closer to the truth, we see they are one.

Virginia: They're both blue and they merge.

Swami: Oh God, you're getting so bad, every day. That's my karma. The energy, the cosmic energy, unreal things making you think are real - real things making you think are unreal, unbalanced stage of the energy. It's not real but it's showing to you, making it look as real. Even though it's real, it's making you think it's unreal. Shiva and Shakti, Shiva and Parvati, actually they're one, fifty-fifty, but they're different, separate. Atma Sam Yoga means two souls are melting to seem like one, but the illusion shows you it's not one. Like that stage is called Atma Sam Yogam. What is meant by Atma Viyoga? These are sanskrit words. Viyoga means detachment, forever and ever it is separate. Sun and moon you see anytime they come together?

Elizabeth E: Except on August 11th (*date of eclipse*). They're not really coming together they're in front of each other.

Swami: Ok, let's talk on that. What's everybody's feeling on that Clint?

Clint: Eclipse? There's a lot of feeling of fear, the negativity is coming to the planet on that day.

Swami: What do the scientists say?

Clint: They're not saying anything. They say it happens every two hundred and fifty years. But the people...

Swami: Like me?

Clint: I don't know anyone like you. People like us in America and Germany think spiritual events means maybe the negativity is coming, maybe a big catastrophe, a big crisis can happen like earthquakes, floods.

Swami: Nothing will happen everything is fine. Seriously, nothing will happen. Atma Viyoga means completely north and south. It never comes together – complete detachment. Certain level, everybody's soul must suck that atma viyoga energy from the negativity, your soul completely detaching kicking far away from the negativity – atma viyoga process. Atma sam yoga process means sucking the highest positive energy, sucking God in you... but to many people the God energy makes you like you're a God but you're not originally a God. But the energy is making you think like that. Herbert, you understand? No expression in your face.

Suppose I am meditating, and meditating, and meditating, doing a lot of miracles and teaching a lot of knowledge and giving lot of healings. One level that energy makes everybody's attachment to me feeling like I'm a sort of God. But really, I'm a God? Am I a God? No. Is Krishna God? No. Is Rama God? No. That energy makes you have those feelings, to creating that, hooking that, that stage is Sam Yogam. Whatever the people are talking they never care about it. Whatever they believe, they believe it. Their statement is their statement, "No, no, no we saw Swami heal this person's stomachache like that. No, no, no Swami gave this miraculous healing object to me, he's a God." To your heart hooking, melting with your Swami's energy and your energy completely like together. I'm talking only Atma Sam Yoga. I'm talking only about souls, not about bodies. That energy is completely making, that's called Atma Sam Yoga Stage.

In that stage, what is really happening between that master, that God, and to that student? When the student is having the really strong love from the master, from God, from the energy, how does he make it forever and ever like a pillar, and to continue it forever and ever? Is there a process? I'll tell

small example. Ravanaasura, he meditated, he meditated, he meditated, after a while he sucked Shiva. After he sucked Shiva, he had a good conversation with Shiva, and he got something, then he failed. That's ok. It's a different subject. When he's able to talk to Shiva directly, it means what is your feeling, is Ravanaasura's soul equal to Shiva, or Ravanaasura is lower than the Shiva?

Jonathan: Lower than Shiva, that's the general what most people think.

Swami: That point, that stage try to understand very clearly. When I'm giving something to her, to show, to sharing the energy, it means her soul is very, very lucky. I'm bringing her to my level, same level, then only she can receive it. Then only she can feel it. If she's lower level, it's impossible to bringing it down to show that. I'm not talking about your mind capacity, it's your soul you need to bring it up and the master's soul energy bringing up to making one level. At the time, whatever experience the student is getting, "So, I've been with my master in Himalayas, in the highest mountains together - it's really gorgeous. He gave something to me, I forgot everything, it's a wonderful experience. It means one time, he brought your soul up and he gave, he showed with his soul, and to your soul the energy. Then he gave it. After he gave that, how do you need to protect that stage to grow up, not to fall down at least? At least how do you keep that stage, hold it? It's a very important subject what I'm teaching.

