

Dec 13, 1980

Kirtan at Ufton Rd (Shiva Shakti and Gopal Christ)

This kirtan was in celebration of Sarada Devi's Birthday.

Swargananda read from Nikhilananda's Holy Mother the passage describing how Vivekananda sought Sarada Devi's permission and blessing before going to the West in 1892. She gave it wholeheartedly, predicting that he would spread the Master's word everywhere, and Goddess Sarasvati was seated on his tongue.

A Mauritian relative, perhaps Suren's wife Sundari, sang Sathya Sai bhajans, including one to the Inner Light:

'Antar jyoti namo

Paramatma jyoti namo

Akanda jyoti namo

Mamajivana jyoti namo

Antaryami namo

Sri Sai Baba jyoti namo.'

Ambikananda referred to this bhajan in his discourse:

'Antar jyoti means the inner light. To reach the light a quick way is the path of love. Light and love is 'transcendental light' - a light that makes the way, a light that shows you the way. First the light, then you follow. You cannot be greater than the light, though you are part. Therefore it is called Antar - Jivatma - Paramatma. The children of light and immortality will go anywhere where there is Light, there is no law for them. Their law is Light. Two thousand years ago there was truth incarnate in the form of "I am the Light of the world." Nothing is new under this Light of the Son, of the Way of the Sun.

'Spiritual life hooks a devotee. Devotees are just souls baited by the light of that fisherman. We are not going into Christianity, but Christianity can't evade it. First was the Word, and it is the Father that became the son. To us it is the Mother, Holy Mother, Christian or Indian, who we believe (personal revelation) has become the Son - the mother first, then the son. First was the Word and the Virgin said "Let your will be done." The Word became flesh and dwelled among us in the form of Emmanuel,¹ I believe. The picture of the Virgin disintegrates into the transformation of the Christ. Therefore the Virgin is the Catholicism to represent the universality of religions, which again is the Holy Mother wearing sari, love, compassion, baby crying, Madonna, Ma Ma Ma, and the eternal boy Christ Shepherd Krishna.

Meditation: the path of light

'Think of a path, a little distance between you and me, a span of life between you and what you left previously. And think of a light that you yourself have lit - in fact you are a light. Even as a little dim light, you can see a lot of things. As a bigger light, you can see plenty more things, you can describe as it is. So take the path, and think of a little light in the distance with your favourite Ishta Dev² or Ishta Devi behind it, disguised in a human form, a light that takes shape and exists behind the form, innerly: the life of a light has taken name and form. So you have to go back to whatever you have rejected, in this life or previously - spirituality is never lost, Light will always be light, and will always dispel ignorance and darkness. Light will conquer, and light is the quickest way between anything.

'To reach the light in the quickest way, go through love and appreciation again, through going back again. Now the prodigal son is back. This light has family, this light has adopted children that you are

¹ Emanuel – God is with us.

² Chosen deity

trying to seek, all these little ones, these cherubim of God, of your Ishta Dev, who have the full knowledge of unconditional love of the Mother. You have to realize your word. Word is with God, Word is power. But it only becomes power when it is transmitted through someone who knows what he is giving. Anyone can say "Rama", anyone can make a drama of Rama, but he doesn't get the water of Rama,³ Atma-Rama, Antar Ram, Antaryami. Atma and Ram is the same - to know Atma Rama within, the Light within.

'You read all this, but it is very good to experience the reality of it. It is not a book that has been beautifully written and is now published, far from that. Someone happened to be there, one of those children that we were speaking about, one of the cherubim taking name and form and jotting a few things in a dim light, and now it has become a great thing, a great revelation – but only to one who is a musician in Light. A musician knows what is being played, and he doesn't have to play the music, he just hears it - Ah, that's the note! Now you have hit the note - without knowing you know - but that has been composed by - I don't know, Bach or A.D. or D.C. You know, you can say anything like that. Wherever you turn you face here, back, front, above, below, but a quick way, we tell you, is the path of love. Light and love is transcendental Light - a light that makes the way, a light that shows you the way. With knowledge you have to carry the lamp, then you go and dispel darkness.

