

11-13 January 1980 Kedarnath Notes

Swamiji said:

‘Think of death every day; or birth. Death and birth in God. Like the moth [that dies] in the light. God gives us holy breath, and we give it back to Him. That’s the way to live, to work, to fight, and also to die. The flight is alone to alone, without sight, hearing, breath, touch, taste... The liberated soul knows the time he will die. He’s dead cool. It’s a togethering programme with God and the devotees. Really God is the Way, the Saviour, the Doer.

‘Wherever you turn, you must always face yourself. The fact you have forgotten is the fact that *you are* – when everything is closed off you still have yourself, you still have to face yourself. As much as you have practised, there you are. Practice is the Lord, the Steps, the Way. Think you are the Light. Be born in the Light.

‘Meditation begins in the heart and ends in the head. Think of your Ishta Dev in His light body on the eight-petalled lotus, with the Moon on one side, the Sun on the other. Raise it to the thousand-petalled lotus. Be like the tortoise, not in its slowness, but in its thick shell, its sureness: have will power to awake, to get up, to meditate. A – U – M, going back from tip of tongue, to throat, then to light in the heart (*jyoti*).

‘What a masterpiece is man – and God dwells there. God is the beauty of all beauty. Can your art save you? No. The only art which can save is Thou Art. Sri Ramakrishna wasn’t satisfied till the statue came alive. People are very much entangled in imaginative creation. Right imagination takes the chains off.

‘God is to be worshipped with love and reverence. He is very tidy! The devotee always has to see, hear, live and die in It, glorifying and singing. Thou Art is a great art – yantra, homa sacrifice, knowing how to receive Him, how to worship Him – colours, triangles. When he sits [in meditation] the devotee becomes an image of awareness.

God’s Name is an intoxicant. Therefore, the devotee is a dipsomaniac! “*Soham – Aham Sa.*” When you hold the breath in, let it ferment (Mother), and decarbonize impurities. Riches are nothing without That Thing.

‘Day is night for the yogi because all kinds of dark things happen during the day. At night, the yogi brings light by his meditation. Sleep has to retreat. Sleep has no authority. Be alert and watchful evermore. Yoga sleep is a semiconscious state. The delight itself is daylight.

‘The relative plane – you can’t get rid of yourself. After death, the soul creates a death body. In the death body a devotee visits ancestors in dream, but the ancestors and spirits are subject to error; their bodies are finer but they aren’t infallible. After death we can see further.

‘Every minute Mother is creating new worlds from her womb. This world is the speck of a speck. All we know is manifested Brahman. Three quarters is not known.

Devotees are born from the egg of the Sun, illumined from birth, and yogis always take the path of the Sun. Love and wisdom.

Sarada said: “God is in the palm of my hand.” Everything is in His hand, whether you want it, or know it, or not.

If Satan could offer to give the whole world, how much more can God give?

Reality is goodness; truthfulness. OM sabda Brahman.¹

‘You are breathing the air of pollution. Your mind is leaking. Soon the boat of your so-difficult human birth will collapse. Your friend the crocodile is underneath. If you aren’t thinking of death he’ll snatch you. Death comes first, then birth – how you died will dictate how you will be born. Up to [the first] seven years you aren’t subject to karma, but afterwards you must take what comes, good for good, bad for bad. Always render good for evil. That is the best.

‘Narayana is a fisherman reclining on the ocean of consciousness. Don’t go one second without using that Name. We’re all under the wing of the same Mother Hen. *For Seekers of God*² is the essence of the GSR. Take one line and read it all day long as a mantra, every word is an immortal fruit ... Man is completely withdrawn in Mahapurushji. He is a deeply rooted tree, established in the four seasons of life: Artha, Kama, Dharma, Moksha.³

‘No one is your own, so love everyone in need. Birds of a feather flock together – then you can help them because you understand each other. Sing the Name of God. Gandharvas [divine musicians] will get enlightenment as well. You may have the Word, but if it’s not from an adept it’s like money that has lost its value. Therefore when a preceptor endowed with God power gives it to you it is effective, and if you do it conscientiously it is ten times more effective. With love, word and rolling of beads stop.

‘God plays with words. Double meanings are used by Sri Ramakrishna, by Sai Baba, and by Swamiji. Without that, how can they express it? We want you to buy all these things. These words are a music side, a magic side of sadhana, which is otherwise dry. Knowledge is a long path, but the reality behind it - subtlety of suffering - is God. Once you’ve decided, follow that path, come what may.

‘It’s an ocean of peace and coolness where the Formless takes form. You direct It into condition. God’s ice is cool for many lives. Pain is in the body, but the soul is not in the pain. Love is embrace, merging. Therefore, the spirit has to merge in you. Put your finger in and taste, you don’t have to drink the whole ocean!

“‘Smriti’⁴ means, “Are you thinking of God?” “I am” means, “I was hiding.” “I have become” means, “I have been found.”

‘You must seek if you want to find. We must remove the block. The silence is observed, and love in the form of Word is the outcome. The rest must be purified. Work is worship. Spiritual life is secret life. Be picky-choosy, know whom to give it to. Be a diplomat, please everyone; but don’t be a hypocrite.

‘Without suffering how will some people remember God? There is suffering without suffering – sattvic suffering, suffering day and night. The yogi sees God and the many facets where God fell, where God is lacking, when He turns the diamond facets of the jiva, [saying] “In that aspect I can’t see it.” Suffering not for himself but for the Man. Knowledge depends on conviction. A monkey can be in the Himalayas as well as Hanuman.

‘The grace of God is His benign look - wherever He looks. Love is magnetized grace.’

*

¹ Sabda Brahman - The transcendental sound

² Discourses of Swami Shivananda (Mahapurushji), formerly Sri Ramakrishna’s devotee Tarak

³ **Artha** (prosperity), **Kama** (desires), **dharma** (duties), **Moksha** (liberation)

⁴ Literal meaning - memory