

Swami Teaches the Brahma Kundalini Nadi

Teaching: One of Seven Talks

Malibu, California

September 1997



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The teachings of the Brahma Kundalini Nadi were one of the first ancient systems, from the Indian Tradition, that Swami taught in America. The tapes are very old and in very bad condition, (20 years old) therefore we want to caution you about their accuracy, however they do contain wonderful explanations and stories. You can also see the tireless dedication and patience that Swami had interacting with his new students - language barriers - cultural barriers - spiritual barriers...

Swami:...and souls with contact with the Angels - before we are starting we'll start with some little prayers - Diana F. can you start with any bhajan song?

Diana F: Om... Om namah shivaiya.

Swami: Shivaiya namah om - um-hum.

Swami and the group sing together for 3 to 4 minutes.

(Swami asks question to student but can't hear.)

Doug: Very Good. Yesterday, the doctor completed some scans on my body and afterwards he said, the lymph nodes were no longer enlarged and that the lumps were no longer there. He said that, "Your treatment must be working very well." And I said to him, "I haven't had any treatment." And I told him about you. He wanted to know where he could go to read about you or to know about you because he was very impressed.

Swami: Um, well, what you are thinking about this course?

Doug: I just want to be here.

Swami: You want to be here?

Doug: Yeah.

Swami: What kind of things you wants to learn in this course?

Doug: I would like to learn to help other people find a lot of friends who need help.

Swami: Um-hmm. I think everybody's came to the course, to the which purpose, I have three questions. Yes. Don't misunderstand me. Everybody's learning this course on this type of the knowledge, which purpose everybody's learning? What is the reason? Nobody's not giving answer.

Students: Laughter.

(Mostly inaudible answer from someone. Something about realizing God, and another student, something about connecting to the Divine.)

Swami: I want each, everybody's answer, this knowledge is not the ordinary knowledge. Since some hundreds, thousands of years, the India is only one country in the spiritual, in spirituality leading. Understand? It can see every way, only the Indian masters is rounding throughout the world. My ambition, my desire is, to spread that divine love, to spread the God's power throughout the global. So, I want to answer from everybody, which purpose wants to learn?

Student: To become awakened as you are. To be able to go around doing the work that you are doing for many other people. *(Other inaudible answers)*

Swami: If you got supernatural power in your body, what you do for that?

Students: *(Inaudible response)*

Swami: Are you sure it? Are you sure?

Student: *(Inaudible response from person who was speaking before)*

Swami: How about you?

Student: God consciousness.

Swami: It means?

Student: To be (*mostly inaudible*) to be in constant awareness of the Divine.

Swami: Um-hmm.

Clint: I'm here to align my awareness with the Divine. To realize totally as I am able at this moment, that... (inaudible)

Another Student: I'm here to... (inaudible)

Swami: Everybody answer must be, come their heart. From their deep heart must be, come the answer. Then, my soul can heal everybody powerfully. The answer must be, come clearly from the heart. Why I'm asking, after the course everybody can recognize why Swami ask this question. Right now, nobody cannot understand.

Students: (*Inaudible responses from many different people*)

Swami: In which way you want to help the people? What does it mean by healing?

Student: (Inaudible response)

Swami: Holy.

Student: (Continues inaudibly)

Swami: The holy, is there any fruit? Any flower? What does it mean by holy?

Student: (Totally inaudible)

Swami: Pardon?

Student: Complete.

Swami: Complete. Complete means, totally?

(*More inaudible responses*)

Student: I want to learn more how to be a servant of God and share my love ...

Another Student: I'm here because I have dedicated and I do serve God in any way I can, and I asked for a sign of what he might accept and that was when I came to L.A. and talked to you. And I feel that you are a teacher that can teach me. Through you, I can learn how I can serve God more.

Other Students: (*More inaudible responses*)

Swami: Wonderful. First of all, trust yourself, then belief on the God. First you must believe ourself, then we can believe the God.

Students: (*more inaudible comments*)

Swami: Um-hmm.

Students: (*Inaudible answers continue.*) I'm here to heal and unify my mind, my body, and my spirit so that I can be a more clear and perfect channel for God. (*More inaudible responses.*) My work is to get rid of my beliefs that I have ...

Swami: I'm always in you - you are always in me. Ok? This course, this time, whatever everybody's learning, this is the maximum, maximum healing pronunciation slokas. This the highest healing stage. Now we are going to discussion. This healing is I think better to take everybody, pen and paper.

(*Long pause while everybody gets their pens and papers.*)

Swami: First, clear up the guru - Master.

Guru Mantra

Guru Bramha
Guru Vishnuhu
Guru Devo Maheshvaraha
Guru Sakshat para Bramham
Tas Mai Sri
Guru Veyna Namaha
Tas Mai Sri
Guru Veyna Namaha

I will teach now, once more. Actually, I plan to bring one Sanskrit and Telugu translator, but...? Who is Guru Das?

Student: (Inaudible answer)

Swami: Ok. That's OK. If anybody have doubts on anything don't be shy. Whatever you have doubt, maybe if it's small, or anything – just, the hand, and ask the doubt and clarify it. Ok? Don't worry about, time is gone now – seven o'clock, seven pm, eight pm – no bother about it. Ok? Now I will tell how to pronunciation the Guru Mantra. (Swami sings the mantra.) That same mantra, how to singing it, just I showed. Once more, I will sing. Please observe, please observe in your paper whatever it was. (*Swami sings it again.*) Once more I will teach.

