

Oct 30-31, 1980

*Kedarnath*

*Sarasvati, Sanjana, Sri Lakshmi and Jai Narain, arrived at about 12.20 pm.*

*Shiva Shakti was already there. Mahayogini had returned the previous day to Wales. Assheton paid a short visit.*

*The previous day Ambikananda had given special instruction to Mahayogini:*

*Swamiji: "This is the Mahayogini Charter (revelation):*

*Go to Shiva (Join Sahasrara, left side)*

*Beg of Him: I want to be some ash in your skull.*

*He will say: Where did you get this love?*

*You say: From the Love Indweller.*

*He will say: Ask Sati, My wife.*

*Together they will meet and say: This girl is part of Us. There is no difference between us.*

*They will say: Is she willing?*

*They will say: If she comes back within five (years) she must pass through three (lokas – Bhu, Buva, Swaha), within three Shiva will sit with you in trial meditation, in your joints. If you can turn the world upside down – reject it – then you can be an attendant of Lord Shiva to your liking. Shiva can send you back to show mankind. When you dislike your own body enough – [when] you have given your blood to God, with tears, you will be a Sati and a Parvati. You also like to lead the same life as Parvati – consort of the Lord.*

*Swamiji's discourse included:*

*'Pleasurable action in this life can cause miserable action in other lives. A misery mind is the result of bad actions in a previous life for which you are being miserable now. So circumambulate through this trackless body the Dakshineswar within. It is the incarnation of the Lord. After aloofness, positive declaration or identification of consciousness. True unselfish love conquers at the end. Universal detachment is not without universal consciousness.*

*'If you don't keep the company of the holy you may become a miserable failing sinner. Waste of shakti is waste of mentality, from which all sins come. So let there be willingness, attentiveness, obedience. Topmost realized men become servants of the Lord. The reason why things go wrong is to reveal the impermanency of the world. The Judas of lacking and doubt is the twelfth disciple.*

*'People are like musical instruments, they need to play, and devotee instruments have to be extremely good, no false note. Kirtan music was the food of eternal life in Sri Ramakrishna's ear. So let the mind's anxiety go down the ladder inside you when you sing: Om Namah Shivaya. Be like celestial soldiers of God when they hear God's name sung in cosmic hymn by realized souls. The devotee knows it is the Lord who performs – the consciousness of cosmic dancing is within him. Light is the self-effulgent soul. The world is dark.*

*'The very start must be perfect. Constant practice makes you perfect. If there are no teachers there are no followers. But if you follow God you end in God. Following the anchor chain link by link you reach the boat of safety in the ocean of Samsara.*

*'Life is life, life is real. Mother is the origin, the maker of birth and death. Hit the AIM<sup>1</sup> of your life and the game finishes. The arrow (of the Lord) was shooting in the marrow of the bone. Ida, which is one of the names of Sarasvati, is to rise to Sahasrara when the word links OM.<sup>2</sup> ... OM is the expression of human vak [voice] in contemplation.*

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<sup>1</sup> Bija (seed) mantra of Mother Sarasvati is AIM

<sup>2</sup> Ida, Pingala, and Sushumna are the main *nadis* or energy channels through which the divine energy flows. These three *nadis* connect the chakras and run vertically from the base of the spine to the head. Ida is situated on the left, Sushumna in the center, and Pingala on the right.

‘A man suffers and cries under his blanket. You know what a man is really like when he’s on his own. He speaks his truth to his own mind – sometimes aloud unconsciously. Steadfast self-effort and determination are required - God in the form of confidence, remembrance, pondering. Everyone is a religion for God.

‘Holy ones share the meal of God - Mahavidya prasad, meal of the Absolute. At night you eat your fill and then carry on spiritual programme. Vibe and feeling are important. Take God to catch God. Love gives knowledge, but knowledge has to put the bait of self-knowledge to get love. Man has the gift of approaching through the voice of love. True love reaching out travels far, and God is here.

‘Be faithful to your wife – pure, loving, childlike, simple. Be stable and your children also will be stable. Responsibility is on the head of the parents.

