

13/16 March, 1981 Kedarnath

Friday 13 March

Present were, Surya Narayan, Gayatri, Jai Narain, Stchidananda. There was also the new dog, Kali, an alsatian about six months old which barked a lot, particularly at Surya Narayan. Swamiji had spent the day getting bits for the new generator and assembling it, with the assistance of Surya Narayan, a devotee of long standing, an electrician by trade, who had left London with his wife MahaKali and children Hari Narayan and Savitri to live at North Tawton, about 30 miles away

Discourse [mostly to Surya Narayan]:

‘Everything is expressing itself, but first you must be ready to receive. He, the greatest teacher, is silent because word cannot express. He is silent as a dot in the alphabet. Formless takes form and becomes minimized. Outside is the spirit of detachment, inside is the Inner guide. In Bhagavad Gita Krishna is talking inside; Bhagavad Gita is the ABC of God.

‘The link-of-life wire has three strands. Human birth is the red, death is the black, the earthing wire is beyond death. The three form one point, one pin. Shiva Maheshwara provides the power. As soon as you make self-effort, God’s grace comes. God sees your thought, your idea, because idea is the electricity of God. Grace is compared to the brightness of light; darkness is displaced by a flick of the switch. Grace is like light, everything is clear. A tiny bit of knowledge is required to understand the procedure. There must be awareness of the Inner Guide, the Power. But people have blocked their house with iron against the enemy, so it doesn’t come through. Company of holy man gives the heat which blasts it. Work with the heart, because God dwells in the heart. We see your continuity, as part of the past and the future. A holy man who sees nothing but Brahman is aware of the state of your evolution. You mustn’t want too much. Pluck out your desires. Brahman is One, His manifestations are many.

‘For he who wants, the name of God is the foundation, and it is the stairs. Be sincere to MahaKali,¹ to your Ishta Dev, to the name that has been given you, Surya Narayan². The name is like a scripture giving light beyond physical sight, but He has to declare it to you. Christianity says, “You have eyes but do not see, ears and you do not hear.” Suppose you accumulate that Word and never let it discharge. Or make a garland of those words and offer it to God again. The minute that you cry for God, it goes beyond scripture and learning.

‘Faith is blind. Conviction is a beholding of the Invisible as It is. Conviction is *bhava*. God comes so close behind the towel you are holding in front of your eyes that you can feel the thickness, the weight. If you can eulogize, praise, love, worship, so much the better. God is love, and the quickest way to approach love is through love.

‘Your own bed is a way of realization, it depends how you use it. Food is a way too, unless you eat without offering – then it’s just for your tummy. By acquiring God knowledge, other things will come. Your life is wasted every day by saying “tomorrow” and “later on”, so start now. The spring is giving water all the time, waters of healing, very pure. Eau de vie, eau de Vishnu. The water of tears is caused by love; and what is love? God. God exists day to day on earthplane, so says Swami Ambikananda. But God’s ways are completely different.

‘Here is a picture: a man is thinking of God, and his heart melts. Love is the inner light, thought is the pathway, the object he wants to reach is there. Love comes to the topmost, heat rises, eyes melt, tears trickle down, consciousness is lost. Every time you cry like this, it washes the soul.

¹ MahaKali was Surya Narayan’s wife

² Sun Narayana

‘Now is the chance to reform. Storm warnings are given before the cyclone comes. The mahut is also Narayana.³ Narayana has become all these things.

‘Have headache for what we are saying. A true man is one to change another’s life, then and there. A holy man doesn’t seek knowledge, all he seeks is never to forget God. So much the better if his psychic centres are all set. Such people have to be very pure, very holy. Try to dedicate one quarter of your busy daily activity. Three-quarters may be habitual, but try to practise dual consciousness. See how everything, everyone, reminds you – your children, your name, your children’s names⁴. Say, “Why can’t I think of God? I am Narayana.” Your name is there to remind you of this Name.

