



Mantra and pranayama
The effects of spiritual energy
The Aim is Self-realisation
“Good” and “Bad” times
Seeker and Guru
Spiritual path

Om Shri Paramatmane Namaha

Mantra and pranayama

Q: For many years I have tried to practice the OM mantra. When I do this, the OM mantra appears at the back of my mind. Some years ago I put it there purposely. Is it possible to mix the pranayama exercise with a mantra or is pure concentration at breathing or the sound necessary in pranayama?

Both of these alternatives are possible. It is possible to have OM mentally along with pranayama physically. In some pranayamas you cannot speak out. For example, in *Bhastrika* you could not utter OM. What the seeker has written goes along with OM. You cannot speak out OM but you can have OM mentally. In *Bhramari Pranayama* also, while concentrating on the sound, one can conceptualise that the sound is of OM. There is nothing wrong in that. With the *Udgeeth Pranayama*, in which we utter OM, there is no problem. It is OM only.

This may be possible but generally it is better for you to perform whatever you do wholeheartedly, without dividing your attention. If you are doing pranayama, you should do it exclusively. I mean that your attention should be on your breath. There is nothing wrong with putting OM in the background. If you have an idea of OM as God - the universal sound - there is nothing wrong but you cannot speak it out. If it comes spontaneously, let it come and let it go. What I mean is that while you are doing pranayama, whatever happens you should let it happen. When you are doing pranayama, the attention should be on the pranayama. The main element in pranayama is breath, as is shown by the word itself - the controlling, expanding or regulating of prana (breath). With pranayama it is more desirable to remain with your mind focused on the pranayama.

But if the sound of OM develops inside of its own accord, do not think that this is something wrong. If it arises, let it arise and then let it go. You will not be concerned with what is arising and what is going away. If some other ideas come inside, let them be and remain indifferent to them. You should focus your attention on what you are doing. You are doing pranayama, so you should focus your attention on it. Whatever happens there will be no harm, because God is always around you, protecting and guiding you. Leave yourself in the hands of God who is everywhere, the eternal universal energy, the consciousness.

The effects of spiritual energy

With some seekers the Tamasic and Rajasic layers inside are very thick. This means that certain effects may happen when one comes into contact with the spiritual energy. One may burst out crying, start shaking or feel uneasy because one feels that something is happening which is beyond one's understanding. You should not worry about this because it is all part of the process of transformation. In fact, it is an indication that the spiritual energy has started its work. Thus it is a good indication and not a bad one. We often feel afraid of things because we are not acquainted with them and we do not have the knowledge. The cleansing process may take a long time. The length of time will differ because it cannot be the same in everyone's case. For example, it is not possible for you to clean every room in the house at the same time. Some seekers are unable to bear the spiritual energy and it is impossible for them to digest it. In one year there was a seeker from the Czech Republic who was a doctor. She had to go away half-way through and she could not finish the session. She was terrified and did not come again.

Evil is nothing but the inner impressions from past lives and also from this life. One might have done many wrong things and had many bad habits. When the time comes for their eradication, such emotions are stirred up in the subtle body. The woman left, but, if she had stayed, things might have been completely different. Someone may decide to have a massage to cure a pain that they feel in the body, but if that person refuses to have their body touched, how can a cure be achieved? A very strange situation! *"Please remove the pain with massage but do not touch my body!"* These inner emotions happen and should not disconcert you.

The Aim is Self-realisation

In the same context here are some other ideas. Most of you know that the work done here is done at a particular evolutionary stage and not

below that stage for the seekers. It will continue like this because I do not intend to lower the standard of my work. However, due to compassion and love, I consciously come down to the level of the seekers in certain respects. However, the aim is still very clear. The aim is nothing but self-realisation and experiencing God. What I mean is that those who have worldly desires should not come here. I am not interested in helping seekers to find better employment, a good husband or a new house! You may get married or not but you must get realized. I have said that those who have worldly desires should not come, but of course everyone has some worldly desires. The point is that your idea for coming here should not be to get help with your worldly desires. There will be help with them but the help does not come according to the planning of the seeker. The seeker may have a problem and want it to be solved. But can it be solved in the manner that the seeker wants? No, it is not like that. I solve problems permanently not temporarily, and I have my own methods. You should be clear about this. You may not have a good job, but at least you have something to eat, and that should be enough. Nothing is needed for self-realisation except the body and you have the body. Things will happen if they have to happen. How will you have your meals in future if you have no money? Let that seeker come!

“Good” and “Bad” times

You should have faith in God and do the duty you have at present. Certain important facts have to be understood. One fact is that the destiny path in everybody's life cannot be changed. No one can change the flow of destiny. If I had any power over that, why would I not cure my wife who has been lying ill there for years? You must give up such ideas because they have no connection with pure spirituality. Events in one's life happen according to one's karmas, and one's destiny is nothing but the result of one's past karmas. Self-realisation or God-experience can happen to anyone in any situation. However, there is a greater possibility of self-realisation when one is in an adverse situation. When one is perplexed, not at peace with oneself or when one is facing a challenge, the chances are greater. When you are prosperous, healthy, popular and wealthy, your mind tends to go towards enjoying the pleasures of the world and not to spirituality. You do not remember even the Divine. You may remember Him later, but want to do something else first! The human mentality is such that, when one has health, money and a good job, one tends to think about one's boy-friend or girl-friend rather than about self-realisation. But when one is sick, unemployed and out of money, one remembers God, even though it is under compulsion! You remember God when you are forced to sell your house because you cannot keep up the

mortgage payments. When you have money, health and fame, you think of nothing else than going to Paris for a good time. My own definition of '*a good time*' is when you are crying for God! So the definition of '*a good time*' differs. You may think that you will have a good time in Paris, but I consider this trip to be *a bad time*. I consider it *a good time* when you are crying and faced with a great challenge for your sustenance. Thus, if everything is turning out very nicely for you, you should not get too encouraged by this!