*Listening to the tapes of Saturday’s kirtan at Wales, Swamiji spoke of the new song, ‘Kali my Mother’:*

‘The Divine Mother gave me that song, the tune for it. The cry must come from the heart, that’s the secret of the song. Only God can hear the noise of the heart. Call MA with a crying heart – and the Mother comes. Love transports, music love transports - transports of love. But demanding is in one way a waste of time and work.

*He emphasized the importance of his shaking the two rattles at the previous kirtan – ‘Sorrow in the left hand, harvest in the right.’ A key passage. ‘Give up triviality,’ he said. ‘There must be more sattva covering rajas and tamas. Sow and you will reap’<sup>3</sup>*

‘To make music you must be in harmony. Music is light, and it must make you light, must cover your meditation and transport you to God’s realm. You are the instrument - and so you must be in tune. Your very essence is light, joy, bliss. Can you share this with me, with wife, children, others? Be frozen and don’t move, and let the thought freeze in the light – that light will melt the wax of your phenomenal, unreal self like a Mme Tussaud waxwork.

‘Don’t please us, please yourself! Because we will go, and then you will have to face yourself. Start now, become *now*. Let N-O-W become W-O-N... Start now and you have won, When you stop you will have revelation of spiritual facts. Sow and you will reap experience of spiritual facts. Now has no time, knows no time. I am now with you. Now means always, permanently now in God. Now or never. Now is the present of the past. Now is a comet of space consciousness. Knowledge of God is now. I am inspired to speak now. Take the stuff in your heart and bring it to my heart. Remember the Mahayogini Charter: “Where did you get this? From the Indweller.”

‘Your body is like a whole country. The shrine represents your heart. Make circumambulation, walk round till you reach the Dakshineswar of the heart where MA lives. Blood is love, and you meditate on the palm of your hand... “Where there is a manifestation of power people will come,” Sri Ramakrishna says, and “Greater than God is His Power”. The Power must be permanent.

‘Mind is a vagary, and bondage is *avidya* (ignorance). So be conscious. *Chit* (pure consciousness) is greater than *manas* (mind). Superconsciousness is the state, consciousness (that is, self-consciousness) can be a fetter. Your disbelief and intellect make you ignorant of Me. I think of God with sincere and great love, and God comes. There is no esoteric knowledge, just my self-effort of knowledge – “If you love me, follow me” (Jesus).

‘Ill health and the body is a dark room where you have to have love, consciousness, bliss, to find light. Mind is the servant and emissary of consciousness, and it’s also the patient of consciousness, who is the doctor. Higher than mind is intelligence. Chit gives its blessing to the mind, then it becomes a bit better. If man is God, ignorance is the body, as when a person says “I am fine” about his health. So identify not with the body but the soul.

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<sup>3</sup> See 1980.10. 25 Kirtan at Wales (Sarasvati and Brahma).docx

‘“Take one step” means, “That’s my all” - God sees how truthful is that step of yours. Before experience, raise yourself to beyond experience with self-effort. Give your mind to God, as well as your body, breath, tongue, ear, etc. Brahma (the Creator) creates from Himself, preserves the body, and when the jiva attains goes back to what He was.’

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Friday, 31 October

*Swami Satsang at Kedarnath. Morning in the Rainbow room. Present included Satchidananda, Sarasvati, Jai Narain.*

*Swamiji said:*

‘We talk *à la légère* of Hari, Almighty, etc., but if all this was happening in a dream you would be taking note. Your eyes are cups - drink from the eyes. This is the nectar of immortality, the soul sucks it. It’s God that knows God. All this is due to restlessness of the soul. Sai Baba danced a little jig, lifting one leg and then the other, before he said: “Yes, I am God.” !

‘The soul operates a small factory with a conveyor belt, but an ordinary man can’t work his factory, he doesn’t understand the chain of linkage and adjustment. So take care, the soul generates, and the holy man is a generator of divine light with his beads emanating light as he makes *japa*. He is at work, the factory doesn’t stop – night shift comes with just oil change of devotion, plugs and points of one-pointedness. First he believes within, then the light graces him – self-effort of working without expecting. Then let Him drive you. God doesn’t need messengers, He is omniscient. And when God speaks, not via angels, it has terrific effect. Ecstasy of floating gross consciousness. Harvest, sow and reap at the same time

