

Guru Purnima 1999  
Sai Shakti Healing Techniques  
Teaching in the Courtyard of the Baba Temple, Hampi  
August 8, 1999



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**Swami:** Anybody know anything on the Reiki healing?

Marie: Universal energy and love. Also distance healing, mental healing and clearing rooms with energy, using symbols to give love. To be like a straw, having the energy come through you to the person being healed.

**Swami:** Anybody have any idea on the Philippine Healing?

Jonathan: Psycho Surgery.

**Swami:** One part, Psycho Surgery, another part just touching and taking out the negativity - very weird, crazy.

Jonathan: Not good?

**Swami:** Hun-un. This is first time Swami teaches these healing techniques. Before, I didn't want to teach to make the people confused. My main theme is working only with the souls, souls and mind getting peace, to get the energy. But this time I'm going to teach the body techniques. It's good to tell my knowledge whether you teach it or not. I'm giving my techniques to the world. I'm giving new name to that called, Sai Shakti Healing Techniques.

- First: Eye to eye (most powerful)
- Second: Fingertips
- Third: Third-eye
- Fourth: Middle of ball of foot – bottom
- Fifth: Middle of palm
- Sixth: Backside of neck
- Seventh: Navel
- Eighth: Top crown of head
- Ninth: Behind of knees

Eye to Eye healing means, looking straight eye to eye. In the body, according to my observation, in my experience which part is the highest powerful, eyes are so powerful. Next is the fingertips, and then third-eye then, middle of bottom of foot, middle of palm, backside of neck, navel, top of head (crown), and behind the knees. These are the very, very powerful spots in the body.

Have you observed my eyes any time when I'm teaching? Through the eyes we can suck huge energy. Then the eyes go like two flashlights with your energy. One time I saw one picture of Jesus in someone's house. His eyes were focusing. If you see any picture, what is the main thing we're attracted? The eyes. If he's looking to you straightly both his eyes, you're sucking his energy, you're feeling the love you're getting the energy. Many of my pictures they get the same response. Sometimes, even funny pictures showing like, "Look, why you made mistake?" many different angles of the eyes. Every natural and supernatural healers, and holy persons, holy saints have to improve their eye capability systems. That's one part very important. How it's important and what are the ways to suck the energy through the eyes? Today we're going to discussion. Before that I recommend for everybody to meditate a few minutes.

Meditate to bring blue light with eyes closed. Use blue light for healing anything. Close your eyes not to focus anything. When you close the eyes immediately you can see red light. As you go on meditating you can see it changes to blue. It's very difficult to bring dark blue light. Doesn't matter whether you're in the sun light, or dark light, your energy is flowing and it has to come as a blue light in front of your eyes (lids closed). When you keep the blue light in front of your eyes, your eyes are getting much healing resistance power. Through your eyes you can remove negative energy, you can bless anybody. So try and bring that blue light now.

I mentioned many times when you're doing the fire element, to try and watch the fire when you're chanting the mantra. There is a process when we're doing any meditation, chanting any mantras, saying any prayers, watching some powerful things. Suppose the fire, when you're chanting and chanting the mantra, you're straightly looking to that fire. I mentioned not to blink your eyes. Even if the tears are coming out, that's fine. Just try to focus on the fire. The deep meaning in that is because the eye has a certain energy to link to your soul. Every part of your body has one channel to link to your soul.

When your soul is leaving, going out from your body, by unfortunate circumstances your body is suffering. Your body is suffering and same time your soul is also suffering. When the body got injured your brain is pained, your eye is pained, your heart is pained, your body, some channels totally injured. When your body got injured is there any specific rule the soul must also get injured? How the soul changes to a negative spirit? So what, if someone kills you, is there any particular law your soul is going to change like a negative spirit? Suppose two good friends are business partners, one friend cheated on the other friend and he killed him. At the last minute when he's dying he's sucking enemy-ism on him. You know enemy-ism - total anger, revenge. He can't do anything back on his friend. His soul is getting totally injured from the pain in his heart, totally heart broken. Then it's possible his soul is changing like a negative spirit, negative soul.

