

From Kedarnath notes round about 1982.02.01
Notes from Swamiji's discourse

‘How to get rid of karma...[There are] many ways to get rid of karma, but I am telling you our own private department. There's no privacy in giving it, you are mine, I am yours. I received it freely, only with love, and I give it with love.

‘If you have faith, and your body becomes very clean, immaculately ready to receive, this is different from purity and impurity. Receivingness is, “I am within, and am receiving you heartfully, without a fear or back thought, You are mine, I am yours, I know no other thing else.” God enters directly in such a heart and manifests. Make yourself ready like that. No rite and ritual.

‘I would very much like to worship God like all the Vedic Brahmins do, I would like to speak in Sanskrit in the typical rhythm of the Vedas, but I can't speak it in this life. I am handicapped. So I learn from myself, and God helps me, and I help you. All these rites and rituals are a formality: I can take my beads and get ready to start – this is a beginning. But God is a beginning without beginning, an end without end. He is the only circumference which is found everywhere. And you are somewhere in that, wherever you have put your faith – and sometimes there is no time even to pull beads, because this is an action, an exercise, a concentration. Concentration is a part of yoga. When I am concentrating, when I am aiming, I stop my breathing to aim better. What is your aim in life? Aim at God – Aim at God and win!¹ Hold the breath, and with a single thought decarbonize the impurity of many present-past lives.

‘You may not be abiding, but you are aware that He is watching you; even if you are only a naughty child still playing with the red toy. But you are not the doer, you are only finding out the reaction. But when a person is liberated he is no more subject to karma, to gunas. He comes as a voluntary soul of his own accord. God gives him the choice, helps him to help the world.

‘Meditation and all this may come in other lives, but now these people are starving. Just to send love is not enough, do something! Meditation alone will not do. You have to be active, not just one-sided. You have responsibilities, you are a human being. When man cannot do any more, then God Himself comes down and finishes the game.

‘Scripture is God transformed, liquidized in form of ink, in form of black and white, but it becomes very radioactive when a devotee happens to open a page *par hasard* - he may become a sage. So scripture can be a generator when there is a power cut. When that light manifests it's very powerful, very beautiful, so that then you have to close your eyes to perceive everything. Daylight is too coarse, moonlight is ugly, everything becomes insipid. Therefore scripture is very valid. When you try to understand, to take it seriously, it goes in your brain, in your cells, in your eyes. You can't sleep any more, it has awakened all the nerves, all the centres, it has kindled now and takes time to cool down. Therefore enthusiasm and earnestness are required.

‘This electricity is very powerful. It's something worth striving to have a just a spark – a filament from your reading, from the page, from the paragraph. When you've had enough I don't mind. Go out, have fresh air, have a smoke. It's working now, disturbing the accumulated past, karmic sediment. Natural light has become clouded by divine light...

¹ AIM is the bija mantra of Goddess Sarasvati

‘The giver of this is the Lord. You and me are just listeners. I have imbibed and been kindled, and it is too much for me to take. I don’t meditate, I just sit and first digest, I don’t take too much. Take a drop, what is the need to know so much? But find out about it, get something of it in you, then roam about in the world. Otherwise you are fighting without protection, you are exposed...

‘It is said, the Lord lives in His word. The Word was with God and the Word was God. We say, “In the beginning was Om, and Om was the Lord.” The Lord said, “Let there be light from Om.” Light came and dispelled darkness. Om is everything, everywhere. Om is God... Thus you can make use of scripture, but you must not misuse the power, so first control your anger, otherwise it’s contradicting, you will do more harm than good. Anger is the worst. It eats your heart. So the Lord says, “Repent. Who are you going to kill? ... Love your enemy as yourself.” Show you are humane, loving, compassionate, forgiving. It’s not only reading, it’s becoming, and digesting; and becoming and digesting is - manifesting divinity...

‘It is good sometimes that you become nothing, I tell you. Be dust, be dwarf, be *dass*, servant of the servant. Be nothing, and find out what comes out, what lights in the dust. Start there. Not just to say, “I am nothing, not mine,” – not by calculation, but by *being* nothingness, because in reality that’s what I am... And build up from there. Jesus told Sister Josefa, “Think you are nothing, nothing. I manifest through you.”

‘For Ramakrishna everything is Mother. He said, “This [body] is an empty pillowcase. Somebody dwells here.” As soon he said that, things changed there. And really he perceived these things, without samadhi. Therefore there are these states, and perhaps it is even better to be in these states without meditation.

‘It is very difficult to meditate, when “Meditate” means yama niyama,² pranayama³, pratyahara⁴, dharana⁵, sadhana⁶, leading to samadhi⁷. Even these words make no sense unless you know about it. You must accept where you are, isn’t it? There is nothing like love and devotion. And being nothing. Start from where you are, start from there. But be careful. Words, thoughts, deeds – take your time. Repent, if you have made a mistake, with full consciousness. You don’t have to go and declare I am sorry, because you have said it to the Person.

