

Shirdi Mahashibir 23 April – 30 April 2018

Day 3 – Swadhishtan Chakra

My Salutations to all Sai devotees gathered here.

We shall begin today's program with the story of king Janak. King Janak was called "**Videhi**" meaning one who is always connected to God (Parmatma). One who is always in the state of meditation. This was how he was known.

Narad Muni was very influenced by this and wanted to visit him. So he went to king Janak's court. There he saw that King Janak was sitting on the throne, the dancers were performing in front of him and musicians were also performing. King Janak was enjoying the performances. Narad Muni was quite surprised that King Janak was enjoying material things, he was on the throne enjoying the performance by the dancers and musicians. So why do people call him 'one who has attained universal knowledge' (Brahma Gyan)?

So, he questioned King Janak, that you are engrossed in enjoying everything in life, you are living a life of luxury, then why do people call you Videhi?

King Janak replied, here take this bowl of milk. I want you to tour the world for the day and come back. If even one drop of milk is spilt anywhere then I will not answer your question. However, if there is no milk spilt then I will answer your question. Narad Muni took the bowl of milk and walked around for the entire day. It was his habit to roam around, and so he did that for the day. But his attention was only on the bowl of milk so that none of the milk would spill anywhere. The next day he came to King Janak who asked him, what did you see yesterday? Where did you roam around?

Narad Muni replied I roamed many places I but did not see anything. My attention was not in any of my surroundings. My full attention was on the bowl of milk, and to ensure none of the milk would spill because if it did, then you would not tell me why they call you Brahma Gyani (one who has attained universal knowledge).

King Janak replied, this is the same with me. You see me sitting on the throne but my chitta (attention) is not on the throne. You see the dancers dancing in front of me but my chitta is not in their performance. You see the musicians performing in front of me, I am listening, but my chitta is not on their music. While staying in the midst of all this, my chitta is always on my Sahastrar (Crown) chakra, that is why they call me Brahma Gyani (one who has attained universal knowledge).

This story is an example for those who are in their families. We live with our families in society, we live in the midst of everything, so how do we meditate? How do we focus? Where do we keep our chitta? Stay in the midst of everything. Stay with everyone, be close to everyone, but keep a corner, a place which is yours only, at a particular time. Where no one else is around you. Where there is no one else except you. You can choose anytime. Only you are at that place, there is no one around you within a 10 – 20 foot radius. The wife is not next to the husband nor the husband next to the wife. No one is around except for you.

Practice meditation like that. What will happen then? Your aura will grow stronger gradually, very slowly. Just like a balloon, when the balloon hasn't been blown yet, it is very small and can fit in one hand, but when you start to blow it up, it cannot be held with two hands. In the same way your aura currently is small, and as you practise meditation, then gradually ... first it will become 1 foot in radius, then 2 feet, then 3 feet, 5 feet, 15 feet, 20 feet etc.

This has happened to me. I have experienced this myself. I talk about my own experience. For the last 22 years I have been living in society consistently. I take regular meetings, I give regular programs. I meet people regularly... I do all these things. I live with my family too. I live amidst all this and yet not in it. Why? Because in full day I keep aside some time, not a lot, just 30 minutes each day, when no one is around me

Just like we charge a mobile phone in the morning and then we use the mobile phone for the rest of the day. Similarly charge your mobile phone in the form of your body for 30 minutes. Then you can use it for the remaining

23.5 hours, but in that half an hour, you should be alone. Meaning there should be no-body around and secondly there should be no-one else around you.

What do I mean by nobody and no one?

No one means your Chitta should not get any thoughts about anyone else, meaning if you are sitting in isolation but your attention is on other people, it means you are sitting with all those other people. That's the meaning. When you sit for these 30 mins, you should not get even one thought about anyone else. You should be completely thoughtless. What happens is, when we are not doing anything else, we keep thinking. There are many people who do this. You will see them sitting idle for a while and if you ask them, 'What were you doing?' they will say, 'I was thinking...'

Practice sitting for 30 mins. This is a practise and as you practise, gradually, you will achieve it.

And these days, due to the aura report, I can explain this with proof; how my aura has developed over time. I can show how it was before, then how it was a few years later and how it is now.

This aura has developed over the last 22 years while living in society. I did not develop it before coming from the Himalayas. So, when mine can develop, why not yours? It can also develop! All that is required is regular practice. You don't need to do it excessively. Once a doctor asked me the question, 'Swamiji, I meditate for 8 hours on Sundays because I have time off from work on that day, but I am not able to meditate the rest of the days. Will my state become good?' I replied, 'If you charge your mobile phone overnight, will it charge more than its capacity? 30 minutes are enough to charge the mobile phone. Similarly, 30 mins are enough to balance the body. You do not need to charge it more than 30 mins a day. However, you do need to charge it every day regularly.' Stay with your family and in society but don't be overly involved and attached to anyone or anything; and do not commit the same mistake I made. The mistake I made was that I would always talk about meditation, so my relatives used to run away from me. If we went to a wedding, then they would not even come around the area I was sitting. They would think that, 'this guy will bore us by talking about meditation.' So, live appropriately with your family, relatives and friends. First, live with them and then they will slowly start noticing the change within you. They will notice the change before you notice it.