Big link with body and soul one level, then body gets injured, soul automatically also gets injured because soul home is also your body. Your body is your soul castle. When the castle is been destroyed, also the soul is getting injured by negative forces, from the pain of the body. There's much possible who has great compassion, even if his friend is killing him, still he loves him and forgives him.

Sometimes, boyfriend and girlfriend, if the boyfriend has faith on the girlfriend, but the girlfriend cheats on him with another boy, then he sees with his eyes that, and he goes really mad on his girlfriend. Then the girlfriend shoots him. At that time, the boyfriend's heart is completely broken seeing first the girlfriend cheating on him, and then secondly, she's shooting him, and third she's completely destroying his life. In that position, he can't forgive. His soul can't forgive. He's so strong commanding on his soul to want to kill that girlfriend, either through his body, or his soul, like taking a revenge. That type of souls, even though that negative spirit came in another body...

Does everybody in the West believe in spirits coming into other bodies? It's not possible one hundred percent that one negative spirit can come in another soul. But the negative spirit can come all around that person to giving problems, to causing crazy circumstances. It comes close to that soul giving problems, to bothering you, to torturing you, to making you a hysteria patient. Some negative energy is working on you. If we see the negative energy, maybe it's a negative spirit, or someone spelled on you, or someone got really hurt by you, and their energy is working to disturb you.

For example, I'm a master and I have one student is with me two years. He sucked a lot of information, things from me then he ran away. He really took my energy but he's giving bad publicity about Swami. I heard that but I love him. I gave really good energy to him. I gave really good power objects to him, giving with my heart and my will some a big blessing with that. The things he got he went and misused, creating big fear in people and being untruthful. The master's teaching was one way, but he's teaching his own crazy thing another way, and talking bad publicity on Swami. If in my heart, I thought one time, "Oh my student, why are you doing like this?" If I got upset... 99.99% I never get upset with anybody, that's my nature with my students. Even if they do really bad on me, it's impossible to think badly on them, but if I do feel upset they're in the huge trouble. All their energy is evaporating, disappearing... even if the energy doesn't disappear there will still be a lot of disturbance in that person's life. It means, what I'm teaching, it's not only me but with any friend who you have a strong relationship with, like hooking making a big bond, if you're breaking the bond with your own craziness then using your craziness with another angle, then you're receiving negative karma there.

How it's possible? When you give the body healing, it gives much release to your heart. First example, suppose two persons come in front of me heartbroken. Much times I prefer not to talk with them. They're simply very painful, heartbroken. Just I say to them, "Please come and sit in front of me, just you watch me." That's it, they sit in one corner when I'm in my swing. They're watching me but I'm talking to many people. I give one-hour program to them. When they're watching me, sometimes when I'm in my swing enjoying my air, just simply I look to them straightly like few seconds. Then again I talk to others. Then again I look to them. When I see like that to them, their tears come. That's ok. Then again I'm talking others. It's coming up, coming up, they're purifying, washing. Simply giving one shot, eye energy, "I'm kicking your negative energy now, I bless you." Again, doing hard work.

When you give little time, doing a slow process, the healer must have really good commanding willpower, "I can heal him." Even though he's a dearest friend, if you go very excited, if you feel more than him his heartbroken feelings, if you go, "Oh no, what's this? C'mon please, what's the problem, dha, dha, dha, dha, dha," it goes higher, putting the big gas on that, like on the little fire throwing the big gas. One part it's ok, but beginning stage, and it depends on the people's emotions, but what I see it's advisable to make them sit, "Don't worry, sit. Look at me." Give some time to them, like forty minutes to one hour, it gets purified. After forty-five minutes to one hour, close like that in front of you, then his emotions comes down forty percent. Then you start to work with him. When you're working it's possible his emotions will go up and down like sixty percent, eighty percent, one hundred percent, it's ok there's much treatment started already, huge treatment started in his heart.

So it's my advice - one type of healing through your eyes to giving eye shots, shots of the energy. When you're giving healing through your eyes, on that time you must concentrate what you're suppose to think on him, what he really needs from you. You must concentrate on that particular exact point on his life. Don't say irrelevant things like, "You want chai? You want bananas? You had your breakfast?" It doesn't work. No need to talk just simply giving the blessing, sending the energy. Don't give a chance to him to talk to you. Nothing. Just simply say, "I know, please sit."