Guru Bramha
Guru Vishnuhu
Guru Devo Maheshveraha
Guru Sakshat
Para Bramham
Tas Mai Sree
Guruvayna namah

This is the mantra for the master. The master is the light, the master is the Bramha; the master is the Vishnu; the master is the Shiva. The master is the bigger than, for all the three persons – Bramha, Vishnu, Maheshvaraha. He's a masters of master. That is the meaning of that sloka. He is extraordinary light. He is the man of light. First of all, you're praying that Guru mantra means, you're inviting the master's light in your heart. You're inviting the master in front of your meditation. Whatever in your life you're doing mistakes, good things or bad things, when you are calling the master heartfully, the master can solve all your problems. He will show the right path in your life. He will remove all your darkness in your life. He will make up a good life – dazzling light in your heart. This is the sloka of the master.

Well, now, I think everybody knows about the Gayatri Mantra. To the classes, totally the introduction class on the healing with the contact with the Angels and contact with our divine soul. Everybody knows about the Gayatri Mantra. How many peoples knows about the Gayatri Mantra? It means fifty percent? (Laughter) Who knows four, five Gayatri Mantra? One, two ...Ok, can you sing the Gayatri Mantra?

Clint sings the Gayatri Mantra: Om Bhur bhuvā buvāha.
at savitur varenyam.
bhargo devasya di mahi.
di yo yo naha,
prachodayat.

Swami: Then a little correction.

Student: (*Another student sings it. Another student sings it.*)

Swami: Excellent. Right.

Student: (*Another student sings the Gayatri Mantra.*)

Swami: Excellent. I am saying, everybody must know the Gayatri Mantra. It is a wonderful mantra in the universe. That mantra is the equal to four *Vedas*. There is only four *Vedas* in the nature, in the spirituality. From the four *Vedas*, throughout the creations happen. That is the Indian tradition says. Throughout the Angels, God power, creation power, everything was created by four *Vedas*. The Gayatri Mantra is the equal to the four *Vedas*. Whatever the four *Vedas* gives, the energy to the creation of the nature, the Gayatri Mantra, only one mantra, give that same energy. That is I will tell how to pronounce perfectly.

Gayatri Mantra

Om Bhur bhuvā suvāha
tat savitur varenyam
bhargo devasya di mahi
di yo yo naha
prachodayat

(*After the first time, the students start singing along.*)

Swami: That's fine. Everybody must learn the Gayatri Mantra. Before complete the course, I will ask, one by one, about Gayatri Mantra. Everybody must sing - ok, promise? Good.

There is a forty-one types of healing nature, forty-one types of systems giving the healing in the creation. Creation means, you can heal animals, birds, human beings, plants...there is a forty-one types. In forty-one types, there is a five titles for that. First one is Prudvhi Nadi. Prudvhi Nadi. Everybody got it? Can you give white paper and pen? I will just ... p r u d

h v i n a d i In Sanskrit, nadi means pulse. Prudvhi Nadi. It is a pulse. It is like ... you know pulse? Like sense. In system of the healing, pulse means, sense. It's indications, suppose, when you're driving the car, it indicates to you something happen. That is sixth sense. It stop that every.... it stop all your sixth sense, everything. Now we are starting with like a general, ordinary person. Nadi means, it's a pulse of giving thewhatever happening future - it indicates. Prudvhi Nadi. It tells something happen good – something happen bad. That is called Nadi pulse. Prudvhi Nadi means, this is the worship of the five Angels. Next one is... tomorrow we will discussion the five Angels. John, you have the photostat copy – xerox?

John: Of the mantras from the...?

Swami: Um-hmm. I'm giving one good help to everybody. This is the book of whatever I'm giving this class now. This is the two thousand years old book. I'm giving the xerox copy for this thing. Each one making the big letters. I told to George, small letters making the lens by the big letters. If you have got any good Telugu and Sanskrit master, you can translate in your own way by his help. Understand? Totally clearly, everything you can... if you find a good Sanskrit and Telugu translator, you can translate for few more days with him. He can teach everything clear. I'm telling what is the clue point, key point, uses, what is in sections mainly, by giving the everybody practicing, in this course and everybody must be help find a good translator. It's more useful to everybody. Ok?

Next: Shakti Nadi. Shakti Nadi. This is the worship of Lord Shiva's missus – power – shakti.

Student: This is the worship of... (inaudible)

Swami: Shakti – Shiva missus. Mrs. Shiva. (Laughter from students) Mrs. Shiva. She is the controlling of the eight Angels. Generally, you can identify, the shakti have eight hands – on the tiger. Anybody have the picture? No? On the tiger, Durga, you know Durga? Shakti means Durga.

Student: Inaudible question.

Swami: No. Durga sits on the tiger with eight hands. One is arrow, one is triangle, one is like knife... each hand containing one Angel – one power. That is the key point symptoms. When you are doing the eight mantras, eight slokas, in your third eye automatically the shakti picture, her rays

will come. After, it is unbelievable thing, everybody must be enjoy for that. When you are doing the perfect, perfect pronunciation clearly, in your third eye it starts with light and that, (you have?) that is Shiva, now shakti, Mrs. Shiva. Tomorrow I'll draw it. Eight Angels is in Shakti control.

And third one is: Shakti Narayana Nadi. Shakti Narayana Nadi. Not writing? Shakti. Na Ra Ya Na Shakti Na – ra – ya – na Na.

Student: S h a k t i N a r a y a n a then nadi? N a d i.

