

Aug 21-25, 1980

Kedarnath

On Thursday night Sada Siva, Satchidananda, Star of Bethlehem, Jai Narain and Gayatri spent the night in the company of Ambikananda in the recently constructed 'Brahman' or 'Rainbow' room, which he had fashioned around an abandoned milk float casemented with window frames and other bits and pieces. Each night for this whole period Swamiji was with the devotees in the Rainbow room all night, with an unbroken programme of OM chanting, japa, meditation, bhajans, discourses, etc. Then breakfast and satsang.



Swamiji constructs his 'Rainbow room' annexe to the cottage. It was to be the scene of many experiences.

'The name for this room is Rainbow,' he told us, 'because the Rainbow starts here – colours, and the entrance of God. Every colour is a plane of consciousness.'

Thursday August 21

Swamiji said:

'The *tyagi* (renunciate) is he who practises *tapas* [austerity]. Brahma the Creator practised *tapas* for 1000 years before he was able to create. These people who play with creation, they split themselves into "I" and "my shadow" – the moving lamp creates the illusion of movement among the shadows. It is the power of light that makes them move...

'But you must be a yogi, not a tyagi. You must respect Mother Earth: 'Ma, Ma, may I never forget Thee' – this is a great mantra. Earth is magnetic. What comes from Earth has the gratefulness of Earth: grain has the *reconnaissance* [gratitude] of sun, heat, water, earth. If you get in touch with the Pitris' (ancestors) plane of the Moon, you find them stuck there because they didn't offer food while they were alive. ... Holy men are specialists like doctors, and they come to release them.

'These are things to be kept in the thickets of concentration. Cut through, you'll be amazed to discover the laws, how men are making ways from different planes. In that (*Pitri*) loka is a *bandara*, a sort of huge kitchen as big as a country. To Brahma will he attain whose mind is dedicated -. When he sees his ancestors there he will think: "Oh yes, you aren't on earthplane". Either through direct perception or through dreaming consciousness, etc, a yogi penetrates into the unknown...

‘Remembrance is the food which gives health to the soul. The devotee must always consult the Father or else He’ll interfere – because He knows better. Be the Witness as Myself.

‘The Terrible is so called because it’s everywhere. “In the midst of sin, think of the Terrible” (GSR). Maya has to play, it can’t be delayed...’

August 22 (Friday) morning

In the Rainbow room.

Mahalakshmi and Shiva Shakti arrived.

At breakfast Ambikananda said:

‘What a man thinks while he eats is converted into blood. Dedicate your food to the various deities, the indwellers in the lower planes of “Eat, drink, make merry”. But dedication makes it well. The essence of it all is love - and saying “Mind, do not trick me!” Food gets converted if you dedicate it.

‘If God wasn’t attracted to devotees there would be no awareness of consciousness. Otherwise, not a thought can enter a devotee’s mind. God gives a tip to raise consciousness. The devotee’s self-effort is to elongate the tip to infinity. First Him, then us. Us in the form of self-effort.

‘Seek the company of the wise. “Wise” means discriminating, in communion with God, through whom you can hear God’s word, anyone who can interpret God’s word directly. Truth comes through many doors. Holy men have different moods – silence, stillness, ecstatic joy. If you imitate them you can get rid of your condition and receive their love of God. They are free, not bound by the fetters – the eight fetters of shame, grief, fear, pride, etc.

‘There is a three-in-one when you are in the company of a holy man. Three graces: grace of God, grace of the guru, grace of your own mind [GSR]. Let your mind be tempered in the heart of the receiver. My heart speaks what has been brought down in an understandable way.

‘You may have discrimination, but it’s not easy to exercise it, i.e. to separate the unreal from the Real, and abide by Reality alone. Only one who has given 85 per cent of his mind to God can use discrimination.

‘Everything belongs to God. You see variety in the one world. We see one thing in the variety of the world.