‘Then you can have reflection. Reflection will come in your own head. You know, there is reality to meditation, further to meditation. These eyes see the gross world, these eyes are gross eyes - but I don’t want the gross world, I have had enough of it. That’s why I have to close my eyes. I don’t want my gross eyes, and I don’t want the world. I want inner eye, I want eye from the mind. Close your eyes and press your finger [between eyebrow], It is here [between eyebrow], there is something like a radar.

‘Vision depends on the state of mind. It can be clear, it can be blurred, it can be revealing, or it may not appear at all, but you can have an idea. It still is a vision, but there are degrees like “perfection”, “semiperfect” and “no mistake” - I feel it, I know, and I have also seen it.

² Ethical rules within Hinduism and yoga

³ Controlling the breath

⁴ Withdrawal of consciousness from the senses

⁵ Concentration

⁶ Self-discipline technique

⁷ Union with the divine

‘Ramakrishna said, “Mother has revealed to me everybody’s condition.” And Vivekananda would sit sometimes and see things happening very far, and checked to see if it was true, and it was true. My dear friends, you need your eyesight very badly, without it you wouldn’t be able to see me, you wouldn’t be able to read the scripture. So take great care of your eyes, but take much greater care of your inner eye...Because it doesn’t depend on gross eye now, does it? It depends on something mental, psychic. There’s something you have to discover, it is the power of thought that focuses light, that brings a picture in front of you. While you are pondering and pondering in gross state, all of a sudden there are flashes, and the flashes touch on the nerves, the cycle of divine nerves. And every time it gives a little shock, a shock that changes the heart, changes the mind, changes everything, and you go in different states. And all of a sudden you lose consciousness. While talking to you I can lose consciousness. So I have to suggest”Give me water, give me peanut, give me these things,”⁸ so that my mind comes back. That’s what. Ramakrishna said , not necessarily to eat or drink, but to suggest to his mind. And you can receive things from very far, especially when you take it from the heart. Whatever happens, there is a lot you can’t describe.

‘The foundation is in the scripture, revealed by God, by Godmen, by Sri Ramakrishna who did twelve years of day and night practice. He is the man perfect, he is truth, he is and ever shall be, he is purity incarnate, he is God. And he has said all this, I am only repeating. So find out for yourself. Your meditation is truth, scripture is truth. The minute that you give to it is a thousand years transcendental - transcendental causation and space, transcendental time...where time becomes invalid.

‘This transcendental is not a thing to achieve, it is *itself*, that is, it is His land. As soon as you put yourself in that foundation, you press the thing - first rocket goes *that*, second rocket, third rocket maybe finish! It is said in GSR, “If you have affair with cobra, the most it’s three croaks!” Otherwise it’s day and night same record!

‘You have to die a little bit. Take it seriously what we are saying. Control, curb senses... What is to blame is your senses, because your senses are attached to these worldly things...Are you seeing God in these paintings? Ananda is completely different. It stops all activity and creation, it’s only *there*. When you’ve got it you can’t get rid of it. It goes on and on. Once you have established your relationship with God...you stay in the world but you don’t live in it. Your foot is in the world but your real feet are here, your mind,. You are always moving in different realms, you are meeting rishis, you are hearing Vedas being told by old seers. You hear music...

‘Well, you have to experience for yourself. Scripture will show a bit. A tiny beam of light in dense darkness –you can follow the dim light, but perhaps now you are in complete darkness. Dark, dark, dark, like you haven’t seen light for a thousand years. Now there’s the tiniest little crack, a needle hole of light – it’s something, isn’t it? And through that, you can see the expanse as far as it is. All you needed was a tiny crack or hole – and a whole universe opened to you. Suffice! Who can contain the whole? You die, you become one with it. God alone knows!

‘Therefore we say, be satisfied even when you haven’t got what you want. There is no need to want, this idea of want can be a catastrophic enemy in spiritual path.... And be grateful. Pray, “God, I don’t deserve even the bit. I don’t mind if I am in darkness. So much you gave me, but I know if you give it to me it’s not for me, I’m not seeking for bits, I didn’t know that bits existed, only when you gave it. But I heard that *You* exist. I am so infinitely pleased that what I am searching for exists, even in bits and pieces.”

⁸ Sri Ramakrishna ‘s method in GSR

‘Can you remember and repeat this to me? Repeat. I’m right to take delight in that because it’s colossal what we have said now, I want to hear it for myself... I want to receive from you what we have said....It takes me there, it comes, my heart is full, it gives me wisdom, “I am the wisdom in the wise.” There’s no greater gift than knowledge. But beyond knowledge is immortality. Knowledge gets rid of everything, knowledge is the path. Tread to what I am telling you. This is my personal experience, either take or don’t take, or take only what you can. Because what we have given we already find difficulty in remembering, what we are giving you now, afresh. Now we go, and the sower and the seed is straightaway “Come confusion, come delusion!”

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