'Light will dispel darkness when it meets darkness, but with love. Follow the light. First the light, then you follow. To meet that there is sweetness, there is knowledge, there is devotion, there is trial of a thousand years in it. I will give myself a trial of a thousand years without expecting a braid of hair as a result. I don't want any result from my trial of a thousand years. I don't want anything at all, as I have seen the light, I have followed it, I am overwhelmed by this. I am not giving it up. There, that's the state that Ramakrishna said.

'Now there is a difference: when the light seeks you, and the light holds your hand, then you cannot fall. There is a risk of falling, of speaking, of reading, of gymnasticism, of heating the brain and going nowhere. You have been doing all this, but who has time for all this? We have no time, no time to dilly-dally, no time to waste your time.

'If you are very able, this Light will hold your hand, will attract you, will always attract you. Delay is yours - and Light is there. If you want the Light, if you want warmth, you have to approach the Light, you have to make an effort. That first step is the subtle body, the first step that you make towards the Light. you have five *koshas* (bodies), gross, subtle, causal, ananda ... In the state of ananda you can't talk, then you, all of you, are little grains of sand or bubbles, or drops, and your real state now, speaking on the height of the real state, is the Ocean.

'Therefore it is said in the GSR that the wave forms part of the ocean; and you know the wave of bliss. At the most you can take one, two steps and a big billowy wave comes, a second comes, a bhakti wave, and you are drowned. *'Drown me deep in the sea of thy Love. Jesus, Buddha, Moses, Gauranga...*" isn't it?

'So we give you, perhaps a long time, ten years ago it was a bit forbidden, it was not that much free; after a little acquaintanceship, after knowing more intimately, you are more free, there is no rite and ritual, there is not much secret. The children of light and immortality will go anywhere where there is light, there is no law for them. Their law is Light, the Law is Light. Therefore you also have a light body. If you do not, if you cannot meditate - we are going to meditate, that was the programme! Therefore the process is:

'Think there is a little distance between you and the light, and there is a block. Get a lamp, incense, flowers, make a mental shrine in any way you like. Now see, there is the light, that's my shrine, and my Ishta Dev is behind it. Because of Him everything is lit. Now in your dreaming body, in your

³ Ramakrishna says a man may squeeze an almanac hard but he won't get a drop of water (GSR)

etheric body, you fly there. He will attract you. It's the light that baits you. It's the light that dazzles you. When you are dazzled, it creates a wave in your mental, in your consciousness. Have you ever seen consciousness, all atomic light? You know what is called atomic light? Science, atom, it goes, it does not collide, is it? Electron, electronic, electronic light....

‘It is like that, it is very scientific, it is Sai, Sai-ence of the science of the soul, of the light. You will be able to do impossible things. If you can't do it grossly, do it mentally, do it in any way possible. Go in a dreaming body there, and there will be love, there will be your Father. If you speak of God in human form you are dealing with us; I am only speaking of Formless Reality, in other words of transcendental things that have never been expressed. Everyone is trying to express and we are only trying to express it again.

‘As you are with the body, and you have to be there, you have to get there, that is the way and the truth about it. Whoever will be able to do yhis will succeed. Give yourself - if you don't succeed now, succeed tomorrow, or the day after tomorrow. It is like one birth, ten births, one thousand births. Give yourself one thousand years, but I doubt it, you might have one wave, two waves, you are collapsed, finished. Many people do not come back. It is called a self-effort.

‘You think of a light there, and you go there. But there is a mask, you can't see God, even if you see Him in a human form it is not possible to recognize Him. Could you recognize Ramakrishna even if He declared it? They look like one of us. Perhaps Lord Rama was a bit blue and Krishna was dark blue or something like that, but their limbs, their structure, their body, was like these people of old. Shirdi Baba, say, it is very hard, isn't it, because he speaks like us, he eats like us, he has defect like us, he lacks a lot of things; when he is hungry he eats like anything. It is not possible to understand them. It is true, isn't it? And yet they are the thing, isn't it?