‘Live like a floating boat in the world, never let the water into the boat or you will sink in worldliness. But don’t exaggerate, don’t let anyone know you are a devotee. Strive for Brahmanhood. You have a human birth, the grace of God, of the guru, of your own mind – so apply, apply! Be on eternal holy day. Always think good thoughts, do good actions, because bad thoughts and actions have bad reactions. What is accumulated in daytime consciousness will come out in sleep. So, first thing, get up and bow to God, and also last thing before bed. With every action say “Om Tat Sat”. Go back and listen to the tapes. Say, “I want to be nourished by God every day in purity and sincerity.” This is the water of living existence, which doesn’t dry up. A drop crystallizes into a being, an incarnation is a drop of God’s love, fallen down to earthplane. God incarnates to show man the way back. That avatar [*e.g. Sri Ramakrishna*] worships with greater might and love than any human being.

‘I am learning by providence, as it comes along. Every day, every hour is a school bringing different events, different feelings. And that day never comes again. Sing, dance, play music – this is the plumage that makes the garuda bird, the vehicle of Narayana. Think you are being projected onto the blank screen of existence – “Look, there’s Surya Narayan!” – soon to be withdrawn. God is the projector of light, His thought is like a film. So merge into that name and form.

‘Never eat without offering to Surya, then eat as prasada. Dedicate, say, “I work for Your sake, for You. Because of You I am working. Let me not forget You as soon as my concentration is over.” The more you work in this way, the more you will think of God. ‘Surya [*the Sun*] is the visible eye of God. It’s God Himself looking at us. Without Him we would have been burned.

‘It is impossible to realize God without divine madness.’

Saturday night 14 March 1981

Jai Narain, Satchidananda, Gayatri

Swami talks:

‘The mind floats in the consciousness of Brahman. Thought and breath get filtered together – thought makes a bridge, breath plays the flute, God blows through that flute-bridge – so the Lila of Krishna starts. Thought has to be filtered when you are in relaxed position, so choose bedtime. God is a devotee’s company in his bed through breath, thought, heart. God is our children. Put them to bed. Shirdi Sai Baba said, “When my devotees sleep I keep watch over them.” Holy breath combined with holy thought makes a river of divine love in which the heart lotus floats. When you take Holy Water – you are receiving God. Every day change Ganga Mai.’

³ See GSR. In Ramakrishna’s parable, the elephant is Narayan and so is the mahut (rider) giving warning.

⁴ Surya Narayan’s children were named Hari Narayan and Savitri

15 March 1981, Sunday morning

8.15 a.m breakfast. Overcast morning, cold. Present: Satchidananda, Gayatri. Jai Narain. Swami plays guitar. Songs included one on Sarada Devi going to Jairambati 'in a cart with Radhu [her niece]'.
'Worship with light, flowers, little bells, conch – the bull Nanda is already there drawing the cart.'

He also sang 'Govinda, Gopala' and 'Guru Brahma, Guru Vishnu, Guru Dev Maheshwara'.

.Discourse:

'Love rises from the bottom of the heart and expresses itself through sound (*Sabda*), or word (*Vak*). Its foundation ground is inspiration from the upsurging wave of love. Music has to be inspired – you will find where the note is naturally, like the inner sense developed by the yogi - divine eye, ear, etc - dispelling a lot of temporal worry.

'Holy man lives in an etheric world, a pilgrim here in a place of alightment. Vishnu sings, Hara plays the drum, Kali dances. "*Hara Hara Mahadev!*" The body plays the instrument; the mind gets it, receives it, reaching the golden star. If you think of God you transcend space and time, going beyond, spontaneously, in a millionth of a second, as soon as you think of *IT*. Always be spiritually starved. Swallow anything and everything and you will give love and wisdom from the four teats of the divine cow (*Artha*, *Dharma*, *Kama*, *Moksha*).⁵

'But in work you have to think before you start. Spirituality you grasp, but work is a gross thing, you have to think first. Brahma had to practise austerity for 1000 years; austerity settles the theory. The mind is attached to psychology, which is a mental mathematic becoming a vina⁶ through love. Mother Sarasvati raises it by the invisible power of light according to a gradual procedure, carefully driven to different planes until it reaches the Sahasrara. Then "*O Lord, how full of bliss Thou art...*"

'Confusion comes from the clouded condition of the mind. When the sediment clears you see through and through. Everything becomes the revelation of One Thing, it becomes liquid. Our words are loose refined earth, Take Mother Earth with water to blend it so you can make a temple and worship. The hand is Brahma; the thought is Vishnu; Mahesh is the Abode of Blessedness. 'Go to the chicken shed and worship Mother Sarada – she has become the chicken and the cosmic egg. Go in the chicken house and be transformed.'