Swami: Yeah. You know what is mean by Narayana - Lord Maha Vishnu. Lord Maha Vishnu is the creator, he's the creator. He covers throughout the universe. You know the Satya Sai Baba's Mangala Aarthi song? Satya Sai Baba's Mangala Aarthi song? (*power is running?*) In this Mangala? Aarthi song, in last sentence: Narayana, Narayana,

Om Satya Narayana, Narayana, Narayana
Om Narayana, Narayana
Om Satya Narayana
Om Satya Narayana, Narayana, Om.
Om Jai Sad Guru Deva Narayana, Narayana
Om Satya Narayana, Narayana, Narayana
Om. Narayana, Narayana
Om Satya Narayana, Narayana
Om Satya Narayana, Narayana Om.

That is – Narayana Narayana Om. This is Shakti Narayana. They are singing only the head title. The peoples are all singing to the Satya Sai Baba. All in his song, they covers all his powers. In the last Narayana means, he's the infinity power. Everybody's now learning about Shakti Narayana what is the, his power, how his powers works in his nature. Which kind of formulas in his power is hidden. Now we are finding that. There is a fifteen Angels in his control, fifteen powers plus one. Lord Maha Lakshmi. Fifteen, what?

Student: What'd you just say?

Swami: Lakshmi is Mrs. Narayana. Do you know what is mean by Lakshmi? What? Lakshmi means, lady of money, lady of money.

Fourth one is: Agastya Nadi. Agastya Nadi. Agastya. A G A S T Y, A N A D I. Nadi. Have you heard about this Agastya Nadi? Anybody? There

is a, now there is a big proofs in India. Big proofs means, there is a lot of palm leaves books in India. Suppose, if you bring ... if you go there, if you put your thumb print in a white paper, from the thumb print they can observe. In the palm leaves there is some, some millions of palm leaf books in India, that is Thanjavur in Tamil Nadu, write it. Thanjavur City, Tamil Nadu state, Thanjavur City, they will tell you can find your palm leaf, your name, your husband name, your daughter's names, your date of birth, where you are born, what you were born in your last life, now-a-days where you are living, what is your future... It is true. Just for your thumb print fingers – that is called Agastya Nadi. If anybody wants to come India, I will show the way. I went to, to there. They will tell all about your life history. These are all unbelievable things. But it is true. That is written by Agastya Maha Maharshi. Agastya. Maharshi means saint. My advice is, everybody must today, visit the Thanjavur one time in their own li, in their life. In India, Thanjavur. Every day, some thousands of peoples is visiting that place. Some, some hundreds of peoples is working in that, that by telling to the people.

They made a Xerox copies some lot of and who is a visitor, just taking thumbprint and there is their system. With the thumb line circles, they went for and they brought the book and they will make the, they will search for your leaf. Everybody have one leaf. Maybe some millions of peoples in the nature - everybody have one leaf in that book. One of unbelievable. First of all, I also not believe. Then all my students brought to me there. Then I sit, they come and they told everything about my life history. Your name is so-and-so. Your father name is so-and-so. Your mother is name so-and-so. You're doing this work. Your, your life is going in this way. Something happened wrong in your life. You try to do this puja, we can break your karma.

Even the finest of India, some kings and emperors, they're coming and sit in front of that, learning and go. If they knows about the Agastya Nadi Angels, they will catch you. They will give whatever you like, you tell that formulas. This is gift to me, somebody give to me. This kind of book is only in the universe, only one - no more books. First time I'm making the xerox copy. I'm spreading the knowledge in the global. Maybe, just everybody don't know the Sanskrit and Telugu. Oh Swami's came. He's teaching. We're learning. Everybody's understanding my language and my inspiration, my heart, only five percent.

But really, this knowledge is wonderful - highest valuable - highest powerful. You just believe and taste it. Then you cannot forget that taste.

Automatically it sucks in that. Everybody understanding? So, supernatural power is the highest one in the nature. That is thousand years, two thousand since years back, the saints is proof on the powers and they wrote in their own hands. So, now-a-days that Agastya Nadi have full security in India. It's full gunmans and everything and the Indian government is protecting that knowledge very powerfully, very powerfully. My ambition is to spread, to making the real students in the global. Especially in America, in Los Angeles City - oh, full of negative energies! Full of negative energy! Who learn this knowledge, they can do the wonders.

In San Francisco, I'm going to give the class after few days. In the class, that is, class is Shakti Patanjali. The students doing, at the moment, students will do the wonders. Just Shakti Patanjali mean, you know what is meant by Shakti? Just I told, few minutes back I told about the Shakti. Mrs. Shiva. (laughter) Shakti Patanjali. It works only from the eye rays, just eye rays. It means, everybody sitting in one room, there is a maximum capacity forty-one people and putting anything.... If you put rose flower in middle of that, if you sit concentrately seeing on that, everybody, on the rose flower. If the master wants to change that one like lily, it changes the lily. It is true. If you put the water in front of glass of tumbler of water, everybody is, by pronunciation of that sloka, concentrate on that water with the... even though the tears is coming from the eye, it changes like oil, it changes like a milk – whatever the student's desire. Is depending on them. I'm making the light for them. You know light? With some small cotton, firing that. It is the Siddhis, yogic powers.

So, you can get the cassette from the, at the moment, somebody wants to take the video cassette? I think George is coming and Diana F. is coming with me. You can see in the video cassette what is happening on the moment. Right? Agastya Nadi is one of powerful telling the astrology. This is the knowledge of the astrology. Next one is Bramha Kundalini Nadi ...freedom. To finding who you are. Last one...

