

Dec 18, 1983

*Kirtan at Kings Cross (Mahalakshmi and Jai Narain)*

*After devotees' kirtan Swamiji read slokas from the Vedas and from the Mahanirvana Tantra, followed by instructions on meditation from Sathya Sai Baba, with devotees chanting OM:*

[Reads from Sathya Sai Baba] '...Repetition of a mantra is essential for the mental quietude and integration necessary before meditation can begin. Meditation of the right type means the uninterrupted flow of the mind toward the divine object of meditation, and has been compared to the flow of oil from one vessel to another without a break. Such meditation infuses the divine object of meditation into the soul of the meditator.... It is always easy to begin with meditation on a spiritual form and then proceed to meditation on God without form but with attributes, and finally to meditate on God the Absolute beyond attributes... You may meditate on God as manifested in a spiritual form which is an embodiment of consciousness like Shiva or any other deity. Or you may meditate on God as manifested in the heart of an illumined teacher who is known as a saviour messenger of God or incarnation, teachers of the highest order. ... Meditate thirty minutes or more according to capacity.'

*Ambikananda:* 'So, meditation is not always that easy. Give the fruit of meditation to God; Otherwise meditation is like a monkey who tries to get the fruit in the pot and can't let go. So dedicate the fruit of your meditation. First you say "*Santih*", send peace all over the world, take all the perturbed people's condition in 14 worlds, go and chant OM there. Think there are souls tangled, pathetic, suffering; you chant over them, you are voluntary souls: "Om Namah Shivaya, I am a messenger of Shiva, I am a voluntary soul," mentally say *Om Bhuvah, Om Bhuvah, Om Swaha*...

'You must transcend name and form, your head has to be given in the executioner's block. You shouldn't be at all.-"Not I, but Oneness." In Oneness love floats in the ocean of Satchidananda.

'The light in the head must be lit. There comes the soul, there comes the light... Insist on your meditation "*from darkness to light*." That's what you should do: insist, insist! As long as you meditate as a caterpillar you will be encased in this dark cocoon. When you break this, "Not I, not this body" you come out from your subtle body. Try to get to the unconditional state which is not touched by the surrounding environment, time, space.

'Meditation is the milky ocean. Here dwells Lord Vishnu, and Vishnu Mayi is worshipping the lotus feet, and Shesha the serpent protector with the seven hoods is like a boat, and all gods and goddesses are worshipping there. So name and form are the spiritual ladder for a devotee to get to the Foot at least. I hope you are on the first rung of this ladder.

'After worshipping the feet mentally, you take the holy water, sip, touch head, body - that washes the body, mind, soul; when the mind is free from wandering let the devotee disappear under the foot of the Lord, O thou glorious cosmic being! And you, I, we exist as microbe in the macrocosm of NOW in this present age.

[Reads from Sathya Sai Baba] 'You may meditate on God as immanent spirit, existence, as the soul of the universe, and of all living things, and as the soul of your soul.'

*Ambikananda:* 'Yes, this is very good. Join your soul to the soul of the universe, and "*Shine forth O shining one!*"<sup>1</sup> like a rocket. This light is to unite your soul, to solder your soul. You take that little soul, that little  *jyoti*, unite, hold the breath, and merge in the orange colour, your complexion will be changed by the flush of the inner flame...

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<sup>1</sup> GSR song

[Reads from Sathya Sai Baba] ‘ This will eventually lead to superconscious experience in which ego is present. Join in the bliss of communion with God for 30 minutes or so... You may meditate on God the Absolute beyond form and beyond attributes by concentrating your *atma*, soul, on the *Paramatma*, the supreme soul... It will eventually lead to superconscious experience in which the ego is transcended.’

*Ambikananda*: ‘Pure thought transcends art and joins with the Maker, the Artist Himself. God is the real artist, we are secondary. Sit erect, keep your mind in onepointedness. And God is light, You will hear flute, hear music, you will transcend time.

‘Think of a lotus in your heart, think the lotus petals are up, and now think of sun and water, think of the benign beautiful face of your Ishta Dev. When you have come to that state of spirit you will know that all these things, house and all this, are a hindrance. Say to yourself, you are not the gross body, you are not the subtle body, not the causal body, you are pure consciousness.

‘By controlling the vital energy you will stand in a secret path of firm footing. Therefore you have to be strong. You may fall a few times, but I beg you to try and try again until you attain to Brahmanhood. Let “no” become a virtue instead of a vice. And God will change the weather for you, and God will come again to show you, “I am not affected by sin or bad thought. Whenever someone gets up on his feet and repents and comes back to Me, I help him.” You have to be practical. What is required here is the practical side of the talk of the experience of the reality of truthful living.’

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