15 March 1981, Sunday pm.

Most of the day was passed in casing the garage shed with doors and window frames. Swamiji was showing JN how to work while thinking of God. He kept asking, 'Are you thinking of God?' On another occasion he said, 'All this is just a pretext.'

Lunch in the Rainbow room:

'Cheerfulness of the mind is like a garb, something you wear, like putting on a coat and tie, dressing up smartly.

'God eats through his devotees, so if He demands the devotee will eat – otherwise He'll take by force. He eats through many mouths. Didn't Swami Samaj give dal and rice offering to a cow? Didn't he pass water in the kitchen?⁷

⁵ *Artha* (prosperity), *Dharma* (righteousness), *Kama* (pleasure) and *Moksha* (liberation)

⁶ Stringed instrument played by Goddess Sarasvati

15 March 1981, Sunday evening

Swamiji said:

‘Meditation with relaxation: relax and also be doing – then the engine ignites. God plays, dwells in the heart, so you play music with the heart and not just the fingers.

Plays ‘Govinda, Gopala, Bhaktipuri Gopala’ on guitar.

‘Devotion is self-adjusting, self-correcting till it gets to the core – imitation won’t do. We see it all, God alone has become sound, music, singer and audience. That’s why Sri Ramakrishna would bow to all. Words cannot express the fineness of the music. Words are too coarse, just as the voice cannot hold to a certain note for long (GSR). There’s a light which comes before us like a teacher indicating, “Play this note, play that note, put your finger here.” You must hear first, then play. God sometimes makes us play the wrong note! Our words are like a picture which you must take trouble to develop in the darkroom of your mind. It’s not easy to grasp. When God dances the Cosmic Dance He raises a dust, and from that dust devotees are born. It’s for God to realize God – that God in you.’

16 March 1981, Monday morning

‘The harbour is made, the lighthouse is there. This summer will keep going, keep flowing, this summer will be mind-blowing. Every month will be a powerful period with divine alightment. People will benefit if they have holidays here for a long time. Holy company stretches far, from here to heaven. There must be genuineness. The boat goes up and down on the sea of life, but the compass must always point north. Some boats may capsize; some people may get a bad reaction from Brahmanic injection. Genuineness is required.

‘Sri Ramakrishna first loved Mother for love’s sake, without knowing. He hit the topmost plane of consciousness, and on top of that he found out that the end of all spirituality is Mother. The foundation of spirituality is Shakti Mai, the creative force of Brahman. From that, every note of the octave comes. MA is the foundation. Be in harmony. Her husband is the Rudramental.⁸ Mother is the sound, the *sabda* that will go to the four corners of the universe. Ma has her loudspeakers there, the Airavata elephants.⁹ This is the primordial sound, the creative sound, the cosmic sound, the essence of Mother.

‘As you eat, so you belch. If you starve for God-consciousness, that’s what you will get, consciousness of continuity, of God-always-is. God manifests through everything, continuously, and the things of the world disappear. Revelation love is the best love, revelation is river-lation love, Ganga Mai, God in liquid form. Take the trouble to think of God continuously for one day, and God is there, permanently. If only everyone could go forward towards Him. Making one step He makes a hundred [*Sathya Sai Baba*] for “without Me everything crumbles, I am the basic, the life sustainer and sustenance of all.” Thus you can fight in the battlefield with dual consciousness. Life is a challenge, face it and conquer. You are born to fight with the supersword of consciousness. The real battlefield is where you conquer your senses – then you are free from your adversaries.

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⁷ Ambikananda took an interest in the ‘Awkward Babas’, Hindu holy men whose God realization took bizarre and outwardly unattractive forms.

⁸ Rudra is another name of Shiva

⁹ Airavata was the king-elephant. Elephants attend Goddess Lakshmi