

Aug 27, 1978 Kirtan at Kings Cross (Mahalakshmi and Jai Narain)

Ambikananda's discourse included the following:

‘Give God one minute before activity – say, “May I do your will. Will you guide me?”’

If you are perturbed, first find out what’s perturbing you – is it your identification, your mind, your identification with your senses? And on top of that is it complexes, fetters, ignorance? In that case you need a little broom, a little help, a scripture perhaps, a yantra¹... If you go to Srimad Bhagavatam it says experience is even greater than scripture, but if you have neither experience nor scripture, you need the company of the good or the wise, you need a light on the path. These people are on the path without the lamp that you are requiring, it is God Himself who is directing their footsteps.

‘If you identify yourself with Atma, just sit sometime and disentangle yourself from your worries, just think of a little flame, reduce God, try with a pure mind, and have a strong faith. You must believe, and the process of thinking or believing itself is purifying. That’s the goodness that one gets from it...

‘If you meditate on Atma, and have a little bit of practice – God is not like a duty, an office where you have to report your presence and get your wages. It’s nothing like that. What you give first is the agreement of your mind and your heart and body – three things matter with God: your mind, your heart, your body - and His will. If you do His will, then action is not required. Therefore a person does not even get up from his bed, does not sit in lotus posture, yet still he goes in Samadhi! Samadhi and deep sleep are very similar - they are like brothers. The only difference is, samadhi brother has his eyes fully awakened while he is in a state of sleep and trance, and he is beholding the Beloved, while the other is in a sleep of ignorance. Awake from this dream, go beyond the three states of awake, dream and deep sleep, and attain to samadhi...

‘Ramakrishna was not learned, but he learnt from the learned, the yogis. The messenger of God is also God, in another form: in the form of a speaker who is giving you the wisdom of God. But this scripture, this banyan seed of scripture, becomes colossal when put into practice. In practice everything flickers in lightning flash, current comes. You play with light, with spiritual electricity. How to describe it? Thought accumulates energy of God in form of experience. Devotee is a bulb; energy comes and tests the devotee, and what you have given with your mind, your heart and your body – you don’t have to sit in asana. Your asana is complete relaxation; what is wanted is complete relaxation and complete detachment, and every breath – I breathe God in, I breathe out in consciousness of God, I keep the breath of God in the mind with the mantra, this purifies the blood as well as the mind.

‘You may think you are a sinner, but God can never find us as a sinner. What prevents you from seeing is your own deeds - , that’s what prevents you, your own deeds, your own *bouclier*, your own shield, that’s what prevents you from seeing. You don’t dare to penetrate your darkness. But the divine power is so strong, it touches the heart. Where God is, everything is, nothing is outside. When God comes, when light comes, as much as you are dark - the worldly heart must die. Burn yourself like a moth in the flame.

‘Where God is, everything is, nothing is outside; therefore you become a little bit of a yogi. You want to transform in your life, but transformation also is a definite practice, it’s not just one day. You can’t just wash yourself once, and that’s it! Don’t deceive yourself. Take to reality.

‘Spiritual experience is a matter of pearl. It is Krishna brought to the tip of the nose. God is attracted. Here at Kedarnath it’s all God; you breathe God, you smell God, you belch God. The thirst is never quenched, day and night. You lose awareness of the world, you lose your human birth and enter divine birth... The person takes the name and form of a human being, but he is no more that, in fact he is all spirit... And if his well is dry, he can shed tears, and fill the well.²

¹ Mystical diagram, e.g. Sri Yantra

² At Kedarnath at this time the well kept running dry

‘But you have to comply to the eat-drink daily routine, i.e. according to environment and surroundings. X knocks at the door, Y knocks at the door, congregation joins like Chaitanya. But there is one guidance he has never lost. By this eye, without that light between the eye there is complete darkness.

‘According to Hinduism, Shiva Mahadeva is the prince of yogis, all yoga comes to him. He taught yoga to Brahma, to Vishnu, to Sanatkumara, to the Sun God Surya, he taught them all. He gave Lakshmi as consort to Vishnu, he gave Sarasvati to Brahma, and he took Kali for Himself... He said to Brahma and Vishnu. “This half of the world is yours for sport, for creation and preservation, and this other half for those who do not like the world...”

‘Here is a puja³: place a few grains of rice on the head of Shiva, water a drop of tears, a new vilwa leaf of life, of mind surrendered. And there you go! You thought it was Shiva – it *was* Shiva. Imagination becomes fact... His awareness becomes your trance...
‘Because of love of Me the sun shines, the wind blows.” ’

‘Knowledge is AC – alternating current. Realization is DC – direct current. Knowledge expresses every whisper from eternity. It’s process; but love is the *Thing*.

‘Three things in triple Narayan state: Bhakta, Bhagavan, Bhagavata⁴.

‘Kirtan is really how you act and so on *after* kirtan – how do you realize yourself with God, how far from ego, how patient to yourself? Where is God and where are you? As you think so you become – evil or good. Direct the light to dispel the darkness... Ancestors come for you at death to take you to Moon [realm] unless God, Sri Ramakrishna, come.

‘Love is my job. This everyday job is working out of karma. But love is my job. Doing means discipline, discipline means renunciation.

‘An ounce of experience is worth much more than tons of learning. And an ounce of experience *with* learning is terrific.

‘Reasonment is hard hammer, nail is love. ‘The head, knowledge, is hard. The tongue, love, is soft. ‘Do you feel God in your own head?

‘God cannot resist His word. He merges in God! The name of RAMA. If you know how to use it – you become RAM. ‘Your very Atma is ATMARAM says Sai Baba. .Put your name first, ‘Atma’ after.

‘You have to be very quick with God. This is the only law which is always top speed. A devotee must be very quick with God.

‘Believe that you are carrying God daily.

‘You have to taste for yourself. Explanation may bring satisfaction for one day, but it doesn’t bring enjoyment.

‘Word takes form and is perceived by the eye of the mind.’

To conclude the kirtan, devotees sang *Twameva Mata*: ‘O my God of gods, You are my Mother and Father...’

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³ Ritual worship

⁴ Devotee, God, Scripture