Many people with the Maharshi, Muktananda, lot of saints, they've been with. When I'm teaching everybody here now, it's one type of energy. When I'm gone, when you go to your room, it's a different energy. Why is it like that? How the student keeps that energy in him forever and ever, to smell it, to enjoy it forever and ever? Is there any process to keep that or is there any methods to continue that energy? I'm asking? Yes, there is a process there is a method. If one time you got God's blessing, the master's blessing, then you can keep that forever and ever through the Atma Sandhana Yoga process. Does it make sense guys? No?

Students: Yes

Swami: What makes sense?

Diana F.: To maintain the elevation of the soul, to feel it.

Swami: What makes sense to you? Is it really possible to maintain that or your Swami is talking crazy?

Diana F.: I hope so.

Swami: Only hope so?

Diana F.: I pray so. You're going to tell us how. I have faith.

Swami: Five minutes everybody meditate on me peacefully thinking on me, concentrating, hooking on me.

After the short meditation

I taught previously Atma Siddhi Yoga, didn't I? Atma Sandhana Yoga is very simple, sensitive and deep subject. Suppose I am healing a cobra bite. Even though I'm meditating, I'm chanting a hundred prayers to heal the cobra bite. If a normal person, a kid who also knows a hundred prayers, also touches that cobra bite after praying, he can't heal the person, but I can. What is the difference? What is happening in the mechanism there? Either it's my soul concentrating on the cobra bite, or the prayers are affecting on that, or my master's soul energy I'm sucking through me, and I'm adding through my prayers putting there, to sucking that? Which mechanism I'm doing that? The prayers everybody got it, that's fine. The same prayers, if ordinary persons did, will it have the same affect as you? Why?

Virginia: No, because the channels are not open on an ordinary person.

Swami: What channels? MTV channel?

Myuri: Master's channel.

Swami: Baba's channel. Who is Baba? Soul master. You opened your master's channel in your soul. You opened means, Baba's soul and your soul having a link - Atma Sandhana Yoga. Atma Sam Yoga, you hooked with your soul to your master straightly, then you are able to do lot of things than ordinary person who knows the same prayers, because your soul experienced lot of energy from your master. But normal person, he didn't experience anything, any energy from the master.

I will tell one small story in *Mahabharata*. The Pandavas guru master taught many, many, many techniques, how to kill the enemies, to the Pandavas. Then the master finally gave the promise to Arjuna, "Arjuna you are the

biggest person in the world. Nobody can beat you with his energy. I gave all my energy to you. You experienced with my soul incredibly. In the fighting, you are like a big master. You can kill anybody easily. Nobody can stand in front of you. That's the boon I gave to you. Entire on this planet, you're the number one. I taught you that technique. Then Arjuna is really, really thankful to his master, "Oh master I'm so happy and proud."

When the master is teaching the Pandavas, everyday a small forest tribal boy, he watched that. He took the master's face in his visions, and he made a statue. Everyday he meditated heartfully on that master, and he trained, he practiced. Heartfully, he did it putting the master's statue. He became very, very powerful, more than Arjuna but they don't know each other. Even the master didn't know that boy sucked the huge energy. Unfortunately the Pandavas came to the forest to hunt. The tribal boy watched the Pandavas killing the beautiful animals in the forest. The animals were close friends of the tribal boy. Arjuna killed one deer. That deer came bleeding to the Eckalavya, the tribal boy, crying. Then the boy got really mad, "Who killed you in this forest? I'm the big person. I have incredible energy. I did big practices." Then he climbed a big tree and he saw who was there. Then he started to attack on Arjuna to kill him and the five Pandavas. He's throwing the arrows incredibly. Nobody can stand in front of him. Then he made with his arrows like a prison around the five people.

Then the master recognized from the ashram that something was happening to the Pandavas, why they didn't come back. Then he came to search them. Then he saw the Pandavas in the arrow's prison, "Who wants to come out, I'll kill you, I'll kill you!" They don't know that the master is his, Eckalavya's, master. Then the master came, then Arjuna is crying, "Master you cheated me. You told me I'm the number one in the universe, with the powers, the arrows, whatever it is. After all a tribal boy made me like this in this arrow's prison."