‘Girish was a ghost attendant of Shiva, a *bhairava*. Like Bethlehem? Some people seem worried, but we are not worried. He is exempt.<sup>4</sup> God gives a flash and the devotee is enlightened. Within five years Quintessence will be full to the brim. He will give it drop by drop, now and then top it up. ‘Everything is kept in abeyance till it takes effect. God has given bodies, minds, etc which can only take you to a certain place, limited. Mind must be purified. God says in the Bhagavad Gita, ‘I don’t stop working’ – which is the factory. The soul is the factory and rendezvous place appointed. Union/yoga is the meeting of lower and higher. When the higher comes, the Indweller at the soul factory leaves the body, he leaves his house to meet the object of his search, his beloved, his hunger, his thirst, his desire, his fulfilment, his love, his heart’s hunger.

‘What you eat becomes blood, cells, etc. If you have been talking about God when you eat, it will have a certain effect. And if you eat with desire it will make desires. Reality is not an invention but a continuity of infinitum. God becomes scripture, which is like creation, the sport of God in different realms. The yogi holds the falling star of God’s dazzle and hassle with deep meditation and contemplation. Watch and pray. Read Reality between the lines.

‘Bring together successive lives, get lost in eternity with the idea of being again the eternal servant. The separated “I” is a child, a servant, etc. The united “I” is one block. So the Lord separated to Shakti or Sati to create *maya* – man appearing as woman. You may say it’s not fair, but it’s My *maya*, Read Shivapuri Baba.<sup>5</sup>

‘People sleeping can get lustful, it’s better to keep working. Be positive within the family. What you are carrying is positive, adamant love. You have to see the family as Gopala and so on. But if God comes in human form, don’t be too intimate. Family names are to remind you of Him, but family business is not why God created you - babies, nappies, food, it’s all impermanent. The tender fruit gets bruised – you can’t offer a bruised fruit to God. Therefore, spiritual life alone is the real life, all else is a waste of time...

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<sup>4</sup> Star of Bethlehem, a passionate devotee of Ambikananda and Sri Ramakrishna, was considered rather eccentric by some of the other devotees

<sup>5</sup> *A Long Pilgrimage - Life and Teaching of Shivapuri Baba* by J.G Bennett

‘God tests people in life to see the reality, morality, sincerity, of love for God. There’s only the block, victim and executioner – it’s all clay. Minus name and form, take the soul of Shiva, indestructible, all is a test to see how you act, how you react. Be chaste, be love-of-One. If that also is withdrawn, just think of God. Every day is a test.

“Get rid of hardness, miserliness. Be free from the conditioning which is binding you. Mother will only manifest in the cremation ground where desires are burned. Don’t attract attention. Follow incognito ways. True gurus are God. You will know real gurus by the way they speak – it’s their experience, they are speaking without being learned.

‘Wisdom is no different from knowledge and love. You eat love and you belch wisdom. You gamble one short life to gain life eternal. “Among gamblers I am the art of gambling” (Bhagavad Gita). One ray of Mother interpenetrating the Earth is enough. God gives one injection, or you would be full, finish... The invisible made visible is like Ganga Mai separating off into rivulets. God is power, fire, diversity. You can be dissolved in His presence, dissolved, absorbed, unified, so God-fire melts the heart in love. God manifests Self-divinity without invention... We are the imperfect copy breaking His thought to our liking...

‘Reality alone is Real. It is not name or form even of God, It is light. But the spirit of God in the form of Rama leads still to GOD, Atmarama... “God cannot be expressed” means, however much you want to tell the whole story, you have to do it bit by bit. Ripen slowly, naturally. I seek your becoming, I don’t want word ... you must be this to understand the thread of inner happenings. Do not be a witness with a demonly mind. Put ash on your head, then meditate, do japa for many lives. I have put you in a tangible dream – it’s “I” who makes you talk, think, speak. Man is a puppet. Divine stamina, wish, will, strength, are required.

‘Every year is a rung of a ladder. A ladder has no foundation or attachment, but [use the] strong hook of your detachment. Hook up, anchor yourself and you will reach [there]. All this you will not get if you are not practical. Raise the mind to God. Give your warm heart to God. That’s the quickstep – all others lead to sex and sleep. Don’t falter even a second. The world makes you go left and right, but that’s your fate, not what you are born for. You don’t need the whole alphabet, just G-S-R.