(student asks about the name)

Swami: Kundalini. You know Kundalini?

Student: Yes.

Swami: You know Bramha Gyana, Bramha Gyana?.

Student: No.

Swami: Oh, Bramha Gyana?. You know Kundalini, kundalini? Who knows about the Kundalini? Can you give the brief knowledge on that?

Student: I have not read very much, but I, I experienced it.

Swami: Please, I want to listen from your experience, one or two.

Student: ...share the experience? In, um, in March, I was in Hawaii on the island of... the mother and, for eight days I just became totally hot, starting mostly in my body and moving up to my head. I was just um, overwhelmed, I couldn't function. I um, had to go walking. My body went through I guess like a purification... I just felt like I had to... it was so intense and it was so natural. So, it was like beautiful and frightening at the same time. I didn't really know what it was and then it went down for the last few days, down to my stomach and ah, and then balanced. And at the moment that it balanced, all symptoms left and all the dysfunction that I had for the eight days was just gone. For a week I had to wear sunglasses because the light was so bright. Sounds were too much. I couldn't ... about it. I couldn't move. Any kind of stimulation was too much. And then after the balancing, within, maybe two days, I started returning to what seemed more normal.

Swami: You know about Kundalini?

Student: (*Airplane noise makes it totally inaudible.*) My experience, initially, that... like a snake, it moves up through the chakras. When I experienced I don't remember heat but I do remember distinctly feeling the levels up through me and out.

Swami: That's right, the Kundalini is when you are sitting, everybody just observe. When you are sitting by doing of the perfect, there is a eleven formulas. This thing is the, how to do the manifesting, it's also to easiest to use it - this mantra helps everybody a lot, how to manifesting. When you sit in the meditation, like a snake from your... sitting arrangement from to there, it's like ... climbs and it touches. When it touch, automatically your body and your sensation, everything will be - you're going to forget. Some hours later, even though there's a very big sound is happening in front of you, somebody is shouting very loudly, you can't hear. Even somebody is pinching you, even the blood is coming - you cannot get any reaction. That

is the Kundalini. For to eleven of that Kundalini, there is eleven slokas, eleven systems. That is called Eleven Angels of Fives Systems.

Our third eye is called the Gurustan. This thing is called the Gurustan. This thing is the, called Bramhastan. Middle of the head is called the Bramhastan. When you are pronouncing each sloka, that pronunciation touches, that waves will come from here and it touches to your Bramha Nadi. It is called Bramhastana. Bramha Kundalini Nadi or Bramha Nadi. One point from here and from to bring to here. Understand?

Student: When you're doing the mantras....

Swami: Mantras. Automatically the waves, the vibrations starts to connecting from your backside to here – from here to here. When you're doing, first of all, the waves will come from here to, again it comes – it goes, comes, goes ... just it moves and down, move and down, move and down – like, practicing, practicing – like a bicycle – balancing, balancing. When it touches, automatically your meditation power is, your concentration is the maximum level. Maximum!

Doug: You are feeling the Kundalini during the mantra... you're doing your practice?

Swami: Pardon?

Student: If you feel the Kundalini during the mantras, that means you're doing them right? You're getting some sense from the, from the angels?

Swami: Um-hmm. Yes. When you're doing the perfect pronunciation, it makes you very perfect. It help you ...very lot. It send the vibrations in your body, it starts the vibrations. Any have doubt?

Student: *(mostly inaudible but something about the eyes)*

Swami: Just closing.

Student: Looking up.....

Swami: Just closing. Yeah. Closing and with slokas will come eleven fires. When you're going on, do the first one, second one, third one, fourth one by step-by-step. When you starts, automatically your body starts the vibrations, first of all, like in a pot in water making the... you know? Then,

starts, starts, starts, starts. The waves will going on touch here and it's going down, making climbing, down, climbing, down. Is depending on your practicing, when you start, first of all, automatically you can feel the vibrations. Ordinary meditation is different, quite different. With the pronunciations, meditation is quite different. Understand? Now, I will just....

Student: What is the mantra...

Swami: I will teach step-by-step. There's lot of course. (Laughter)

Student: Inaudible question.

Swami: Pardon?

Student: How come...

Swami: What he say?

Student: (*Repeating what the other student asked*) Why do certain people get it without doing the mantra?

Swami: Ninety percent, ninety-five percent, without mantras, without concentrating on anything, highly impossible to get the Kundalini. Everybody have some key words, key points. When I teach everybody, I'm taking promise to everybody until you get successful - they are not record these are all things. Suppose, if you want to shoot one flower, one fruit ... you're the bullet and gun is with you and I load it and I give you. Without your concentrate, concentrating - can't - you know? Understand? Without bullet, you cannot make it down. Only with the empty gun, you cannot. Even with the load, without concentrating, you can't. Even the powerful bullet, if you have no powerful bullet, you can't follow on that fruit from the plant, from the tree. There is a three objects is important, concentrating and powerful bullet and gun also important - gun is you. Concentrating - you. Bullet is mine. Understand? Like, mantras is mine. Concentrating on you. Hard work, like a man's hard work is yours. When you got the three, (snaps fingers) successful, like that. You see, practice it. No problem, ok? Anybody have any doubts on this thing?

Student: You said three... Concentrating, mantras, and...