Then the master opened his channels and he saw who the boy was. That boy in a fraction of minutes, he watched that master when he was teaching somebody else. He took that energy, he kept it and he built it up. He never let it fall down. Then he built it up, built it up, built it up, he learned from the nature, through the small part of the energy he brought from watching the master. The seed, like if it's a mango seed, just he took the fruit juice from that seed.

Then the master is very happy to see the tribal boy one level. But one level he bent his head in front of Arjuna. Then at the time, the master asked the tribal boy, "Oh boy, I'm so proud of you. Are you giving one boon to me? Guru dakshina. You know guru dakshina? In the previous days, whoever learned from the master they paid back with something to make the balance. Good karma. Then the master asked, "Can you give something to me?" Then the tribal boy said, "Oh master I'm so happy to see you. You're talking to me."

One other point here, in the previous days in the tradition, the masters must only teach to the king's children, not to tribal people. It was a big law they can't teach the secret information, the secret theories. Then the boy is saying, "Oh you're talking from your mouth to me, I'm so happy. Please ask whatever you want." The master asked, "Give me your thumb. Cut it off and give it to me." All the tribal people are crying, "Oh you're not a genuine master. Why are you asking for his thumb?" The thumb is the main character in your life. If he has no thumb, he can't use the arrows. Even if you want to eat something, to do some work, it's the main energy, earth energy in the thumb.

Then Eckalavya, the tribal boy, just he took one arrow and cut his thumb off, "Ok, take it." Then the master at that time he really, really apologized to that boy, "But entire in the universe, I'm giving one boon to you. Who is really doing Atma Sam Yoga process like you, they don't need to do hard work. If they have at least a small piece of the energy from the master, if they're able to keep that energy like you, I'm giving the blessing to the entire student's kingdom they will get success." From then onwards, according to that time onwards, according to the Indian saint's tradition, Atma Sam Yoga process came.

The Eckalavya never learned any prayers from the master. He never trained from the master directly, "You do this, making this angle." He never did like that, just he saw a few minutes when the master was teaching secretly some students, then he saw that and he took that energy and he kept it in his heart. He came out and he made the master's statue, then he practiced in the nature himself. Then he grew incredibly. In *Mahabharata* this is one small chapter.

What I'm advising here with my students. Some people they can't come to India, they aren't able to come but they want to come. They have financial troubles, whatever it is, it is - they can't come. No need to come, just you can hook the master's energy one time whatever you experience. The main

master, say like me, I teach a lot of information to one student. Then he teaches one hundred students, the one hundred students teach one thousand students, one thousand students teach ten thousand students... Who is the main character, the main person, directly from Swami Kaleshwar they have to do only one thing – putting Swami's picture. If that new person have any opportunity to experience at least a few minutes... even having a coffee or getting one shaktipat, then they can practice what I teach, the five prayers what I taught here today - it's very important. Then their soul pot is fulfilled, he's giving a milk pot, but that person wants ghee from the milk - it's not possible to get ghee directly. You need to put small buttermilk drop, then it turns to yogurt. Then you need to take that yogurt and shake it. Then from the yogurt you churn to get the butter. Then from the butter you need to boil it to get the ghee.

Whatever the core teachers are teaching, one level is like a pure milk pot. It's good taste, good protein, good vitamins, if you want the real happiness, he needs to see some of the moments from the student's master who is teaching that student. The person needs to see and keep in his memory some moments of that master through his eyes, to keep that image of that master in his vision. Your master who is helping you, his body and soul is having some special capability in this nature. You understand? If you suck those visions in your heart, digging it, burying it, and keeping it not to evaporate it, or lose it. Keeping some of his moments, some of his energy, some of his experiences, memorizing that, keeping on, keeping on, keeping on and doing the meditation process. Then no doubt that person is sucking highest energy from the nature through the blessing through your master's soul. Without the master's soul notice, you can't suck the master's energy. You understand?

