

Sep 26, 1989

*Kirtan Corfton Rd (Madonna)*

This was the first kirtan to be held at Corfton Rd, a substantial Edwardian mansion near Ealing Common, recently acquired by Madonna's husband Ed Lamond.

Swami Ambikananda opened the kirtan with a reading of the celebrated passage from the Mundaka Upanishad:

*'Him the sun does not illumine, nor the moon, nor the stars, nor the lightnings – nor, verily, fires kindled upon the earth. He is the one light that gives light to all. He shining, everything shines.'*

Then he led devotees in a guided meditation from Sathya Sai on light visualizations ('God is light'), saying:

'Sit in padmasana<sup>1</sup> or any comfortable asana in front of candle. Look at flame steadily, closing your eyes ...let it slide down into the lotus of your heart, illumining the path when it enters the heart. Imagine that the petals of the lotus open one by one, bathing every thought and feeling and emotion with light, removing darkness from them, there is no place for darkness to hide. The light of the flame becomes wider and higher. Let it pervade your limbs. Now those can never deal in dark decisions, wicked activities. They have become instruments of light and love. Let the light reach up to the tongue. All falsehood vanishes. Let it rise up to the eyes and ears and destroy all the dark desired that infest them. Let your head be surcharged with light ...Light is God...'

After this meditation devotees sang:

*'Self, gross, subtle, matter, spirit, consciousness, oneness...'*

Then Swamiji choreographed devotees to dance with a tray of lights, joining in to make a circle, elaborately orchestrated in honour of Lord Shiva Shankara Mahadev. Then he danced with Sati, rowing a boat together in the Ocean of Mercy - he the oarsman and she the ship's figurehead. Now everyone was rowing, swimming, diving – the whole thing was blissful.

From Swamiji's discourse:

'Doubt is a dark cloud, a dark sun, a parasol. Close the parasol and the sun is seen. No need to know what the sun is, just follow the ray. Power of worship makes the unmanifest manifest. It is both light and darkness, and beyond both of them. The right spirit is ignorant of scripture; it is the revealer of scriptures. Get the right spirit and you will see the Spirit of God, scripture understood by the cosmic ray of God intelligence.

'Be sure what you're doing. You have to be on a firm footing. You are perfect, so everything has to be perfect. At Ramakrishna Loka you are in an invisible manifestation place. He [Ambikananda] is building and building, and in the end it will be built. But you have to be very positive, concrete, otherwise the building will crack. So be very concrete, and share, and dedicate everything. When work is blissful, mind is contented, a man goes in bliss.

'A child is so happy with a trifle, a toy. When I was a child I liked a little car, a little toy. But when I was grownup - I still like a big car and a big toy! Don't laugh, all of you are the same! No one is fully exempt. We are all children of God. All play here. God plays. Are you greater than God? God Himself sports here, through all of you.

'Sometimes work doesn't go as it should, you get contradiction, upset, you get tired if your mind is not strong. Technique is technique, it blows the mind, so all this takes time, takes hours. You might not have time to meditate. You go to your bed, you miss your meditation. Yet all this could have been dedicated by the will of God. You may say, "Can't I do that later, because this is vital? Can't I do that tomorrow? I know that I am lazy, I have no will, no power, but I am truthful to you; just let me do that

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<sup>1</sup> Lotus posture

once...finish tomorrow.” Now you go to bed, but you can’t sleep. A state of non-sleep is a visitation, a state of energy. Energy visits you in form of non-sleep, it breaks that thing. If you are very good in that state, you keep your breath, your movement, it doesn’t bother you if you don’t sit for meditation; you have to be very comfortable. Meditation is not possible if you are not comfortable. If there is pain here, other things there, you are only suffering. So your bed must be comfortable, your posture comfortable, and your mind must be like a boat with compass – wherever you are, your mind tallies with your eyes. Your eyes are closed but you are thinking, visualizing the object of meditation. When you are sleeping your eyes are also closed, but really the mind’s eye is fixed, guided by your breath, every breath controlled, the length between you and the object you are meditating.

‘And that is direct now, there is a luminous barrier, no dark force can fiddle about there! But you have to have a link. Ramakrishna said, “Suppose there is a ship, and an anchor there. Between the ship and the anchor is a chain. If you follow every breath like a link in the chain, at the end you reach the boat of safety in the ocean of immortality.” This is alternative, tired, no-time worker’s meditation. But you can take advantage of it only if you are all day long the same person in triple consciousness. You will not get extremely far if you don’t love God. You must practise that, but the secret again is love. Which we lack.

