

Guru Purnima Program 1999
Atma Viyoga – Purifying Soul Negativity
Teaching in Hampi
August 7, 1999



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Swami: Today my subject is Atma Viyoga. Yesterday what I taught? Atma Sam Yoga, what is meant by Sam Yoga Johanna?

Johanna: Master and the student coming together, creating the direct channel to the master.

Swami: Nancy?

Nancy: The love of the master. Remembering the moments with the master and trying to keep that awareness, and also the universal awareness.

Swami: Good. Is everybody feeling it's a boring subject? Everybody thinking, what Swami's talking about?

Students: No. It's very big!

Lothar: You taught how to suck the minor things but I'd like to know how to suck the main things since we don't know how much longer you'll be here. So we can get the utmost from you. This is very dear to my heart.

Swami: In spirituality we can't say this is small one, or bigger one. Unknown thing, whatever it is, once you know it, it's really good. You understand? Suppose two times two equals four. Even if you don't know, whether it's small formula or really big one, or fundamental one, it's all good to know. Beginning students they have to learn, they have to memorize one to ten times my cassettes, listening, making sure like a

filtering, like grinding the sugarcane, grinding it, getting the juice, grinding it, getting the juice. Each step if you go on listening to that it comes wide. One time listening, just it means you're getting just ten percent of the knowledge.

To me, if I read a manuscript book for first time, I get only five percent knowledge; second time twenty percent; third time fifty percent; fourth time fifty-five percent; fifth time little more, little more... Taking one little sentence then thinking, "Why he told like this?" going on deeper. Then with our knowledge, bringing it out, making it elevated, spreading out with the thoughts, then your thoughts and the master's thoughts the sense of the meaning, making everything sure. And then you writing on a piece of paper what you're really thinking. Then after that your knowledge is increasing. Then your heart is changing like a master, a man of knowledge, "Oh Swami, I read this manuscript book, simple, great, wonderful!" It doesn't help. Even whoever is listening my hours together, each sentence what I told previous, is a deep meaning. It's really deep meaning. It seems simple, in the simple there is a huge. Ok, Atma Viyoga. What it meant by Viyoga Jonathan?

Jonathan: Don't know.

Swami: Myuri?

Myuri: Well yoga means unity so maybe Viyoga means separate.

Swami: Perfect. I told it's like north and south. These are all very important terms, this knowledge. In Atma Viyoga, sky and earth is in Viyoga. The sky and earth all the time is together? Here in the Viyoga process everybody talks detachment. A person has the huge negativity, through the Viyoga process, how he can detach the negativity whatever he sucked in his heart, whatever the illusions he sucked in his heart, whatever the karmas he sucked some millions of years in his soul, all the bad things he did in his life, carrying the bad karma throughout his lives. How he can do from the Viyoga to get out from that negativity what he did, from the bad karma from his soul? In the previous days, the saints use the Viyoga process – Atma Viyoga process to remove the negativity - washing. How it really works we'll discuss now, it's simple good deep meaning.

Suppose a dog really suffering with huge pain in his stomach. It's crying and crying and it's vomiting the blood, very bad smell. It's suffering with huge bad karma. Everybody is watching, everybody has the huge love to

go and take care of that. When they're going near, they can't tolerate that bad smell and they're going far away. The dog's bad karma, whatever it's vomiting the blood, the huge bad smell, that karma is coming through the blood and that energy is stopping them to come and help to remove that pain to the dog. That karma is coming in the form of the bad smelling blood and the dog is really crying, shouting, vomiting on the floor. We're talking as a spiritual master process, on the soul mechanism process. Forget about the dog's body. What part is really suffering in the dog? Is the body suffering or is the soul suffering, Anya?

Anya: Both.

Swami: Mostly the soul. Mostly the soul is really suffering. It's getting ready to die, to take off. Before it takes off, it's in the big painful. Through that pain it has to come like a bullet to go out from the body. When the soul goes out from the body, what happens to the dog? Simply dies. So that soul is really suffering. How can that type of soul... is there any process to get the healing, or is there any spiritual master who can help that soul to make them happy? Not only the dog, not only a bird, not only a man, whole creation whatever it is. There is a mechanism.

Clint: When it's dying? After it died?

Swami: When you're watching any suffering body, a suffering soul, a suffering heart. Listen. A healer, a spiritual healer, the meaning is he's a really big magnet, powerful soul magnet. Powerful soul means he has the really strong abilities, strong will to send his energy to his soul, on any soul like a huge magnet - if any little small iron pieces, magnets is there, if you open your big magnet what happens? It comes - it pulls it. Like that you have to open your heart with the huge love, compassion, good gratitude and big sympathy, kindness, kindful heart. When you see that dog, whatever really good meditations you did sucking, and sucking the energy in the deep trance, you're heart is a big energy. When you see that, it immediately goes to your heart, "Oh, come on." The energy starts to flow to that. At the time you have to think heartfully, "I'm sending my love to you. I'm sending some of my energy from my soul. I'm commanding to your soul to please take some energy." You have to talk through your heart from your soul. It only comes to good meditators and to whoever has the huge love.