‘I am not inventing, and this still goes on. Sai Baba said, If I would show you my form, MahaVishnu, today, you would have to go to the Indian museum, four arms and mace, conch, everything. Mythology becomes a truth, so there would be no Puttaparthi.⁴ So he kept like this, though he pretends, he says, he gives you the name. If you don't take it with love it is just a mechanism. It is a thousand years of reading. But one minute of the name of God with love - you can put, take it from me, take all your books, all your library, all your past lives' knowledge is equal to one ounce of that true concentration, Love, Light, in the name of God. God is in His Name - Sarada Devi said, just like the plant is in the seed, so God is in His Name. The mistake lies perhaps in the way we approach it and the way of our own lacking of faith.

‘If we are positive, really positive, and have established a relationship with our Ishta Dev, I am not inventing it, it is said - Ramakrishna, the latest incarnation - never mind Sai Baba - is also saying much more, he is demonstrating it. He goes to the extent of demonstrating it because he is not equating himself in the category of a sadhaka, he is declaring as an Avatar.

‘You take that, you will reach your favourite deity and then what happens? Your favourite deity will say, “Look now, son, I am only a son of my Father, it is my Father that becomes me. Now give me my fee - that is your love - now finish, King Janaka disappeared but he asked first for his fee. If you want to see God, give me your fee, because I am merging now in him. Ramakrishna asked Rakhal, “Open eyes, now look, your Ishta Dev, favourite deity.”

‘Never mind, go back, I told you, you have forgotten all your past lives, you see it is a subtlety, it is a play, it is a trick. You must have self-effort. When you have self-effort, dream is no more dream, life is no more life. Before that, life is life, dream is dream, you are you. Everything is as it is, yes - there is suffering, there is death, there are all these things. Everything is true, but it has only an effect in the

⁴ Sathy Sai Baba's ashram

case of the sweeper and the son of GSR. Otherwise the sweeping goes on the same. Just like you are here, you are here for Light.

‘You cannot think of fire without its brilliance. The brilliance is like a spark, the sparks are any of you. Now, the spark of a spark – the atom, which is first a gross thing, then a particle then atom - isn't it scientific; a bit of science, it goes like that - that is as far as I know. From that small one you have to have love for that young one; that is why Paramahamsas keep young children, and God has angels and cherubim all naked. They do have a gong though, a small bell, a shining one, but they don't give the whole tip. That is why in meditation, in spiritual experience, first you hear a lot of children crying, sound, sound, sound - AUM - and such things - it is them. And God has the nature of a child; He is an eternal child. Who knows when Vivekananda was in the *sapta* plane, there, a young child came and ... put his arms round his neck - you understand. But this is a matter again of scripture and belief.⁵

‘We will meditate for five minutes ... it is a start, you must have a foundation in meditation. Think of a little distance. Think there is a shrine. Think you have lit a light there. And think of your favourite deity sitting there, and lift yourself in your subtle bodies, fly over there and see him face to face, and let Him tell you the rest. Know one thing and the rest will be added.

‘That is all there is into it and you will be a slave for a thousand years in Love. You will never seek for a penny, a hair of result. You must become to that state, and that means great discrimination and great detachment just the same, and evanescence is swept away. You become an avalanche to sweep things away - dust of life - you take to Reality alone - a great negation without practising discrimination; your light gives you light, dispels the darkness naturally.

‘Suppose you are a money changer and you want all the real coins and the notes. Won't you say, 'This one, yes, this one, yes', won't you put it to test and everything? And take all the sham and false things out, isn't it? You have to have discrimination if you want to succeed. I don't know if you are seeking for success but we have use the word “succeed”. So if you want, if you like this life and that this is the life, and you think you are the root holding it, then that is your way for the time being. And then we will do this programme - three minutes you practise that.