‘A lot of people misunderstand, they say: “Oh, he doesn’t talk to me, write to me, think of me.” It’s not true! It’s true I don’t talk to you, write to you, but don’t say I don’t think of you! [Laughs] We are in constant *rappor*t, monsieur! I could prove it to you 24 hours a day if we had fax. I am the same now or if I go home two o’clock, three o’clock – but that would be a bit disturbing for you. But sometimes you know “It’s him” – it’s not unusual. God also cannot sleep because someone is disturbing Him continuously during the night!

‘So you practise this, eyes closed and the mind – wherever you turn it’s immaterial. And if you’re extremely good and considerate you can dedicate your meditation for someone who is in trouble instead of for yourself. First for your love you do it – if it was not for love you wouldn’t have had time to do it, love has prompted you. Now love is not, as we have said, a selfish thing, it’s very unselfish and considerate. God will tell you through the intuition of your mind if someone is in deep [trouble], through flash, feeling, colour, through your vocality, your body. He will touch you, He will put you in a state. Sometimes I hear people thanking me, they visit me, I can hear the voices, the language, the translation, even the elders come and thank me. I didn’t think much about all this, it’s natural to receive people, it’s duty. I’m just doing my duty, I don’t expect any reward or thanks.

‘So that way you can practise what we have said. But be careful – it has to be dipped and soaked in the tub of love. Otherwise you are just preparing, you have a good foundation but you are still preparing. What I have said in such detail you will – it’s not that easy to describe by yourself, without the love. Love transcends a lot of technique and knowledge. Love itself is a super-knowledge, it goes beyond knowledge, it goes beyond learning. Love is there, love is knowing. So simple, love is knowing, why didn’t I think of it myself? He has joined together, put together, love and knowing, that’s the answer in the thousands of jigsaw pieces.

‘Spiritual life is very serious. If my life was not serious up to this day we wouldn’t exist here at all. We would have good remembrance, like, “Let’s try to do it again, let’s get him back, he’s gone, he didn’t have learning but he put us together, there was something, something incomprehensible, we liked him for what he is,” some might say. But it is all to the best of our limited capacity and knowledge.

‘You bring flowers, but you are more. Every one of you, when you open up you are love existence – these flowers are symbols, but you are living symbols. These will die in a few days, but you are immortal; and you have a family. And the family also is a responsibility in the boat of this body. These are passengers so they cannot be abandoned. Swami Ambikananda has always stressed about children and grandchildren until the 14<sup>th</sup> generation. In a few minutes he will pack up. But “build this,

build that, get it ready, it will be for your daughter and your granddaughter, your friend's friend." Leave something for someone, isn't it? Not just for him.

'It should have been finished long time ago, due to challenge of death. You have to be very strong. Sooner finished the better, you might say, that's why you are here in one way. But those who work have to work. God has given them the responsibility. They must not want to die because that would be running away like cowards, running away from life, from the challenge, the responsibility, from karma. So workers will not do that, they will keep on trying. You must not run away. You will have to come back, you can't escape like that. You had a few desires, finish, eliminate it. You were young, all this is accepted. Now that we have grown to a certain age, make something good for these young ones. United we stand, divided we fall. Blessed be this community, blessed be this people! Ramakrishna himself has gone and created a loka for his devotees. Cannot we be a bit more considerate to each other here on earthplane? Nothing is permanent. Life is very hard, you have to be discriminative, but don't develop photograph here in the darkroom of your heart, don't make it dark here, don't be negative completely. Don't pass comments, don't judge, just abide. Swami has told you, be good, be this, be that, there's a reason for it.

'Sometimes, always, there is a God who talks to you, or your mind tells you – thought and God are same thing in a good mind – or your guardian angel can tell you, or you can hear us telling you, or something tells you, talks through someone. God speaks through intermediaries, so don't stay in darkness. When work is finished think what is there in this: eat, drink, comfort, security. But what becomes of that afterwards? You have to give all this up. Do you want to come back again and again and again, same thing, even if it's the best? That's not the purpose, eventually.

'So do your duty, do your work conscientiously, dedicate it now and then with full awareness. Do good to others, bear others, love others, don't find too much fault with others. Love heals, love captures the enemy, if not his gun then his heart. Love disarms the enemy, love brings you family, chooses your wife, gives you beautiful children. I'm not talking of physical love but supersensuous love, how love arranges in a physical form, makes a pair. Love chooses your pair exactly. It knows what's best for you. Love chooses all this in the womb, and they become a devotee's family, where God Himself blesses the house.'

*Swamiji leads devotees to sing 'O my God of gods, you are my Mother and Father... '.*

'Say together, "My God, I love You. Lord, I am your child, You are mine, I am Thine. O God, You are beautiful; I am a flower, accept me on the altar of Your love." Hari Om Tat Sat. Finish! Nice and simple: "Accept me on the altar of Your love." '

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