Swami: Practicing. Practicing means, practicing is different and concentrating is different. Somebody is doing like their things and they are doing and take their rudraksha mala and doing the japa and they are thinking about somebody or somebody's pony ... following one line, sitting (much loud laughter) doing like that. Their childrens is playing and doing that, putting that, and making that, again coming and taking that, that's – no! If you want to do that, close the door, sit in lonely place, switch off the light, make a candle in front of you (snaps fingers). If you want to do one hour at least you do fifteen, twenty minutes concentratedly. Just concentrate on your point, thinking on your aim and sit. Without aim, can't. The aim must be, come from your heart - like a spark. "I can. I can." You must be improve that willpower. Without willpower, even though directly the supernatural God came or not, if he teaches to you directly, he also teach, "Practice is important. Meditation is important." I will give the seed, beautiful seed, and I will put on Earth and your duty is making the water every day, putting the water, and grow. I will give the guarantee of that seed but making the water to that is your duty. Without water, it can't.

Student: What is the result of getting the Kundalini going?

Swami: It does wonders. I will teach. This is big class. Kundalini is a, this is the maximum, maximum in the healing class. This, this course is maximum, about. Healing is like, there's the different things of the healing systems – this the maximum. If, if it possible to get tomorrow, day after tomorrow, Telugu translator, is very, very good to me. Assist Telugu translator, at least. Telugu, no for Sanskrit, no for that thing. In your, in my mind there is ten examples, but my English, I can tell only one. Just cut off, cut offing, making like little brief. And just giving, I giving xerox copies, you do your hard work – that's no good to me. At least, try to get Telugu translator. Yeah. Any have doubts? Yeah?

Student: Is Kundalini and Prana the same?

Swami: No. Pranayama means ah – So Humm - So Humm. Gyana Karo. It is a Telugu system is – So Humm. So. Humm. (*Doing with his breath*) So. Humm. That is like filtering your soul. When you're breathing, that sound comes – Sooo. When you're releasing the air – Humm. That makes a soul sound, not your body sound. That is a soul sound. When you're breathing the air, the soul makes the noise. That is the So Humm. There is also, the saints will tell, when you are doing the Pranayama. Do you know what is mean by Pranayama, Pranayama? What is mean?

Students: (*Several speaking at once*) Isn't is the...

Swami: No, no, no.

Students: (*Another inaudible response.*)

Swami: Hmmm?

Student: Breath control?

Swami: Pranayama means, when you are sucking the air, releasing the air, sucking the air, releasing the air, sucking the air, releasing the air – like the balance, balance, balance. Observe here. When you're sucking the air, again, releasing the air... When it makes sucking and releasing, when it's make like that – equal, sucking and releasing from this nozzle (nostril), then, it's make to suck up the air from here, here. Somebody sucks the air and they will keep the air for one minute, two minutes, three minutes in the stomach, then again they'll release. Somebody's practicing from one nozzle (nostril), another nozzle (nostril), from one nozzle, from the other nozzle, from one nozzle, from other nozzle. Sucking the air from one nozzle and releasing the air from another nozzle.

By this first handling with the fingers, then after practicing they will remove the fingers – automatically the air will go from one nozzle, automatically air will come from another nozzle. By practice and practice, without his notice, when he is sitting meditation, it going and it coming, it going and coming, coming and going. After, when he reach one point, the breathing counting systems, making less. In a five minutes, a ordinary person he can breathe maybe, minimum four to forty, if he think forty times. When he is doing the practicing of the Pranayama, perfect Pranayama – ten, fifteen, ten, five, two, one. Then zero. Then they can sit in water. Then they can sit in earth, like seal, without, there is a small air is working in their body – a bubble of air. That air is working on the Kundalini. That is the highest, tough, system, difficult system. It takes very, very long time. Then they, somebody sits in the water some hours together. Somebody sits in the earth like seal without any air communication – that is purely Pranayama. It means they are in trance, they don't know what's happening. That is only concentrating on the breathing, by releasing the air, sucking the air, releasing the air and the how many times he's breathing and making the less, making the less. That is called Pranayama.

This Kundalini is totally depending on the vibrations. Vibrations means, when you start the sloka, the vibrations will flow, it magnetize your soul. It starts the healing from yourself, from beginning. That healing makes to very, very joy, joy, joy then it makes to Satchitananda. You know Satchitananda, Brahmhananda, Satchitananda - highest enjoy. When you are in highest enjoy, you cannot recognize yourself. You cannot recognize your body. You cannot recognize where it is, what is going on. What is in your sight, what sounds is outside - that is Satchitananda – highest enjoy. The vibrations will do.

Throughout the nature is working on the vibrations. Now I am speaking, the waves is going. Now the phone is ringing, the vibrations is coming. The energy everywhere is like is flowing with the waves. There is a great generator in our body. You know generator? Electricity generator like vibration generator is in our body - that is soul. Soul is a greatest generator - highest healing generator. This slokas is, we are making pure, like making the good arrangements for to releasing the waves from your body. Understand?

Everybody is silence. (Laughter) Somebody is saying like this, somebody is saying like this, it means yes or no? So, our soul is the very good generator making the waves, making the energy waves. That waves comes through your concentrating on the meditation and following the perfect mantras. The Gayatri mantra everybody's saying (Swami says it very fast). Why you are doing Om Bhur Bhuvah Suvaha? Why can't you do another thing? There is no waves on that sloka. When you sing Om Bhur Bhuvah Suvaha Tat Savitur Varenyum Bargho Devashyia Di Mahi Di Yo Yo Naha Pracho Dayat – there's the perfect mantra for to that - giving the energy. If you do the wrong pronunciation, you can't. Suppose there is a radio. When you are assembling that, if you made assembling in wrong direction, the radio can work? No.