‘You can’t read scriptures without the blessing of God. You must ask the blessing of God.

‘Night and day is only for the worldly, so keep going: God split into two colours – black night, white day. *[Each night for this whole period and afterwards Swamiji was with the devotees in the Brahman room all night, with programme of OM chanting, japa, meditation, till morning. Then breakfast and satsang.]*

‘Karma can be worked out through work, and also through singing, worship, listening - or through the fire of knowledge. He who comes here, his head is a little cup, his heart is an alembic¹. Syrup quenches his divine thirst, and his digestion receives refined sugar. At the end he becomes sugar candy.

‘*He* works, then you work. *He* does it, then *you* do it. So in one way you never do anything...Selfless work is done by Him. Work of desire has a fantasy result – as you sow so you reap. Therefore, glorify Me, see Me in everything. “Salutations to Me!”

¹ Distilling apparatus used in alchemy

‘A lot of healing power comes from control of the senses, through the power of Brahmacharya, continence. That’s why the holy man’s word is true.

‘Repeat mentally the Name after the tongue has uttered it, letting it go under the tongue, so that Rama lies above and below the tongue when word comes from the heart. It is God that incarnated as word; OM is not different from *Sabda* [sound]. ‘Think of God in the centre (“*Thou art the centre and soul of every sphere...*”) and make a picture in your mind. Forms of God are ladders to lead you there. But once there – there is no difference between word and thought. Thought becomes tangible in the form of sweetness in mouth, pressure at Third Eye, etc. Then you will feel Him, therefore God is in His word, as Sarada Devi and the scriptures have said.

‘ This gross world of you and us is not as it seems. Behind the phenomenal world is God. Don’t judge or condemn, just keep aloof. That’s discrimination, but not judging. (*See Prasanthi Vahini*, Sathya Sai Baba)

‘You don’t eat for yourself. You partake. The God eats and drinks through you. Food time is worship. Every chewing is a japa-bead.

‘The Golden Age is golden consciousness. Three-quarters is lost in the Kali Age. The aim is to keep the golden consciousness in the Kali Age. That golden consciousness is perceiving God in everything “from Brahma to a blade of grass”. Never to forget Thee.

‘ “O Lord, bless me through Your Grace with immortality or Paramananda, resulting from the awareness of the effulgence of the Atma, immanent in every object.”

This is the third prayer. This is the real meaning of the Manthra:

Asatho ma sadgamaya;

Thamaso ma jyotirgamaya;

Mrityor ma amrithamgamaya.

“From unreality lead us to reality;
From darkness lead us to light;
From death lead us to immortality.” *Prasanthi Vahini*, p 18]

‘When the rusty worldly condition is gone, He is always attracting the needle, even through glass.

‘Service to God is a matter of stillness, the eye in the hurricane of creation/preservation/destruction. Your coming and going is just a breath of God.

‘Don’t find fault. Whatever you do, work for My sake. You have to know the technique. God tells you the technique and then your life continues. According to the daily thought, there your mind is at night. But a yoga mind is beyond sleep, and “a cheerful mind alone experiences transcendent samadhi” (Vivekachudamani)

‘Erase ego, take dust of God within. Dust your consciousness from the place where He has trod. Be permanently the guru’s sandals. To be permanently as a sandal on the guru’s feet is a boon.’

Friday, 2pm

There were bhajans throughout the afternoon. Songs by Swamiji included from Devi Mahatmyam:

‘O Sarvamangala Mangalye...’,

and

‘Ya Devi sarva bhuteshu...’.

These were followed by Vivekananda’s hymn to Sri Ramakrishna:

*'You are to be adored, you are truth unchanging,
You are the Lord of the gunas... '.*

Songs from the GSR were sung, including:

*'Repeat O mind My Mother Durga's hallowed name,
O Gauri, O Narayani, to Thee we bow... '.*

and

'I have made Thee, O Lord, the Pole star of my life... '.

Steve arrived during this bhajan.