‘All yogis die in the thought of God, destroy senses of [demonic] Ravana with Sudana of God. Kill the wandering mind... Just make an effort and God will bring it. Yearning is a great work – a running away from work to work. It makes you finish work in a flash. It’s a great work after work, which has to be quickly, diligently, attentively, wholeheartedly done after trivial routine work. So work is not the goal, yearning is the goal.

‘If you think good of others, God thinks good of you. But God’s goodness is felt – so many things happen to such people. “I am the Ananda (bliss) of Sat (existence), Chit (knowledge).” That’s how the Vedas can declare Me. Work and family you can always have, but not Ananda – that’s proof of the thing.

‘I don’t like long faces, complaining, because it’s against nature. It’s your nature to be simple, simple-minded devotion. It’s difficult to know the nature of a child unless you become like one. It’s natural for children to cry, fight, laugh – not much motive behind it. But with grownups there’s more motive – it’s all outside... You have desire, motive; the foundation fermenting, rising to the surface, smell coming to the surface.

‘It is He who is alive, not you. It’s His life, and He’s appearing as you, through you. God is love. You were born out of love from Him. You have to approach Him. You don’t exist – it’s Him. When I was ignorant I existed. I became aware; He exists. The ignorant “I” has been transported into Him. As long as there is ego “I” it’s trouble. Remember, That Thou Art. It all starts Thou Art. That’s My

song! "Thou art my Mother and Father, family and friend, Thou art..." Trying to express God in a few words! This song is like a lotus – offered with a pure heart it will be accepted by God.

*Ambikananda then spoke warmly about Gayatri's daughter Mahayogini, whom he described as 'the doll of the soul of the ashram'. He read from a letter he had written to her:*

'A dedication life means a shrunk life without consciousness of bones and flesh, except the Real Backbone, Shakti, *danda* staff, Kundalini. Be united in the Sahasrara with Thy Lord in True God's Love...'

*Saturday morning in the Rainbow room where Swamiji spends the night and the day. Guitar. Breakfast with Swami, Satchidananda, Sarasvati, Jai Narain:*

'There is no realization without the will of God. You may get ecstasy, but not realization. Here you are soul. The lazy body must go. Without body you are not an ordinary being, you are superior... The mind rushes to God. Different bodies – *sthula*, *suksha* [gross, subtle] - drop like parts of a rocket, starting with gross, finer, till the mind is left. The yogi lives in an etheric state. But for Sri Ramakrishna the gross state and samadhi are the same thing.

'The Lord dwells in Kedarnath. He is manifesting here... "Go to Shiva." That's it. There is nothing more beyond. This is a realization. Your origin is God. Then go to find yourself. You face Him every way you turn.

' "Felt" is another name for God – the subtle thickness: "Mother is pressing my tongue," Sri Ramakrishna says. When you speak truth the mouth tastes sweet, nectareous... What you are talking is the belching of bliss, so it's sweet also, a divine fragrance. One person makes the group, one light illumines a whole room. God is breakfasting with the devotees through Word.

'Truth destroys the form of God – He becomes Ananda, formless. Name and form of God disappear. What is left is Existence without beginning or end, without creation. "All forms and names are Mine" says Sathya Sai Baba, and he is the referee in the game of life. Even Incarnations, are just bubbles in the Ocean of Satchidananda.

'Keep the mind from cracking. If the mind cracks, memory fails. This world is a curtain. Move the curtain and you see Brahmanis, Vidyaharis, Devarshis, so many things. During previous night's meditation after taking dust of Gurucharanam we saw the curtain of dark and the red glow behind and through the curtain. Then you see another scene. God is Actor and Audience.

'Curb your pride, ego, vanity. Change now or it will be too late. Krishna kept telling Arjuna, "You and I have been together before..." We aren't worshipping but recommending and representing the aspect of love. Make GSR your protection... Cover it from rain. Give these drops of bliss elixir on Thursday [devotees' satsang]: GOD is in His Name, and He is Bliss Satchidananda alive in the Guru. Dissolved, He slips in the form of Ananda.