To the normal people, to the street people like the gamblers, drinkers, hunters... you know hunters? They go in the forest. Their habit is killing

the animals. That type of persons if they see a dog, does their heart melt? If he's a hunter he's thinking, "Oh, it's dying, good." His heart never comes with the big love. Everyday, who is working as the butchers, who kills the cows, sheep, chicken, goats making meat and selling - his soul is completely crazy. He doesn't have the sympathy heart, sometimes it's a little possible, but mostly not, not everybody.

Jonathan: Swami, sometimes we see some people in the streets who look like drunkards, but huge love, divine love is coming from them.

Swami: Some people, you know who I watch in my life, who are drinking persons are so loving. Some persons are like very wild, half mad people. They don't know exactly what they're doing. It's temporary. After the alcohol percentage comes down in their body, then they become a normal person. It's not like that. The spiritual healers, if he sees that suffering body, then you go, "Oh God, you have my love." It automatically comes up. Everybody must suck that type of energy in their heart and go through the process, "Right now, right this minute I'm sending my huge love to you to kicking out your negativity." And also thinking on that suffering body when you're meditating for a little while, to thinking on that soul's suffering body and working with your soul, "I'm kicking out all the negative energy from that soul. I'm washing your negativity."

Anya: So you're thinking on the body mostly?

Swami: Um-hum. Then it's really huge love and a big relief that suffering body automatically gets it.

Jonathan: So you're really washing the soul and that gives the relief to the body?

Swami: Yes. When the soul is really getting much energy, no matter whatever it is, the soul really has the good capability to heal the body. Tomorrow I'm going to talk how some energy is directly working on the body healings. Some certain points in the body I'm going to teach how the energy focuses to make it relief. I'll demonstrate how to stress the points, giving the energy. I never did this before using one student as patient, making lay down, pushing buttons.

Who comes in front of me, a cobra bite person who is suffering with the huge pain, I'm using the Atma Viyoga Process. Commanding on his soul to give the negativity, "Give me your negativity, I can wash it." By the

help of the God, through the prayers you're doing it. I'm teaching some Atma Viyoga prayers and how to really chant the prayers, to do the Atma Viyoga Process.

Myuri: Can we also use these Atma Sandhana Yoga prayers too?

Swami: Um-hum, but Atma Sam Yoga, and Atma Viyoga prayers different. It doesn't make much sense to the Atma Sam Yoga and the Atma Viyoga.

Atma Viyoga means in the higher-level stages, it's a little confusing, I want to talk on that in the December program. A person who is really sleeping when you're meditating, just sucking his soul, purifying the soul, and sending it back. As much as you can everyday, bringing out from the body, purifying, sending it back. So it's a good mechanism but makes a little confusion in the people's mind, "Oh Swami how it's really possible to bring out the soul to purify and sending it back?"

Anya: Do you have to be able to see it to do it?

Swami: Some level um-hum, you can feel it. Last night in my dreams, not dreams, just in one consciousness level, I'm walking and walking in the big forest like that mountains. I went to one huge mountain edge. There's no more to go, I stopped there, "Hey, wait a minute where am I going?" I'm in the walking meditation, in the trance. If I walk just two or three steps off the edge, I'll fall down and I watched from the mountain the whole water below with the crocodiles ready to, "C'mon, we need your body to eat." Then simply I sat there and watching the crocodiles. Then I turned back and whole my forest area has disappeared, only one mountain. I have no place to go away, whole rest is surrounded with big crocodiles.

If I want to go out, rest of mountains disappeared, only one mountain is surrounded by water with crocodiles. Then, "Wow, what a miracle happened here." It's Baba showing a big movie to me. It's a big meaning from one person since one month who gave an indirect answer to that. It's only up to me and Baba, then suddenly a big eagle came and it's eating a big snake. It's really huge, big. When it's flying back I jumped and caught one feather. It's like the size of a big branch. It came down again another mountain. I climbed back to the ground. The eagle is flying. When it's flying and flying it turned like a big angel and laughing. Then I came back to Penukonda to my ashram. When I came back and everybody's waiting for me, I'm very tired. All the Indians want interviews. Then I'm shouting

on Baba, "Just you came one time. Don't torture me like this. What is this big illusion surrounding me? I don't need this stuff." I'm big crazy yelling on Baba. I went in my bedroom and I want to take hot shower. But somebody locked it, inside somebody is there, then I'm knocking saying, "Who's inside?" Baba said, "I'm here inside, I'm so busy, don't disturb me." I said, "Baba, why are you really torturing me?" He said, "Hey I took all your negativity, now I'm washing, I'm purifying in your toilet. You're not giving to me even a little while here in your toilet? I'm using your shower, I'm using the elements to purifying... but what I'm enjoying now, I'm really, really tired, but that's only one percent tired." Me, I'm ninety-nine percent tired.