3.45 Shiva Shakti and MahaLakshmi arrived. Swamiji was very pleased to see them both.

4.30 Satsang

Swamiji said:

'Think of darkness: a room of darkness in a house full of light. Make a way for the light to come in.

'God is the sustaining food, Scriptures and words are the pots and pans. You will never understand scripture if it's "you" who read it, because you too are a breath. Let the Sun reveal it...

.Complete burning. Go to the cremation ground before meditation. Think of death. The seed of this body must die so that divinity can sprout. Our body is a false thing leading to false concepts, ideas and knowledge... But the phenomenal world is not completely false according to the dvaita (duality) way, i.e. "I am One, it is My will to become many." But without the One there couldn't be the many.

'To understand scripture, there must be death of body consciousness and awakening of inner mental sight... In samadhi you don't see revelation. You exist as you are, but with the thought, "Never let a single second go without bringing that Name and Form to mind."

'The greatest show on Earth is that play of eternity/Reality and the phenomenal world... All Sri Ramakrishna says is: "Sit still, be quiet, drink from My own soul..." Sri Ramakrishna is Rama, Krishna, Kali, Shiva, Shakti.

'We see a luminous path [at] death of the body. A luminous path, light goes to light. You are a stubborn spark. Stubborn is bitter, not sweet. The stubborn spark doesn't want to believe it is light. Here it's God's almanac... Shakti of God comes first, flashing in the form of meditation.

[Swamiji then opened the MahaNarayanopnishad spontaneously and read:]

"O Devi shining with a green colour... protect me at every step."

*'Sri Ramakrishna worshipped his own lingam. From there, straight to the Sahasrara!
But don't have fantasy or fancy on the journey or it will be very long.*

'Before meditation think of death. The seed of this body must die so that divinity can sprout.

'If you want to love God it's like a marriage; you have to be very chaste and pure. God accepts sincerity, truthfulness. But He's not easy to please, nor are His devotees.

'Always take the grace of the book before reading scripture. Borrow a ray of Divine Mother Gayatri, greater than the greatest...

'The Sun is a reflection of Brahman, not just an orb. Worship the Supreme Being in the orb of the Sun. Dive into the light. You are sadhus, you are children of your own light, and your job is internally always to be blissful, especially when you see us.

‘Another name for this house is Rainbow, because the Rainbow starts here – colours, and the entrance of God ... every colour a plane of consciousness.

‘Never deny your self, your higher self. Not this sickening body with painful joints, confused mind. Say: “I am a ray of the Sun, and no different from IT.”

.Here is a secret mantra: “O Lord, may I be mad for Thee alone.”

‘Never deny your self, your higher self. Not this sickening body with painful joints, confused mind.² But take the mind as a friend God. Remember, the pure mind reflects God.

3 am.

Swamiji said:

‘How talkative he is to God, sometimes audibly, sometimes in sign, through nature, through other people. He sees the Indweller in all. He has set his own sail now. He is in a state of merging. Soon he will disappear. Beyond dual consciousness is triple consciousness.

Saturday 23 August

P. 216 of MahaNarayanopahishad was read.

Swamiji talked to the devotees in the Rainbow (Brahma) Room:

‘Creation means the work of God.

“Love thy neighbour as thyself” means Myself in human form.

‘The Lord is the doer. Your movement goes through the mind. Our movement is uplifted from the heart to the end. From the Elephant of Ganesh you get to the Castle of Mother. What Ganesh was blocking becomes the presiding deity.

‘A devotee is whoever the Lord has chosen to manifest Himself in. A light alights in his heart. Blissful company is wherever Mother is manifesting Herself through devotees. God is always whispering to His devotees from eternity. “Seeking the child” is a whisper from eternity. The Mother is always invisibly playing on the tongue of the devotee.

[sings:] “O Mother, Thou my Inner Guide, ever awake within my heart...”