With me there's a big disease with everybody. If I'm not talking to them, they're feeling I'm not liking them, or I'm a little angry on them, a little mad on them - it's not true! If I'm not talking it means simply you can feel it, "Swami's working on me, concentrating on me." On each student, everyday I'm thinking on each one, what is she, what is he, almost ninety-nine percent everybody I'm focusing exactly, I never gave up. My style is not like, "Oh they came, I talked, they left." like that style I don't want to waste my time. I have huge works, many, many people they need my help directly. Especially in India with any powerful saints, the political leaders and the movie actors, and the business magnets will come. If I give my life one time in their hands, they'll come one by one. It's a big mess. Then I have no time to concentrate on the poor people. I can't concentrate on the real pure devotees, pure students. It goes up, up, up, up, then the normal people won't get it. Everyone must understand, if I'm not talking don't worry - just think, "That's fine, Swami's working something."

When you start to give the shakti through your eyes, how do you receive the energy through your eyes? Suppose I'm sitting in my swing and you're sitting in front of me meditating, it's a bad habit at that time closing your eyes. It's ok, but if I say it like this it's not good. Maybe you'll think Swami's too building himself up. Swami's your master, Swami's in his swing, you're chanting mantras, some people are closing their eyes and bringing his face in their third-eye with difficulty and chanting. Is it necessary? Hey, open them, he's there, forget the third-eye. Try it later don't waste the time. He's there practically. You can't come again soon from thousands of miles. No need to waste your time. He's there practically; he's walking in the garden. You have the eye shot on him, focus, chant your mantra, thinking in your heart, "I'm sucking your energy. I'm taking your energy."

Some people they go to the big temples in front of the main deity. At the time they start to meditate, closing the eyes. They're only able to stay two minutes there. In Tirupati they'll kick you out after only one minute. If they wait for a long time, when they get in front of the main statue, simply they're closing their eyes and meditating. You go there to open your eyes, to see the deity. Listen, whatever you're taking the imprint with your two eyes, again you're giving that imprint to another eye, your third-eye. Through your two eyes you're taking the energy and giving it to your third-eye. If you're not taking with two eyes the energy, you can't give that energy to your third-eye. You must take the energy from your two eyes and give that energy to your secret eye, spiritual eye, third-eye, gurusthan, paramasthan, shaktisthan, mulasthan, nada bindu, energy process center point. These are all a lot of words for the third-eye. Some people they call it Atmasthan, this third-eye is linked to your soul - Atma, your heart.

Suppose you're thinking about your girlfriend. You're in America, she's in India, you have such a huge love on your girlfriend. Just you close your eyes and think on her. Then the energy comes from your toes to your head, "Ooooh." Then you go huge flowing of energy, and the tears comes from your eyes. Then sometimes the hairs on your body stand up, you can't eat or drink because you have such a big love. Many people in America, they're thinking on me. Not as a boyfriend but as a master, thousands of people when they wake up, sometimes I call them, "Hey good morning." It's the first call they pick up. They can't talk. The whole night they got the dreams on me, then the next day morning I called. When they open their eyes in front of their bed is my picture giving boom, huge hooking, the energy flowing. That is energy. Either it's your hooking

with your girlfriend's/boyfriend's soul, with your master's soul, with your experience with another temple, any healer, with your children...

Suppose your baby comes with little skiddy steps. You know skiddy steps? Unbalanced steps, "Mommy," like running unbalanced steps, "Hey you're going to fall down, c'mon, c'mon." Then you're walking and hugging him, and he's kissing you, and you're hugging him, and he's shaking his legs, kicking you on your belly - you have huge love on him. He has huge, small like flower love on you. You're hugging... that's the love energy flowing. That's energy soul to soul it's coming from your soul, that energy, not your body. You're seeing with your eyes the baby learning to walk, he's running and you're seeing, and you're loving on him, you're printing that, your two eyes camera is taking the print on him, and the energy is giving to your soul the imprint of that, that is energy.