In Atma Sam Yogam, even though you're putting the master's statue, but it's coming from the nature through the master's structure, the energy is coming in you. You can't vision the whole nature. Is it possible to think everything on the whole nature? In the nature, you're taking a small seed, your master, from there you're sucking everything. Like a point, the master means it's a point, just a point, a dot - it's important. From there you can create everything. So, the main point is important. This is called Atma Sam Yoga Process. Everybody is thinking Swami's talking same subject previous, and previous, but I never talked about this before. This is the first time I'm teaching this. In my life I explained my experiences with Baba many times. Even though when I'm sitting by myself in my swing I'm going a little upset, sad, "What a bad luck person I am. I have no master in the physical form to torturing him, to teasing him, to doing some seva to

him." If you do whatever your desires on the master... suppose, it's one story. It's a real story about Shirdi Baba.

One day, Shirdi Baba he's with his master Venkusa. Baba is the smartest student in the group. Baba is a little crazy personality. When he's with his master he never cared to meditate. He's completely service oriented to his master, "Master I never care about your teachings. I like you, I love you, you are my God, you're my master, you're the creation. I know you have the huge link to the nature, you know the whole mechanism about God, you know that. I don't need to know that, I'm doing seva to you. I can get power from you. I'll get it. There is no law, if I do this, if I do this, if I do this then I'll get it. There's no one hundred percent law like that. If the master's soul in whatever level it is happy, then he can give it, if he's satisfied... suppose a thousand students are learning from me. Then they teach a million people. Then of those one million people, how many are really get success? Ten percent. In that ten percent who is really having a great faith on the center point, the main master? "Oh, this came from Swami Kaleshwar, from the Dr. Clint. Dr. Clint, he's a loving man. His master is a really good loving man." You have to be faithful on both. Many times I teach that Baba is the main person. I mention many, many times to everybody, "He's the big guy, go sit in front of him." Is it true? Everybody must have the faith, first of all on your Swami, then Baba, then the God, then whoever is Baba's master.

One day when Baba was doing seva, his master asked Baba, "Hey, why are you so crazy? All the students are learning the meditation but you're not learning anything. What a horrible guy you are." At the time, Baba answered to his master, "Master, seriously I have no faith on meditation, I can't concentrate, my mind is like that. The nature created me like this. If you want to change me, you can change me. If everybody's meditating here, who is doing seva to you? Who is giving food at the right time to you? Who is taking care of your health? I got good opportunity I'm taking care of that. If your soul is happy with me, at anytime somewhere... suppose when I'm feeding you some time. Then at that time you're really feeling hungry when I'm feeding you, when you're really happy, then my soul is sucking your meditation energy, I know the technique. You taught that before in the group, so I chose that channel. I'm doing seva directly to you." Then the master is so impressed, "One level that is true."

Whatever relationship you're having between you and your master, sharing that happiness, that love, and energy, then the master can provide for you whatever you want in your life. But nowadays it's important to

have some knowledge in you. But even if you have the knowledge in you, there's no rule, no law, you're getting everything, that you'll be successful like, "If you do this, if you do this..." Suppose a doctor when he's doing an operation, is there any law that the operation will go one hundred percent successfully? Even if he's a big master on the doctorism, but there's no one hundred percent guarantee, law he's getting one hundred percent success on the patient. No. But in the spirituality, everything is the happiness when you're linking to the master, and the master and the master. One level above master is necessary, then after that you don't need to concentrate the master's links. You link to your master, then one level higher, that's two. Then you are one level the master, three is enough – maximum.

My Indian devotees, my students... of course they're also Baba's students, but physically my students. I never teach to them like this big stuff. Even if I teach it they never care, "Swami, c'mon we can't meditate. Please. We're happy to do seva in the garden. If I made a plant, taking care on that plant making it bloom, then you're walking there, and you see that flower and you feel so happy - I'm gaining some power from you. Indirectly I helped that flower to bloom. I don't need to meditate sitting ten hours, fifteen hours, like hammering in the mind with the soul, to remembering that mantra, this mantra - crazy stuff. Oh, no, no, no, no, no!"