' Sri Ramakrishna kept repeating: "Make me mad with Thy love." It's a state that harmonizes divinity in the instrument of a good human form, reproduces transcendental bliss in a good body. God is attached to devotees, melts in them. The same God that has been playing hide-and-seek all night is found in daytime. But you can't transport a person who hasn't given up the senses to God. He would become a monkey there where people are praying – he'd be in and out like a dog. You don't want to stop to put the dog out. God melts in devotees because the devotees melt. Give me your love and I will give you elixir...

‘Every day is my birthday.’<sup>6</sup> Birthday is whenever you are thinking of God. Tuck up, give everything to God. Give heart, might, soul... Tuck up, shrink, be small – let God be big in you. Be humble, dust, crushed. He is born in you. That’s your birthday...

‘The gist of the kirtan’<sup>7</sup> was: Suffering is the world, so make haste now, don’t delay. Let your deeds speak, not your words. Let your body speak. The soul is invisible, formless, so let the body be the attendant of the Lord at the gate, receiving devotees. If you invite people you must be there to receive them. Words, thoughts, deeds, must be one – not using sattvic words tamasically. Think of God, breathe, sleep God. Mahaprasad is like Corpus Christi – Corpus Reality, Corpus Kali, Corpus Shiva.

‘The world depends on the young, so see that you look after them – tell them what to do, meditate. When you eat you force your child to eat. This is soul food of life – won’t you eat Reality with your child? Our word is a language, it contacts God in the gathering of the devotees. If you had the divine eye you would see my word becoming vision. The guru’s thought conveys vision without word to the adept devotee. All My thought is Kundalini, full of divine fragrance inside the stone (lingam). Sathya Sai Baba is in harmony with the will of God, and he won’t deviate. When it rises it condenses in the form of Third Eye, which is the lingam and has power to dispel darkness (*Gu-Ru* dark/light in Guru Gita). The fire-darting Third Eye burns karma. When Sathya Sai Baba manifested Shiva fire from the Third Eye, people were too weak to grasp the great reality.

‘God is everywhere, and we are somewhere in Him. It’s our duty to cling to Him in that circle, earthplane, to hold fast, spinning in the form of a halo, hold fast with both hands.

‘You must have absorption of self-effort to give power of attorney (to God – see GSR). “Do with me as it pleases Thee.”

*Swamiji played the guitar and sang the song “Upon the Tray of the sky”:*

‘Guitar is a finer body. It gives you a dialogue... you can hear it speak, call. My words feed the soul in winter. When maya is gone, MA is left. MA is discipline. ‘Any drop of the Infinite is also infinite. So you never lose Him once you have got Him. Seclusion is a strongbox holding money and properties of desires.

‘God is in His seed. Remove the shrubs, manure with the law of Manu - the tongue repeats Durga when the mind remembers. The devotee must spy God, report it to the soul via the subconscious. Memory must be an accurate balance – “That’s exactly what you said...”

‘Sri Ramakrishna bought His devotees with His love. Sri Ramakrishna was a cobra with a gem in His head. If you want the gem you sell all your properties and buy that one gem. All long hours are like lives – attain to God in one hour. The requisite foundation must be That Thing. Every time it’s the same hour – the hour you haven’t bought it. Be in the queue. Your turn will come. Show detachment by giving your life, buy the gem with your soul. Your hands, feet, etc are just instruments, vehicles to get you to the jeweller’s shop.

OM Namō Narayana: Salutations to the Lord within. God is bowing to the Indweller. You are only here together to help each other – if God lets you. Don’t panic, I’ll come. We’re here to catch souls. I love you because I see God and the gift of God. Mahayogini is the lamp and lotus of the ashram. She will go to Shiva. Everyone will be liberated and everyone will go to Shiva. When bliss has garmented you, go into the heart with great stillness, meditate, let mind consciousness be filtered from the soul. Meditate within the heart, deep meditation with great stillness. Then you will know that God is bliss.’

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<sup>6</sup> Swami’s birthday was the following day, November 2nd

<sup>7</sup> in Wales on the previous Saturday

*Saturday in the Brahman room. Satchidananda, Sarasvati, Jai Narain were present. Ambikananda said:*

‘Water is the liquid form of God (GSR). You have to be able to get to the lotus, underneath lie sharks of lust, alligators, so use the turmeric of dispassion (GSR). The point is to get to the lotus. I think the lingam is the symbol of the lotus, and in the form of [six-pointed] triangle with the upward-pointing tip Shiva, and the downward point Mother Siva – Him-Her.