As a healer, when you start to give the healing, you have to increase this eye capability. Through your master, through the fire element taking the energy, or when the fire ceremony is running concentrating on the fire, purifying the eye energy. Or like if you're seeing such a beautiful flower, like you never saw such a beautiful flower, or it can be any special thing doesn't matter whatever it is. If you feel special, whatever it is, either in the nature... like in a lotus pond, one lotus is very special. You see that, "Oh." You got impressed on the lotus. You never saw that before but you're seeing it now. That's the energy flowing from the lotus energy, and from your soul energy, hooking, automatically your soul hooked that.

Suppose you see one small kid in the street, you want to kiss him. Even if you see millions of kids but you see one kid and you don't know why, but you want to kiss him. Is it true? Especially to me... When I'm in San Francisco and I have to go with my friend to get a Mexican visa. He's a little funny guy... he missed that address. The day before we submitted the passport we found the place fine. The next day we have to pick it up, he thought he knew the address and parked the car. There's only twenty minutes time left before the Consulate closes and we have to get it because the next day morning we have to take our flight. Then we have to run to pick that up. He's running I'm at his back running too. We're running through the street. He's running and running, fifteen minutes we're running. When we're running I see a kid, gorgeous kid, a little boy. He's eating an ice cream. The ice cream is falling down. I'm watching and I'm running, telling my friend I'll catch up. And I said, "Hi." He has very angry face, "Mommie!" Then I gave him a kiss, I like you - just I made it. Then he said, "Thank you." Then again I'm running. Then I caught my

friend and again I turned to see the boy. Until I turned away he's watching me. Here, like a hooking with the love, getting an impression, it's very rare. It's not possible to explain that, that love, if you saw somebody, "Hummm," like hooking.

One time in Japan... actually the Japanese kids are like dolls, no doubt on that. I'm giving my workshop and one mother brought two kids. The two kids disturbed my whole workshop, period. I don't know what I'm teaching. I know a little bit what I'm teaching but it's a huge love. Finally I made them to sit for thirty minutes. Then I spent one hour with them. I gave special interview with their family in my room when I'm taking rest. They're so funny... to those small kids they want some necklaces, some chocolates. They're asking, they're demanding, ohhh, so sweet. I gave to her father one necklace of beads, then the two kids are fighting, "We need, we need."

So, to the eyes it's taking the energy of whatever love we're seeing, and it's going to your soul. And the feelings are coming out of the huge love. It's not only the kids, not only your old mother, not only your husband, not only your master, not only your God, not only the Nature, not only the angels, not only the birds singing with a dancing, the peacock, something special if you see it, "Here it is!" with your eyes you can suck the energy from the nature. Everything is the nature – the kid's nature, the birds dancing nature, the lotus flower in the huge lake nature. It's giving the energy, it's taking some cosmic energy, and giving as a beautiful, touching your heart, that's period. It means you're taking the energy from that, "Here it is the energy pot," until you're satisfied completely. After little bit if you enjoyed that thing, then it comes down, it comes normal. It means already you sucked huge energy it's fulfilled. When you see another thing in the nature, "Here it is," again it starts.

So remember when you're seeing some beautiful amazing things what impresses you, think in your heart, "I'm taking the energy from that. Right now I'm taking the energy from that." It means your eye capability is increasing. That's it. That's one type of healing sucking the energy. First your duty must suck the energy, then you can give. As a healer, you have to increase your eye energy capacity through your master, through doing the Five Elements, through fire ceremonies purifying eye energy, and when you're seeing beautiful flower, some special thing whatever it is you never seen beautiful. If you feel some special thing, either in the nature or from soul energy to nature, that's it, that's one type of the...

Nancy: Sometimes do you take energy through the third-eye or you're always giving through the third-eye?

**Swami:** If you take, you can give one-shot energy through the two eyes. It automatically happens because your eyes so enjoyed with the huge love and energy. You have special eyes. Steps to increase eye capability, doing five elements, purifying at fire doing chants, looking at anything very special, especially in nature, think in your heart you're taking the energy from that.