‘The Inner Guide is a permanent thing. But the manifested Inner Guide is a different, personal affair. Now you have the taste in your mouth... Then people look artificial, unreal, compared to what we have seen and what is revealed. As Sri Ramakrishna said: “I love these boys because I see Narayana in them.” Remember when Mahapurushji saw at Belur Math? Five or seven little Bal Shivas in the place of the devotees³ (Yogen, Naren, etc).

... He whom the Mother touches is a quiet gold. He alone knows he has been touched.

11.30. Devotees meditated on a tape of songs to Mother:

‘O Mother, make me mad with Thy love...’,

and

‘O Mother, Thou my Inner Guide...’,

and

‘Mother, how deep is Thy love for men...’

²Ambikananda was beginning to suffer from gout at this time.

³ See *For Seekers of God*

‘The devotee’s tongue is a typewriter. Mother types on it. Mother is self-proof; there’s nothing to say. When the Mother bathes the child, the child is just happy in the tub. The Mother of Ganga!

Sunday, 24 August

‘Always dedicate to Lord Ganesh, Lord Narasimha, Mother Durga, Lord Kartikeya especially before meditation. Never keep the piano of the mind unused – it needs practising. The individual universal Brahma is Sai Baba within and without.

The devotees went for a delightful walk with Swamiji down to the river and to a grove of trees at the foot of a hill... On Sunday night Star of Bethlehem [“the young Paramahansa”] helped by Jai Narain built a dhuni fire outside the Rainbow Room. Star of Bethlehem spent the night outside singing devotional songs seated by the dhuni fire. The other devotees were inside the Rainbow Room. Some devotees had ecstatic moods One of them had a kundalini experience.

Monday, 25 August

‘Music is the ladder and the bridge to immortality. Love is giving, not receiving. All that is received is your karma. Love describes, ventures, informs. It is your duty to realize God, so staying up at night is being dutiful children in the kindergarten of Kedarnath... and holycropper of Kedarnath. An ordinary mind has continually to be reminded. It’s love that’s aware. See the One as many (“See Me in everyone.”), the many as One. The individual universal person.

‘It is said, “Know one thing and everything is added.” But you don’t need the “everything added”. Know the Revealer, that’s enough. God can be seen through the third eye, like a light inside a lantern. You try to embrace it but you cannot [GSR].

‘Trick the mind. Put it beneath the *loupe* (magnifying glass) to burn or melt it with the Sun of intellect, Then you link the pure mind with a direct pipe for water to run through. Water of Ganga/Durga, Ganga/Durga, Ganga/Durga. *Integralement*. Eternally Thine. Repeat: “Ganga Durga, Ganga Durga...”

‘No need to know what the Sun is. Just follow the ray. Power of worship makes the unmanifest manifest. He is both light and darkness, and He is beyond both of them.’

Saturday, 27 October 2001

‘Doubt is a dark cloud like a dark sun, a parasol. Close the parasol and the sun is visible. Scripture is to be understood through the cosmic ray of God’s intelligence... The right spirit is not the scripture, it is the revealer of scriptures. Get the right spirit and you will see the Spirit of God.

‘Seek God at night; then it’s easy to find Him during the day. Always see the One as the many – then you won’t be distracted by the attractive. Your attraction is not my distraction. Your distraction is not my attraction.

‘This body is Brahman in the form of a temple, with many floors/planes.

‘Greater than reading is hearing. Greater than hearing is witnessing – the changes in the gross body become divinized, and the effulgent being is squeezed into you.

‘We make man to the image of God, and in the end we break the image.

When there's no idea of giving up – that's the way, "Come what may..." Your meditation consists of nothing but bowing to God. Individual self to universal Self is worthy of reverence. Meditate on Him-Her star, with upward-pointing star as higher self, downward-pointing star as lower self. God is for giving reverence to.'

'MA is the first word as well as the last word in spirituality. I am born from MA. I live in MA. I die in MA.'

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