Lord Narayana’s lotus came from the navel. When the lotus opens, when the lingam breaks, creation begins. Half the lingam is Heaven, half Earth, and the quarters are the four winds.

The sea is always praising the Lord. It says: *Naa Raayan Naa Raayan...*

It’s love that swells and opens the lotus. It becomes a mystery from mystery, the mystic gets enlightenment through inner sight. Open Mystery – OM. He who shouts with all love gets the Word of God, OM opens the mystery...

‘Sing with love from the heart. Might has to be attached to soul – then it’s singing, but it must come from the heart. Then the Lord looks down to see – “Who is that shouting?” So they make the prayer into tune/saga/kirtan, get rid of sin. In this age Kali Age singing and clapping hands get rid of sin (GSR)

‘Love creates inspiration, inspiration creates revelation. Through revelation one gets a glimpse of God’s real purpose... Inspiration was here in a subtle form – inspiration reveals itself through love, inspiration is attracted through love.

‘God holds the mind/moon on His head<sup>8</sup> (Chandrasekha). The moon is the plane of the mind and the mind weakens as it wanes, the mind gets dodgy. But whatever passes in a pure mind is a reflection of God – so dedicate your mind to God, and it becomes pure.

‘Remember Sri Ramakrishna’s madness for God – “I think that divine madness is the best madness.” Madness for the purpose of birth – why you are born.’

*From Shirdi Sai Baba’s Charters*

*Dwarka Mai:*

*1 This is not just a mosque. It is Dwarka (Mercy). Those who seek refuge here will never be harmed.*

*2 As soon as one climbs the steps of this mosque, sufferings due to karma are at an end and joy begins.*

*3 When one enters the Dwarka Mai, his goal is achieved.*

*Sai Baba’s assurances:*

*1 My eye is ever on those who love me.*

*2 Whatever you do, wherever you may be, ever bear this in mind that I am always aware of everything you do.*

*3 If one meditates on me, repeats my name and sings about my deeds – he is transformed and his karma destroyed. I stay by his side always.*

*4 If one perpetually thinks of me, and makes me his sole refuge, I become his debtor and will give my head to save him.*

*5 I am the bond slave of my devotee. I love devotion. He who withdraws his heart from the world and loves me is my true lover and he merges in ME like a river in the sea.*

*6 If you make me the sole object of your thoughts and aims you will gain Paramathma.*

*7 Look to me and I will look to you.*

*8 Trust in the Guru fully. This is the only sadhana, Guru is all gods.*

*9 Repeat my name. Seek refuge in me. But to know who I am practise sravana and manana.*

*10 I shall be active and vigorous even from my tomb. Even after my mahasamadhi I shall be with you the moment you think of me.*

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<sup>8</sup> Epithet of Lord shiva – ‘The one who holds the moon on his head’

*The declaration of divinity:*

*I am God. I am Mahalakshmi. I speak the truth sitting as I do in the mosque. I am Vithoba. I am Ganapathy. All offerings made to Ganapathy have reached me. I am Dattatreya. I am Lakmi Narayan. Why go for Ganga elsewhere? Hold your palm at my feet – here flows Ganga. I am Maruti.*

*True being:*

*1 I am the attributeless absolute Nirguna . I have no name and no residence.*

*2 I embroiled myself in karma and got this body. Brahman is my father and Maya is my mother. I am formless and in everything. I fill all space and am omnipresent. I am in water, in dry places, in crowds and solitary wildernesses. I am in the fire and in ether.*

*3 I am the Progenitor of God. Meditate on me as pure Anand Nirakara, but if you cannot do this, meditate on this Sai body exactly as you see it.*

*4 I am not the body or the senses. I am the eternal Sakshi (witness).*

*His wistful longing:*

*My master told me to give bounteously to all that ask. No one asks with wisdom. My treasury is open. No one brings carts to take away the real treasures. I say: dig and search, but no one wants to take any pains. Be the true sons of the Divine Mother and fully stock yourself. What is to become of us? This body will return to earth and the air we breathe will melt into air. This opportunity will not return.*

*OM SAI OM SAI*

*GOD SAI GOD SAI*

*SAINATHA SAINATHA*

*SAI BABA MY LORD*