‘First, we bless you, there must be grace of God. Word is with God, and blessing is a word referred to God, and God blesses you, and blessing is again light to dispel darkness. It must come from God, so you must have positive faith now for this to act. It depends on your faith, not on me. We are giving you the heavenly wealth - if you just throw it through the window and you tear it up - now it depends on how good use you make of it. Either keep, take or reject. Self-effort - it depends on you.

‘God knows He is God, Light knows It is Light, the Guru knows he is the Guru and anyone else - any other guru included. He know he is the knowledge of Rama and Krishna and Mother and Father, these as far as name is going. It is the Light that enters the statue and becomes man and woman. Where is there life if a man is dead? Where is there life if there is no soul in the human body? It is again life, light. Therefore, that's it; we will do one minute meditation or two and a half minutes this way.

‘Have the grace of your mind. Put books aside for two minutes in your life. Take the book of the heart, book as said - 'Thus spoke' - take it exactly as it is given, it is not too elaborate; just as you got it right-handed, and that's it. He said it with His word, it is not my word. And be empty, be a vacuum inside your tummy, inside - this is barrel. All your tummy, all this, from here, from your genital up to the throat, this is an empty barrel. Find out where this light is, there is some light inside here, it is very subtle. The gross body is only to keep that thing. It is a case for your little invisible treasure, your real

⁵ See *Visions of Sri Ramakrishna*

self, your higher self, you call it. So you must approach this because it was not got with intellect; intellect will be a barrier, I can just tell you frankly.

‘You must, if you have never had love for Light and God, at least for a change have two hearts. Keep the one after the kirtan, become your own self. I don't mind, either take or reject, but as you are dealing with us now, we are dealing with you. Accept it with love, make the heart, let the heart, lower the heart. The Light has power, it is Bhagavan. He has almighty power, lower it. Make the light move, feel it inside your body, inside your centres. Wherever you have left from past condition, last meditation, just now, before we arrive - late - is sweet like Narada, always choco, it is sweet.

‘And that light in fact is called “*ru*” and that darkness which is inside you perturbing you is “*gu*”⁶. And that Light as we have said is blessing, is wave. The mother is an Ocean of Blessed Bliss - this Sarada. It is Maha Maha Shakti. There is no word to describe it. It is impossible. It is right that the reading says,”No one can say how great is this mother, even greater than Ramakrishna.” It is true, it is so. It is the Mother that has become Ramakrishna - Thou and I are one - the Mother that is being worshipped now, the same Mother is rubbing the feet here. Those were the words of Ramakrishna, you have to grasp these things. It is not a programme, we have no programme; if such is the programme I reject it. We have a continuous life. Either this or nothing, but nothing in between. Either original or nothing.⁷ It is proving itself more and more, but you have not to worry about it.

‘Therefore, move the light, move from your evacuation centre, from your genital centre, your navel centre, moving up. It is not easy to raise through these *bhumis*, these planes, to raise this light; bring it from top to down. When the light is down raise it from centres to centres. The mind of an ordinary person generally dwells in the three lower planes, according to GSR. With great difficulty it can be raised to the heart. Now the mind - he spoke of the mind - the mind can be trapped, can be the slave only through love. It can be the slave through intellect, but that is a climbing on a mountain. You are in the spring now - blossoming time - soft spring.

‘If there is trouble in your body, direct the light there, says Sai Baba. If you cannot meditate, if you find it difficult, the same light will direct it where the difficulty is - where it is perturbing - the same light - "I can't do it, I am doubting" - direct the light where it says "Can't". If you say can't, then you will be trapped. This is the trick of the monkey mind. "What? How can I not - I have repeated, I have thought of this light in my own favourite deity, my Ishta Dev." You see, it is moving I tell you. We don't eat; it is a big barrel. Put it there; take food and put it there. Take food and put it in the barrel, in the case. You know very well people feed kundalini. Fire of kundalini is fed, and yogi controls the soma juice from the sahasrara, from the moon plane there, the nectar of soma.

