

May 19, 1984

Kirtan at Swiss Cottage, London (Madonna)

The kirtan opened with meditation music from Raja Ram's flute, backed with tampura (Sita Devi) and drum (Sada Siva).

Swamiji said:

'Let us dedicate the meditation, first, from darkness to light. But we must not pray with just the intellect side. Pray with our hearts, our minds, our souls, our tears, our love. Together we will all say: "OM From the unreal lead me to the real, From darkness lead me to light, From mortality lead me to immortality. O Rudra. with Thy compassionate face protect me Thou,"

'OM Tat Sat OM OM namah Shivaya, Shivaya namah OM. Salutation to the God, protector of the devotees, destroyer of evil aspects.

'Meditation in the third eye is good, when we concentrate between the eyebrows. There is a divine eye here. "From the unreal to the real" is played here on this screen, this vision, the real vision. Or close your eyes and squint for a little while and chant OM. Or think of your favourite God or Goddess, it can be anybody you think you love most. All names and forms belong to the One God. Chant to Him. Feel His presence close.

'Begin with OM. A-U-M chanted 21 times purifies the mind, the body, the senses, the blood. Five times for the mind, five for the body, the senses, intellect, ego, sight, hearing - all this must be purified. Also, A is for Awake, U for Dream, M for deep sleep. Beyond that is spiritual experience, manifest state of visit, if you are very good and loving in your heart.

'This word AUM has also three levels: *Bhu*, earthplane, *buva*, hemisphere¹, and *Swa* heaven. So think of these three planes: A for Earth, U for hemisphere and M for heaven.

'Breathe in; you breathe God inside, your mind, your body, your senses, your sight. Be dead to the world, be living in God, in Satchidananda. All existence (*Sat*), which is God; all knowledge (*Chit*); and of course if you deserve the bliss (*Ananda*) and grace, you will have that as well. But first have Him as love. God is truth in His name, omnipresent, everlasting, ever real, alone. Peace be to you from this God of love.

'You can join your index finger to your thumb and keep the other three fingers out, like the three gunas, rajas, tamas, sattva - these three robbers.² When you say A-U-M, A (Brahma) is placed in the navel, U (Vishnu) in the throat, M (Shiva Maheshwara) on the tip of the tongue, then back to the heart in the form of a flame. Meditate there. And think of your own head as a flame, the neck as wick. Let that ignite, and think that all around you is an aura of God's flame. You join your individual flame to this big supreme peace flame, *Prashanti*.³

'Deep breathing, long, slow, into the heart. In the heart there is a lotus, twelve-petalled.⁴ Think of this lotus with the head down - slowly it turns up, it opens. Fire one side, water on the other: water cleans, purifies; fire burns, sanctifies.

'Mentally offer for your departed ones a ball of rice, water, honey, curd, mixed. May they be in peace and not perturb you while you are thinking of God. OM namah Shivaya. May the spirit of the departed go to Christ on the cross, who died for us.

A U M

¹ 'Hemisphere' was Swamiji's word for netherworld or lunar sphere.

² The three gunas or qualities are described as robbers in Sri Ramakrishna's parable in the GSR because they rob you of the vision of Reality

³ Supreme peace

⁴ Chakra of Anahata

'Let that little flame in the heart join with the huge flame. The higher self. Do not forget to put your mind between your eyebrows and visualize your Ishta Dev, your favourite deity sitting there. Keep your mind on the name and form of that favourite deity. Then if you can go beyond name and form, you do that too. Cleave the name and form and rise to the top, unite with the Absolute.

A U M

'Sooner or later we shall have to go from this world. What shall we present to God? We are going to Him; what are we going to take, what good, what thought? Hinduism says you will be reborn according to that last thought: "*He who chants OM thinking of Me at the time of departure merges in My being and never comes back, there is no doubt about it.*"⁵

'That must be remembered. Live in God, think God, and die in God. And Christ is.

A U M

'May the spirits of the departed be in peace, in the heart of Christ. All those who come for shelter deep in the light of Christ.'

[Present at this kirtan was a young man called Dave, a guest of the Atma and Atmananda, whose mother had just died. It was at this point in the meditation that a number of devotees were amazed to see an elderly woman, someone who had not been there before, seated on a sofa in the middle of the room. This figure was later believed to have been the ghost of Dave's mother.]

'After a long silence Swamiji said: 'Think of the Divine Mother now.'

Mahayogini leads devotees with '*Om Mother Kali...She is birth and She is death, Mother Kal, Mother Kali, Mother Kali, Mother Kali, Mother Kali ...*'

Swamiji: 'By invoking the Lord Natharaja,⁶ adopt the Lord as your own...So bubbling from within, causes wave. Relax the mind. You come with a dark mind, it cannot see the light, it refuses, so you have to come here...There is a human heart and a spiritual heart; spiritual heart receives divine consciousness, spiritual wealth; if that is touched bliss is attained. Be ready to receive the state that you are, don't close to what you are, open up and receive....'

'...Take this practice home and do it, take what you get here and do it with your mind, you don't have to roll the beads, beads are to remind you, Hold the whole God in your palm. Hold it with your breath, your mind, hold it with the last desperate thought, "Either now or never!" He who loses his life – here is the truth, spiritual suicide. Learn to relax from darkness to light, and love, if you don't have love – it's truth, it can be expressed in gesture...Don't have motive and plan in your project, just love for love's sake. Take what He has come to give, and empty whatever you want into His wallet. Now we will contemplate and meditate. Nothing ventured nothing gained.

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⁵ Bhagavad Gita

⁶ Shiva in cosmic dance