Student: Do you have the same effect if you hear it pronounced or have the mantra on a tape sung, I assume, properly? Will it have the same effect as if I said it?

Swami: What he's saying?

Student: He's saying, can you say it perfectly or can you hear it off a tape, is it the same effect?

Original Questioner: Does it have the same effect if I hear it even though I'm not saying it?

Swami: No, no, no. From your tongue, from your soul, from your mind it must be come. So, the words in the mantra, the words in the sloka, by assembling each letter, side by side, with the different pronunciations, is the most important – first of all. In this introduction class, that is the highest important point. Pronunciation and some of food regulations to our body – food instructions. Somebody will eat meat, fishes, chicken – I'm say that's not good, that's not bad. There's everybody their will and wish. But, the spiritual tradition says, if you eat that blood, blood means, blood countenance like chicken, like mutton, like beef – these are all things, it starts the desires in your body. You know desires? The desires makes to mind powers in different wrong steps.

When your mind is in giving different, wrong directions, you can't concentrate on anything in your life. It makes always confusing in our lives. It makes almost a tension parts in our lives. You can get the same proteins from vegetarian side I think. Soy bean, like vegetables, fruits, same proteins we can get from the veg, from the plants. High suggestion is like your well wisher. Try to be, see this type of taste also the meditation taste. By practicing this mantras for a little time, like a pure vegetarian for a little time, for some time. How enjoy you're getting day by day.

Actually, I have some thousands of students in my life, I made some thousands of students. Some hundreds of peoples doing wonders throughout the global. Some hundreds of peoples doing wonders in different countries. In my ashram when I'm in ashram, throughout the worldwide, the peoples coming visiting to my ashram and monthly I will spend two, three days for to the classes - only for two, three days. Now they are doing wonderful things. It means everybody have that kind of energy I know, I can recognize myself by seeing each, everybody place. But making our life ourself, in different wrong steps, any human being, it means killing the birds, killing the animals, eating the blood, meat – that's a good for to health, but the same proteins we can get from the vegetables and some seeds, fruits, some leaves – am I right? Nobody saying answer. (*Loud yes from everybody.*)

Student: What about fish, seafood, same as for animals?

Swami: At least for little time, for one month, two month, you see the taste of vegetarian by doing this pronunciation mantras. If you feel very good,

you stop. If you feel normal, you continue non-vegetarian. Ninety percent my students who is full of non-vegetarian, they change like a vegetarian. They are enjoying their life with vegetarian, with peaceful thoughts, with a decent nature. The meat and chicken, these are all things the spiritual way says, automatically angry will come, the desires will increase – by body desires. You know what is mean by body desires? Ah, different, you know about the body nature? (Laughter) Everybody knows about the body's nature – it's the greatest monkey - it plays lot of games. So, first of all it says do one thing, then again it says do another thing, then says, and again do another thing. That's wrong steps, is climbing. When you will climb the good things?

Everybody must be, go one time to the God. Suppose if you think this car is ours, this car is mine, this house is mine, this is my wife, this is my son – no. These are all nothing – it's not yours. When after, you, when you die, when we die, it never comes to with us. Just they will come up to burial ground, then they will say, "Bye!" Who will come with us? Whatever we do good thing in the nature, that will only come. Whatever you deposit the good things, that only will come to the next life. The soul almost all records everything – it knows everything. Whatever you're doing good things, whatever you are doing bad things – it's recording. Silently it records –it is secret recording. It's a very dangerous thing in your heart - it records everything. When after you again, it dictate your life – either animal, as a bird, as an insect. If you do very, very good as a saint human being, human life is a wonderful life in the nature. It's the greatest gift to find the God because of, God gave everything to the human being, thinking power, showing the good directions - you can recognize what is the good and what is the bad. Everything God gave to the body, but everybody's don't care. They're not caring that thing, no, and we're going in our own way.

So, if everybody think that deeply, deeply, it is true. So, try to think about what is the immortal and what is the mortal. God and God's love and his grace is the permanent and it is the standard. God's love is the permanent. You must be get that. These are all the ways, the roads, the different roads. This is a big ocean. We want to go another country – we can go anyway. Different ways in the ocean. You can use any kind of steamers, any kind of boats. These are all things – different kind of boats, steamers but the Indian tradition, the spiritual ways, this whatever I'm telling by my own practicing, my own experiences – it is like helicopter. It is like a plane, just going. In a short period, you get the good result. In your life, whatever you think, this is mine – that is not yours. What you are thinking this is not

yours. That is yours. Whatever you are not seeing – that is yours. You're not seeing the God energy – that is yours. Whatever you are not finding in the nature that is covering with you and it is playing with you – find me, find me – it is making the game with you. (snaps fingers) Understand? God is everywhere and he is saying, "find me." If you find, "I am in you, you are a God. There's a nothing different between you and me," he says finally. When you recognize yourself like that, you are a ParaBramha Swarupa. You know what a Para Bramha Swarupa means? You can see everywhere in the love, everywhere – love, love, love. Everywhere is the God. That is the God creation. He created plants, birds, animals, insects, earth, sky, water, fire, air.

Whatever the human, whatever the needs to the human being, he created everything. And he made in front of you. Try to enjoy. He gave all gifts to us. But, he gave good things and bad things. And he gave in your heart, mind and soul and he made fighting to each other. The mind always gives the bad direction. The soul always give the good direction in your body. Suppose the mind says, "A beautiful diamond is with your friend, in your friend's pocket." Your mind says, "Steal it. Steal it." Your soul says, "No. That you buy. Don't do that. What happened to you? No. That's wrong thing," it says. Again, the mind says, "No, don't worry. He's not observing you. You steal it. He's sleeping. Come on! Hurry up! It's the right time to you. Come on, hurry up!" Oh, it's making trouble! It's trouble for some minutes, then (snaps fingers) he decided to steal. Then he steal.