When healing using eye-shot simply give eye-shot. The love from your two eyes is going to his soul, no need to do mantra - just simply pass love. Sometimes when some people are sick I tell them, "Look to my eyes straightly, don't blink. C'mon, try to look to my eyes straightly." I'm sending energy straightly. When I start to look to some people's eyes, their eyes get a little pain, burning, like a little fire, washing, getting heat, that's ok. You can also do that. The person always needs to see your eyes straightly eye to eye. When teaching or working with a group, look to each face two, three seconds to give blessing.

To me when some thousands of people come, and I don't have time to talk each one, I look to everyone's face straight, their eyes like a camera taking two, three seconds eye-shots, automatically they're getting blessing. Suppose I can't talk, there's thousands of people, just I bless everybody, I saw each person. When I'm looking at each person they're also seeing me. In those moments, when I see the person and the person sees me, "Oh Swami looked at me, it's enough. Even I'm not able to talk to him but he looked at me." In his mind he got much feeling - that is eye healing.

Student: Can you look at the person too much, can you overdue it?

**Swami:** Doesn't matter. It's not advisable like five hours, ten hours, just ten minutes, fifteen minutes maximum.

Jonathan: Is it better when giving shaktipat in a group, their eyes should be open? It works when the eyes are closed is what you told me.

**Swami:** It doesn't matter but you have to open your eyes. You can't do it closing your eyes. When giving shaktipat the healer must have eyes open but people can have open or shut eyes, this is my experience. Sometimes somebody is listening to the beautiful melodious music. He's forgetting everything. He's completely in huge trance enjoying. At the time he can

suck huge cosmic energy to his soul. When you're sucking that energy, at the time if you have any desires, you can focus on your desires to asking help from God. There is much chance you can get fulfilled on that. You can ask for sending the love to your friends, sending the healing energy to your friends. It will happen. Does it makes sense to you Jonathan?

Jonathan: Oh very much to me.

Swami: When you're hearing some beautiful music, when you're feeling that love, you're sucking huge cosmic energy and in that love you can ask God for your desires and you can send the healing energy and love to others. Perfect. And my advice, at least try to listen one hour to whatever music you like, it doesn't matter. But don't get the bad habit like listening to the rock and roll music. Try to change your soul style to turn on that to some melodious music. To me I like much time the flute. If anybody is playing the flute music in front of me, that's it, period, I stop all my work and listen. And there's another process through listening to the music you can discharge huge negativity, listening to beautiful music. You can command on your soul, "Right now I'm kicking out all my negativity."

Jonathan: So it seems like you're saying in any kind of situation when you're feeling love, feeling that connection, you can be sucking love and doing the healing.

**Swami:** Um-hum.

Jonathan: Sometimes when I'm doing healing, I put on some nature sounds, some bird sounds, stream sounds, waterfalls... As soon as that's on soft in the background, you can feel everybody relax. That takes care of their mind. Their mind isn't thinking. They're listening to the beautiful birds and then they're going into meditation very easily. Especially to Westerners, as soon as they hear the nature sounds they settle down.

**Swami:** Enjoy it. That's why when I start to talk anything, just I make everybody to sing one bhajan song like, Om Nama Shivaya, Shivaya Om Namo. Why I say it, it means after you keep on chanting and chanting and chanting, you're chanting, then again you're listening. It makes you much relief.

*Whole body healing instructions – This is not from a recording but taken from handwritten notes from students who were present at the teaching. The healing must be done in the order that Swami gave. Before and after the healing wash your hands with rose water.*

- Person lying with head to east – healer facing north.
- Healer puts right hand under client's neck, looking into client's face silently saying mantras/prayers.
- Next go to crown of head cradling with both hands with the thumbs pressing crown point.
- Next go to knees placing both hands same direction with thumbs up and palm against the back of the knees (looking north best) – lift up on knees.
- Bottom of foot – place one hand on one foot, press at base of ball of the foot with thumb, hands covering around the foot– put pressure.
- Next going to the palms, put both your thumbs together with both hands around patient's hand – put pressure.
- Lastly connecting healer's fingertips to client's fingertips (all 10) - no nails touching.

*Apply the healing touch in each location continually while saying mantras until you feel the healing is complete - then move on to next place*

End of Talk