Whatever we are suffering, the negativity, every healer... what my meaning is here, every healer must be very careful with the negativity. If you're like a magnet, all the different type of the energies are coming to you and automatically you're sucking that. And you have to purify, to make sure to discharge the negativity. It only comes through meditating, connecting to your master through Atma Sam Yoga process, thinking on your master at least for a little while, sending your love to your master every morning and evening - then automatically it goes. Somebody's laughing, "Oh, we're already sending huge love but nothing is coming back yet Swami." So one process, if you can remember to send your love through Atma Sam Yoga process, utilizing those moments with your master and connecting all, even if you're working ten hours with your students handling their negativity, if you remember at least ten, fifteen minutes to your master, thinking on the love or listening to his cassettes to his jokes, if you enjoy that, it's going away. It's washing, purifying because he's the main character who gave you the energy, who taught you the knowledge, so you have to submit to him directly to make the negative balance to the negativity. You understand?

Me, when I come from my bedroom morning hours, to whom I go straightly to touch the feet? Everybody watch? No matter whatever it is, straightly I go. I stop every work, straightly I go and touch Baba's feet, "Thank you so much." When I go nighttime on my bed to start my meditation, whatever it is, again I go touch Baba's feet, like two, three minutes everyday I spend. Like I'm going up and back watching him, saying hi, going back. So through Atma Sam Yoga process, hooking him, even if you're sucking huge negativity, you're not responsible. Your soul is not responsible. It's not coming to you, it's going to him. Without your notice your soul is sending it to him.

And some people have really big confusion, “Is there really positive energy there, or is there really negative energy there, or is it an illusion?” No! It’s absolutely true, the karmas. If you’re working with the karmas, if you’re paying attention to the bad karmas, it comes to you. When one person is getting relief by your prayers, some of his relief you have to be responsible to take care of it, you have to take the balance. Again you have to take the balance to the Baba, you have to submit it to the main character otherwise you’ll be in the big trouble according to the Indian tradition.

Nowadays, many, many healers, even though they’re huge successful, they’re enjoying huge pain, huge torturing, huge suffering. Is it true Jonathan?

Jonathan: From healing, no, that’s not my experience. I have huge sufferings but it doesn’t seem to be coming from doing the healings, if that’s what you’re saying.

Anya: He’s saying healers in general.

Jonathan: Oh, healers in general, yes I’ve seen a lot of healers.

Swami: Lot of healers have the huge problems?

Jonathan: Yes.

Swami: Not only the healers, successful men like, suppose like a Hollywood actor. Everybody is paying attention on him. When everybody is putting their attention on him when he comes into the big hall, everybody’s going, “Whoaa, whooa!” He’s sucking from them huge love. At any moment, at the time, if he got any little failure, he goes little bad, then the people talks on him negatively, “Oh, something he did bad, bad, bad.” They talk really crazy on him, then all that stuff it comes huge, like double time on him. Then without his notice he’s getting really big frustration, he’s becoming alcoholic, drug addict, he has to take something to make his mind and body relief to be able to sleep. That’s my practical experience what I saw with many people. One level they go high, high, then at that point if they got any negative forces from the public, the people, then it makes the person down. Then it’s very difficult to that person to come up again. Then at that stage, he develops some bad habits like alcohol or drug addiction, spoiling his life there. Then he’s coming down, but his will and attention by his beautiful good parts, sharp intelligency nature, then again he’s bringing up.

Every person's success, their background I told already, they have big intelligency parts. Even though he has the really good intelligence parts, he has to apply that in the right time, in the right angle to make sure the thoughts will happen in his life to implementing that in the public. You understand? Then his success depends on his intelligence, not only businessman, but spiritual man has to work in a delicate process.

Suppose I have incredible knowledge and thoughts. Suppose I'm doing something. Then again I go to depend on, let's say, Myuri asking, "How will I do this work?" Even though I have this knowledge I'm depending on someone else - that's not good. You can ask many people but you must take decision whatever you feel is right. That decision, ok you have to think in your mind, "What is that, what is that?" Then you have to follow that. Ok?

So tomorrow we can work some prayers and I'll teach the Sai Shakti Healing Techniques.

Jonathan: Can you give us instructions how to use those prayers you gave us yesterday?

Swami: There's no instructions, no particular instructions for that. Just you do it, it works. Okay guys, I'll take care of the Japanese. Can you sing for couple of minutes, Om Nama Shivaya.

End of Talk