I'm teaching all the techniques what's necessary nowadays in the spirituality. I'm not asking from everybody to come and directly do seva to me. I can't torture your sevas. I'm not able to withstand that huge seva, but to enjoying the love... whatever you enjoy the love with the master, the moments, keeping them in your heart, commanding from your soul, commanding with your heart, commanding through your mind those moments, "I'm not forgetting right now these moments whatever is happening in my life." And you need to memorize that. It's like a meditation, and meditation, and meditation, then you're sucking the huge love from the master.

Like taking a video with your eye lens, keeping it in your mind, then whenever you want you can switch on in your head television to see that. Keeping it, memorizing it as much as you can. It means you're sucking the energy from the master - those moments, if they're completely in your heart, it's beyond all the meditation energy.

Can you remember one minute, two minutes, five minutes, thirty minutes, one hour, with your master since you've been here? After one hour it's not possible, it evaporates. To me, in my last life, and last life, and last life, and

this life, like ten, fifteen hours memorizing directly. Like watching a TV, it's going back and forth, back and forth. Fast-forward and rewind I'm seeing. You understand? That's very important. You have to hook through Atma Sam Yoga Process whatever moments you were really, really, really impressed with your master, taking that and hooking it. That's enough, like seeds in your hands to suck the fruit juice. That seed, fruit juice, that seed has the whole fruit taste in it. That seed has the whole huge tree shadow in that, everything is in that seed. You need to bring it out - it only comes through your experience and memorizing, and memorizing, and memorizing.

For example, two really good lovers, unfortunately the boy's girlfriend dies. His heart is completely broken. Even though he's sleeping, the girlfriend is coming and laughing. He's seeing her in his room in one corner. He's saying, "Hey, you're here," but it disappears. Completely it's called Atma Sam Yoga process, complete attachment. He's keeping the attachment. Tragically his girlfriend died, then he's seeing her everywhere. When he's driving his car he sees her. It's another woman but he's thinking on her in that woman. Then he goes to a park where he really enjoyed with his girlfriend in previous days. He can't forget those moments. It's coming, memorizing, memorizing, memorizing. Having his heart completely open he's receiving those moments and he's keeping that. Whole lives with some people, until they die they're thinking on, thinking on, thinking on their girlfriend who died. Like a student thinking on the master, keeping those moments in his/her heart, "I don't care about God. I don't care about knowledge. We don't care about anything. I'm so happy in my business. I can't meditate. I'll do some process, be good, do good, say good... but it's you in my heart in my memories that counts. Everyday I'm touching you." Here it is the master's energy is with you. You need to open your heart to bring that. So, everybody is thinking, "Hey Swami, why you didn't tell this before? Now we're all going back home. We can't remember anything. Hey, ooohhh!" (laughing) Are you thinking like that Clint?

Clint: No, I'm thinking about the people in America...

Swami: Your own method?

Clint: No, you're method. How to tell them, you know the minds in America are so crazy; their hearts are closed?

Swami: They can understand this. It makes good sense.

Clint: I think if you come to America for a while, it'll make better sense to them. It's not necessary?

Swami: Give them one videocassette. Make them to write me a letter.

Jonathan: This will be a great video about this. People will get it from the video.

Swami: Yea, they can get it no problem.

Myuri: This Atma Sam Yoga is the same as Atma Sandhana Yoga?

Swami: Yes, Jonathan Rosen, my dear Jonathan Rosen.

Jonathan: If people see the video, they'll love it and they'll connect with you and then they'll have huge longing, huge painful longing to see you in person. I know I have been through it. For many months, before I met my previous teacher in person, I was seeing ten hours of his video everyday, then meditating all the rest of the time. I was aching, aching to see him. Then he finally came, you know. So maybe you can think of some solution for that if they can't come here what happens.