‘Offer all this again to the Light, all your offering today, offer it again to yourself. You are a light, you are in the light, Sai Baba said, but I tell you, you are the very Light. In oneness you are just - now you are a part of the One, one thing, a whole moon has been chipped into different particles. You are moon - you don't scorch much, so you are a quarter, a slice of the moon. But you are a part of it. Sometimes you pass in the dark fortnight, but you are the full moonlight, much much more; a thousand moons, a thousand suns, much more than that.

‘Now follow the course of the Light, children, follow the course of the Light. Don't just meditate, the light shows very far, to infinitum, to infinity, what is called as eternity. Two words, either eternity or infinity. Stretch yourself, if the “I” that you are is so dear, stretch it to infinity; you are that, you can go that much. God bless you. God bless you. You do this, you write this down. Every day, or whenever you can. I don't say every day, it would not be true and possible. “Every day” means once in your life perhaps, but if you can do it, it will be a good way, as per revealed. These things that come eventually, eventually, when everyone disintegrate - place, time, environment - what is jotted

⁶ See *Gurugita* for derivation of *guru* from *gu* - darkness - and *ru* - light.

⁷ Ref from Vivekananda: "Either original or nothing."

becomes Scripture. So-and-so has jotted it, now it has been kept, now it has been taken out, that's the only book left, these are the only devotees, that is the only thing.

'All right, well, we'll do some reading now, thank you, God bless you. Don't finish your meditation like that, never just finish, never just switch off straightaway and flick on. Relax, relax your mind. Warn your mind, offer your mind flowers. The mind is known as the refusal, the first "revolutionaire". That mind always will not do anything, he is always on strike. But not the mind that has been converted and trained and conquered. He is a good fellow, he is a very good guru in fact. He plays two parts, the trapper, the monster, or the guru. Same mind, it has two facets, *gu* and *ru*. He who is lacking in many ways, he manifests as darkness, and he who knows about it, he comes and gives more light.

'Therefore that is why it is said, a little touch in your forehead where the mind dwells, you know in the subconscious like that, it creates ripples and waves. A yogi, when he is meditating, you must not move, mess about. Therefore we wanted a little bit of quietness in case you have got a little raise of consciousness and you cause wave of consciousness going and it explodes. There is explosion, and in the explosion your heart nearly stops and your detachment starts and you fly to where you are talking. You meet your Ishta Dev, your Ishta Dev talks in English, and his son talks in English, and so his grandson, he is a child. Bless be the English - the Lord - to your language.

'God will please His devotees to time, place, environment, circumstances, everything. If you make self-effort, if you raise yourself even to your subtle body, if you could lift yourself even to the first body, first one and from that one get in touch quickly to your dreaming consciousness body, which is fully - when you are awakened in your dream, you are not dreaming any more - and fly there. It is easy, there is no process of dealing, and your Light will do everything for you.

'Then you keep all these things privately. We are not keeping it privately here, but we are giving it because of love. Love has no scripture. Love is its own scripture. Therefore, it is very personal. If I have to tell you something, I don't want to publish a book, and everyone to know about it, isn't it? I have no time to write it, also if I see you I will tell it to you, and you will know how much it means to the person whom it is referred. And if the person is the thing we are talking - that is why Ramakrishna goes in ecstasy straight away after a little song. Anyone can hear it whether the man knows what he is singing or not, he knows what is being sung and to whom. It is too much to contain."

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Some time later Ambikananda went on to make a number of unnerving predictions. To some devotees it often seemed that Swamiji's predictions were not unlike weather forecasts: right often enough to deserve respect, wrong often enough to keep you wondering. On this occasion the prediction became known among devotees as 'pebbles and sand' because he warned us that much of the world would at no very distant date be reduced to these basic components - pebbles and sand - especially Europe and much of the Middle East. This premonition of catastrophe caused consternation among the devotees, especially those with young children.

Possibly as a result of all this, Mahalakshmi developed a nosebleed so troublesome and persistent that Doctor Gopal Christ prescribed immediate treatment at the Accident and Emergency department of the nearest hospital (Bart's), so JN got her in the car before prasad was served and drove her there. The mood became even darker when we met a friend there, Frank Norman, who was on his deathbed with Hodgkin's disease.