After few days when he's selling that in the shop, the police catch that - he goes to jail. Then in the jail, at that time the soul will laugh, "I told already to you, you know? You are not care me. Now you're enjoying. I already told you, don't do that. But you are done that. I'm sorry, I can't help you." The soul automatically says. And it says how you are worst. How you are day by day making. Why you are doing this whole thing. The soul questioning you in your heart. There is a big master in your body – that is soul. That is the God creation. God is in our, in your heart. He always in here – good, good, good. The mind always all, is a monkey - very dangerous poison. If you taste one time that mind, it always dominating the soul, almost all dominating the soul. When you give the freedom to the mind, it destroys all the life – totally destroys the life. Even, some hundreds of life spans, if you're going on following the mind direction, each life span is destroying. Everybody's getting? Understanding?

So, everybody must be commanding on the mind. Suppose it says something, just sit calmly think what's good and bad? Then you take strong determination, oh yes stop and you go in the right direction. Don't think, don't follow anybody's suggestion. There's a very good indicator, good advisor in you - it will tell what is good and bad. Hundred percent it tells. When you have one or two, three times commanding on your mind (snaps fingers), then automatically soul indicates very, very perfect way. Very sharp with thoughts, memories, by working nature, by concentrating - everything! By meditation, when you're doing concentrating, automatic it comes, the mind power, the mind old age will be decrease. When the mind old age will be decrease, automatic your concentrating will be perfect.

So, these are all things is a God games - he's making the illusion. He is making the twistings. You know twistings? Tricks. So, try to catch his tricks. Everybody must be say to the God, "Oh, my God. Don't make the illusion in my life. I know about you. I know about you. Don't do games on me. Don't do games on me." You telling means, you're telling yourself to your soul. When, as a human being, when you're born from the womb of mother, will come like a blood, like a meat from beginning. From like little child, will be like very sensitive - very sensitive, like a cotton, very small. When after fifteen, sixteen cross, our body will become very attractful, with dazzling with attractful - magnetizing. With plus and minus, male and female, male and male - very attractful in the body.

When after you cross the fifty years, then it's going on ugly - bending. Our body will become very ugly. The same body changing different directions. In covering with lot of bad karmas doing lot of bad karmas, enjoying with different karmas, doing millions of mistakes, these are all, after dying nothing happen. Again we are coming back to our life. If you do good things, God gives good life. If we do wrong things without legs, without hands, like a mental, you know mental? Like a psychiat... psycho... like a psychiatry. Different karmas you must be enjoy. Totally our life's depending on our hands - decide everybody yourself. That is the, this is the God's nature. Everybody's understanding this? No?

(People answer yes.)

Swami: So, alright. But, when you got the good vibrations, when you got the good healing, when you got the good enjoy yourself, then automatically it works on you. It controls your mind desires. It helps you

yourself, first of all, very lot. When you got the highest enjoy yourself, then automatically you'll spend your time mostly in the enjoying. Suppose one man used to go bar, you know bar? To drink alcohol, making the games, like the puzzle game, gambling – like that. When he's practicing these things, when he's concentrating on meditation for few minutes, for few hours, for few days, when he got certain little energy, for little thing, then automatically he magnetize from this way. When he enjoyed this energy, one time, when he tasted one time, then he forgot all tastes. It helps very lot. But first of all, concentrating is important for few days. Aim is important. You know aim? Aim. What is mean by aim? Goal. Goal is important. In last time, I gave the Five Elements course, who is practicing? Um-hmm. How is the result?

Students: (*Can hear several replies of, "wonderful"*) How do we know if we can help people?

Swami: First of all, it help yourself. Am I sure? It is true?

Student: I think it's maybe you.

Swami: Pardon?

Student: I think maybe it's you and not me.

Swami: Ninety-nine percent generally, I won't use my power. Power means, my vibrations. If anybody wants to learn the swimming, I will give one good balloon and I will make a, and I will throw in water. (Much laughter) Making, making like that. When I feel he's making right, right direction, then I will broke the balloon - understand? Then automatically he can. Even though he's making down, then I will catch my hand – come. Why unnecessarily using the vibrations? In India, four to, four peoples was, ah, purely cured by AIDS. The doctors declared, "Nobody cannot help them." By only vibrations, I'm certain they cure. And one man is in eighty percent. So, vibrations is ah highest energy. Right, alright, any doubts?

Student: On the Earth Mantras that you gave last time? They're wonderful.

Swami: Can you sing one of them? If you tell the wrong pronunciation, I will charge you hundred dollars. (Much laughter.)

Student: You want me to sing?

Swami: Yes. Everybody who was ah, take the course from me....

Student: (*Sings First Earth Mantra*)

Swami: I will charge you twenty-five dollars. (Again, much laughter.)
Little mistake – no problem. You?

Student: (*Starts singing the First Earth Mantra, but softly.*)

Swami: Loudly, loudly.

Student: Sings the First Earth Mantra loudly.

Swami: Why you are saying like this? (Very loud laughter) You are main leader. Yes?

Gaya: Oh, you want me to do it?

Swami: Yes.

Gaya: Sings the First Earth.