Swami: If they're thinking on me the energy flows to them, taking some moments... See if you watch the video cassette, you have those moments, you went through that, you got it! To me, to want to see many, many people but they're not able to see me, to hear me talk. Even thousands of people come to see me sometimes, but particularly to testing on them I never talk to them. Ok, after first time, second time, third time, twenty times, thirty times, they're so upset. Who I really want to test their energy, their capability, sometimes I do a little fun. Then after I test on them then I say, "Ok, come sit." Then their heart is completely like boom, open, crying, "Oh you're so bad Swami, since two years you never talked to me, I came many, many times." After five minutes talking with them, then they're saying, "You're so wonderful. You're so great. I love you forever and ever." He can't forget, until his last breath, Swami. Hooking that energy, to making it hang around - pure love, pure attachment living there, enjoying that, that's a heaven. That's called in one level Enlightenment Stage.

It's horrible what the saints taught the people in the previous days, that enlightenment meant knowing everything. Is it true? Horrible. In that sense, is Rama enlightened? It's not advisable. Shiva is only one biggest enlightened person in the universe. He's the only one person - pure

enlightened person. If we reach that stage, we can, it's not a big deal but we can't hear the crying of the souls. Some millions of souls are weeping, crying, "Help, help, help." Some millions of souls in the big illusion are in the torture, in the pain. Only ten to twenty percent are happy souls. If you go through being biggest enlightened person, it means you'll have to hear everything. Wherever you'll see big painful, crying, depressed souls saying, "Help, help, help me." You can't sleep. You can't eat. You can't walk. If you see one person, immediately it makes you much reflecting. You're sleeping you'll be surrounded. Even if you start to meditate, then you're hearing a lot of crying and weeping, it comes to you, big fires around the burning souls. So, Shiva is the only main person who can handle that, to balance that.

We don't need to repeat that level, only we need a small molecular of that. In the small molecular it has everything again in that. It has everything in that. We don't need to be in the big... just being one small molecular in that, it's enough. Whatever is in that big has that taste, the mentalities, the characters and whatever the smell it is, everything is in that molecular. We can handle it, simply we can taste it, we can enjoy it. What everybody is really enjoying, the happiness with your master, when you're meditating with the huge energy flowing, through your energy helping some souls removing their negativity through your Brahma Consciousness. I already explained that. When it's working, it means you got enlightenment. You have capability; you're an enlightened person.

If you're completely enlightened, everything comes to you. You can't control it. Then everything is yours; whole universe is yours. You have to enjoy every molecule in that, it's a horrible condition. Shiva is the only person who can enjoy it, just barely, by all the time being in the meditation. As a physical form, it's impossible to anybody who came in this universe, to enjoy that. One particular level helping some beautiful souls, enjoying with the huge energy, enjoying the deepest meditation energy, helping them to wash their negativity, that's called, "You're an enlightened person completely." So, we don't need to be that much. Some people nowadays they say, "Oh, knowing everything, enlightenment is that that, that, that." Crazy stuff.

Jonathan: So, we have the seed, the seed of 'all-knowing?'

Swami: If you recognize the nature of the God, that's it. It's a big pot of water, if you taste one glass of water from that big pot, that's enough. You don't need to taste the whole pot of water. You don't need to drink the

whole pot of water. If you drink that whole big pot of water, it'll go blast in your stomach. You're in the big danger. Nature is like that, huge energy. There's no limit for that - no limit. Everyone must recognize, we're a simple small molecule in this big nature. It's a big foolishness to get the huge planet in your control. To be involved in the huge planet everywhere, everyday using your energy, it's a huge foolishness. But we have to surrender to the energy, accepting to getting, to tasting that one small molecule. Understand?

Elizabeth E.: So, you can't recognize from outside if someone is enlightened?

Swami: Here everybody is enlightened, no doubt, one hundred percent, I'm giving certification of that. You need me to sign a certified paper? (laughing)

Clint: Swami, is there any particular process formulas to use those five mantras you gave?

Swami: No just you practice then I'll... there's no particular way, particular process - just simply meditating those five prayers. Ok guys? So, I'll say goodbye now. Then try to practice and I'll see at any time tomorrow.

End of Talk