All great saints passed through unimaginable adversities, such as you would never have to face. Would you experience the pain and suffering that Christ had? He was showering nectar on the whole of humanity and had love in abundance. In spite of this, they took him to the cross. One should understand the history of humanity with the right perspective. One should know spirituality and how these things happen. Because Christ was really spiritual, he asked God to forgive them because they did not know what they were doing. He did not beg to be taken away from the cross. He had no desire for that. We have to grow in wisdom by studying the examples of the great people on Earth. One should not get discouraged.

Everyone has such inner weakness as we have been discussing. By God's grace they have started to go away and they will disappear because they cannot stay. It may be a weakness for the opposite sex, a weakness for drinking, a weakness for meat-eating, a weakness for praise from others or it may be jealousy or anger. All these weaknesses will go away. We should remember that every saint had a past and every sinner has a future. This is an eternal law which has no exceptions.

Seeker and Guru

Another point is that every seeker is directly connected with me, and there is no question of any agent coming in between. No one needs an intermediary. So far you do not understand how this spiritual evolution happens. The fact that I may not talk or pay attention to a particular seeker at any time does not mean that this seeker is not being benefited. In fact, he may be being benefited more and this is just his proper medicine at that time. By God's grace a master knows what is happening inside the seeker. Sometimes the master may talk personally with a seeker and be full of love, but after some days he may ignore the seeker completely. It is all intended for purification and the greatest element is faith. Whatever the master does, he is doing the best for the seekers.

I told you several times about the incident, which happened in the ashram of that great yogi, Swami Muktananda, while he was still alive. His path was one of pure meditation - the kundalini path. Two ladies were sitting at the back during his Satsang. One of the ladies wanted to be nearer to him, and she stood up and went away from the Satsang. Later they met again and her friend asked her where she had gone. She replied that she had moved to her room to be nearer to him, had gone into meditation and thus had become very close to him. The friend thought that she had wanted to be nearer to him physically, but actually she had been nearer inside, spiritually.

So you should give up such ideas and continue to do the things that come your way. Do not look towards others. Do you have so much time at your disposal that you can waste it by looking at others? You should be discovering your own weaknesses instead of trying to compare yourself with others. You should never compare yourself with another seeker. The comparison should be between what you are today and what you were yesterday or a week ago. That sort of comparison is useful in spirituality and not a comparison with another seeker. I have explained this so that you may understand things in a better way. Of course, when I explain such things, you may disagree and have another opinion. Those who disagree do not have to come here at all. They can go elsewhere and there are many other teachers available.

Spiritual path

Another point is that when you are learning and listening on the spiritual path, transformation will not happen unless you adopt the teaching in your everyday life. How can I help a person, if I have told him to give up drinking but he refuses to do so? I cannot help people who do not accept the teaching and bring it into their own life. There are people whom I love very much and whose virtues and qualities I respect, but they have not even done such trivial things such as becoming vegetarian or giving up drinking. Such people simply do not want to change. The truth is that true spirituality requires very little listening and reading but quite a lot of doing. Even then, no one should expect that, by doing things, the final event will happen. Self-realisation and enlightenment happen only through God's grace. The whole point is that there is a path and one has to walk that path practically by adopting those teachings in one's life.

My only wish is that you should grow swiftly and realize what is always with you - God. It is difficult when you do not have it, but it is

easy because God is always with you. If one desires something, like a new car, and it is not available, a difficulty will arise, but God exists all the time at every place. Therefore, He exists in you also at this time, so why cannot you experience Him? There should be no problem in experiencing God, but the problem is to detach oneself from the attractions of the world. The real difficulty lies in withdrawing your senses (your mind) from the pleasures of the world. I have given you the clue. God is waiting for everyone.

You may argue that, if God can do everything, why can He not give you realisation by His power? Your question is based on your ignorance about God and about yourself also. The only difficulty is that our mind is so addicted to worldly pleasures that the experience is not happening. However, the more that one withdraws from worldly pleasures and goes into the inner self, the nearer one comes to the Truth. Withdrawing does not mean that essential things should be given up. You do not have to withdraw from food, clothes and suchlike. You have to understand the difference between necessity and desire. Necessity is what is required for living and it is always limited. Desires are selfish things, which have no limits. I do not believe in formalities and such things as religious rituals. I believe in only one thing and that is love.

*May God purify our minds
May we have the desire to serve the world
May we not have the desire of service from the world
Remembering God,
May we be able to perform our duties well
May we find shelter at the feet of the Lord*