Swami: Wonderful. How is the experiences?

Student: Well, my question, (*everyone howls with laughter*) first of all, is it important that we know what it means? And another question is, now that say, after forty-one days - now what? Is there signs that we should look for?

Swami: I think you are not listen at the course perfectly. I told I think, I told everything clearly (Students are saying yes) at the course? Symptoms, uses. Everything I told clearly. Actually, when I start one point, I will tell what is the clearly, surrounding that. Maximum try my best. What is your experience?

Student: My experience? Oh, it was great. I've done all the mantras, and I was working with someone and I was using my thumb and I did the mantra that I was thinking that I would do when you said there was one favorite mantra that would come to you. For me, it felt like the Sky mantra. And I went to do the Sky mantra and my mind was totally blank. Nothing

came, but what came was the Gayatri mantra. So, I did that. And this energy, just this stuff kept coming and coming out of this person and I then knew why you told us to then, do it again and release it, so that we wouldn't take all this on and it was great. It was great for that person. It was great for me. I love doing mantras. So, now I'm looking forward to the next one.

Swami: (Laughs.) You want to listen one more time from my mouth? Like to hear this one Earth Mantra?

Students reply: Yes.

Swami: My suggestion is there now, you give to the Five Elements Mantras to everybody one copy, they'll make briefly, they can learn its uses.

(Swami chants the first two lines of the First Earth Mantra)

Swami: Next.

Students: Tri pura bhava

Swami: No, no, no. Whatever I said. Next?

Student: Om. (Swami interrupts)

Swami: Tri Pura Bhava, next?

Students: Tiga Yo Li Bhava.

Swami: (giggles) Making the confusing to everybody.

(Swami sings the first earth up to Pari Pura Bhava)

Swami: Next?

Students: (response inaudible.) Om...

(Swami starts the manta over again. Students begin chanting with him. He lets them fill in lines here and there. They make it through the First Earth Mantra.)

Swami: Guru Guru Parama Guru. Adi Tiru Muruga. Important.

Doug: So, if we had some slight mispronunciation, that might be why we couldn't gain the energy? As far, as far, you said there would be heat.

Swami: Everything, every pronunciation I told when I'm giving that class, five times, six times and in the course I made six to ten people by from their own mouth, I made that. I remember almost all making to everybody clear voice. And, somebody's recorded.

Student: Oh.

Gaya: He wasn't in the workshop but I have extra tapes, with your permission.

Swami: Ok.

Student: *(Asks something about having done the mantra for forty-two days and never got that heat. Should he just go for another forty-two days?)*

Swami: I received, near, near, many letters to India with their experiences and their confusing and confusing means, what to do? The thumb makes to very hot, like a highest temperature Swami, what we do? Like that, they are and phoning to me. I think Gaya phoned three times, two times? I give answer by phone how many times? Two times. Lot of phone calls. This is the today's introduction class and, tomorrow we start the formulas slokas. If anybody have the doubts on that, I will explain clearly. Right now anybody have doubts? Yes?

Student: (Inaudible)

Swami: No, this thing is last time course, that mantra. You come front, you sit in front, front row. This is the class of the introduction. Now, I gave the introduction class, general introduction class just about the God nature, about the mind nature, about the soul nature. How we command the mind. How can we get the commanding - just I told. Have listen about that? Yes. Um-hmm?

Student: I have ah, never had a facility with language. And it concerns me that if I must memorize the mantras in precisely the right tone, not simply the words, but the tones, it's not clear to me that it can be done.

Swami: What he saying?

Student: (*Translating what the other student said for Swami*) He wants to know if he has to pronounce, not only the words, but the sounds you're using – the tone, perfectly.

Swami: Ok. Um-hmm. You bring a small tape recorder and put side here and it records clearly and you listen. If you have any doubts in nighttimes, when I'm going meditation I will spend you, after the course, I'll spend forty-five minutes to one hour with you. We have that trouble by getting pronunciation clearly. After the course, I can spend.

Student: Thank you.

Swami: No problem.

Student: I also, I understand your concept about the energy and the vibrations and doing the words but I have trouble with doing your, even spelling it, I can't, I can't comprehend it, but I have always... I'm a visual person so I can remember anything I see, but I have a problem understanding your languages and I can't hear it. I mean I'm hearing it, but I, you know, it's not connected. So, I understand the concept of what you're saying, but I also can't connect with the words.

Swami: Ok. Yes. You can sit with him. (Much laughter)

Gaya: Can I say for the people, you two and anyone else that's feeling that way? We all felt that way in the last workshop, but what happened is, and what Swami has said, that he has a paper in writing. Once you get a visual it's easier to understand because you've listened to the tape. I'm sure there'll be tapes that can be purchased after this workshop so, it will all make sense. It's like the mind, the monkey is going AHHHH, but eventually we felt just like that in the last workshop, but now we sense things which we couldn't do in the last workshop.

Swami: First of all, everybody is making like a, they're seeing like ocean, "Oh, how can we swim?" But, slowly, very easy. First of all, everybody's making big confusion and they feel very disturb in their minds, "Oh." Then after spending with Swami some hours and some time, automatically I can adjust to your mind, your mind can adjust to my mind. No problem.

Student: The last mantras, there are some cassettes already made that has like a hundred and thirty repetitions of the mantra. Like a person can sit

and they can be looking at the paper and also listen to you singing the mantra all the way through a hundred and eight times. So, they can...when they done. And the people can just follow that and so they can listen to him sing it through a hundred and eight times and just follow through with...

End of Talk