Just like the lotus flower which blooms in the mud - meaning, the stem of the lotus remains buried in the mud, but the lotus flower does not get dirtied by even one spot of mud. The lotus exists with its beautiful aura and fragrance. It looks beautiful and it still lives in the mud. So, it does not matter where the lotus lives. It has created an existence that is separate from the mud and not even a single spot of mud comes upon it. So, you also stay in the mud in the form of society but bloom like the lotus flower, such that, despite living in it, you are not affected by any of it. It is not impossible. It can happen. It has happened. It will happen. All that is required is regular practice.

Just like we see a boat on the river. The boat keeps flowing on the river for many hours, but the river does not come inside the boat. So, let the boat, in the form of your body, flow on the river, in the form of this society, but the issues from society should not come inside you [affect you]. Despite living in society, you should develop [spiritually].

So, make the lotus your Guru. Make the boat your Guru. Learn from them. Learn how to stay detached from everything while living in society.

Secondly, people talk about big things like world peace, it means nothing. Actually, that thought itself is wrong. When they talk about world peace, they mean peace in the entire world. Benevolence for the world means for the entire world. My dear! there are many great saints and spiritual people who have come in the past, and they have not been able to achieve this, how will you do it?

Firstly, understand the meaning of "world". World peace and benefit of the world can be achieved. There can be joy in the world and satisfaction in the world. All this can be possible. First, understand the definition of the world "world". World does not mean the entire earth, it does not mean the world. World means one's own personal world. How big? 20 feet radius, or 15 feet etc. Create your own personal world.

You have the right over your personal world. You can create your own personal world of 15 feet in radius, or 20 feet radius, etc. A beautiful, benevolent, peaceful and secure world. And you can take this world anywhere else in the world and it will remain the same. It will remain beautiful, benevolent, peaceful and secure and full of love. Whatever is happening around in the world will not make a difference. Create your own world. Understand the fact that you can create your own world in your lifetime and wherever you go in the world, your personal world will remain the same, full of peace and love.

Once, I had to go to Germany. I have been there many times before, but on this occasion, I had a 3-hour stopover in Abu Dhabi while going and on the return as well. So, I explained to my children that my Guru never takes me from one place to another without any reason. The fact that they took me via Abu Dhabi means there is going to be some Gurukarya, that will take place in the Arab countries and exactly one year later, I toured the Arab nations. So one sadhak expressed his fear and said, "Swamiji, you are touring the Arab countries, it is like counting the teeth in the tigers mouth. Aren't you afraid?" I was sitting with some Sheikhs there, they were also meditating, I took a photo and sent to him, that see, my personal world is exactly the same as it is in India. This is my world. Wherever, I travel around the world, my world will remain the same. It will remain peaceful. People in India are learning meditation, they are learning it here as well.

So, the sheikhs in Arab countries also received me well and learnt meditation. So, first, understand the definition of the world. World means your own personal world. World does not mean the entire world. So, if you wish for world peace, then begin with peace in your personal world, begin with inner peace. If every person is successful in creating peace in their own personal world, then it is possible to achieve WORLD PEACE one day. But if you only dream about world, peace then it is not possible.

Once some doctors from Germany met me. They said, Swamiji we wish for world peace. When people talk about such grandiose things, first of all I check their liver. Their liver was hot. I asked them, do you have peace? They said, no we do not have peace but we wish for world peace. I said, when you yourself don't have inner peace then how will you bring peace to the world? If you want peace in the world then first bring peace to yourself, first obtain satisfaction and peace yourself. So until you don't have inner peace, how is world peace possible? It is not possible.

A few years ago in Paris there was a big convention on pollution. Different nations expressed their concerns about pollution at this convention. Some talked about water pollution, some talked about pollution of smoke emissions from factories etc. There was discussion on the different types of pollution and they all expressed the increase of pollution in the world.

But their sensitivity is a little less. I am talking about a different kind of pollution. The pollution that is most dangerous and the entire world is full of this pollution. This pollution cannot be seen but it exist. This pollution is thought pollution. And all the developed nations, the big cities, the highly populated areas - in these areas the thought pollution can be felt. And today due to the means of communication thought pollution is spreading very faster. For example, when an incident occurs somewhere, the effect of this incident spreads throughout the world and every person will feel this incident happened with them, when it has nothing to do with them.

As an example take the incident that happened in the USA a few years ago. The incident was broadcasted on TV repeatedly and every person watching felt as though it was their own building that was collapsing and on fire. So this thought pollution is spreading rapidly. This is the reason why people from big cities like Mumbai run away from the city on the weekends. It happens in all big cities where people go away for the weekend. But your house will not get cleaned simply by running away from it. Your house will not get purified on its own. It will get purified through meditation. If you want to clean, purify and secure your home then you will have to sit at home and meditate. Don't run away because when you run, you still return to the same house on Monday. The problem of thought pollution is a big one. Secondly there is a lot of stress and tension spread in the world because of it.

Today parents have only one worry about their children. How will my child be when he grows up? They are concerned for the child's security and wish that their child does not get spoilt. There is a difference between Indian children and children in overseas countries. I meet children when I am overseas, I meet children in India as well. But the difference is that Indian children spend time with their grandparents from a young age. Like when they are 5 years or 6 years old. The grandparents teach the child from a young age that this a good deed, this is a sin. They will say child do these things, they are good acts and don't do these things, they are sins. From a young age they are taught this. So by doing this are you able to stop your child from committing a sin? No! You give them the knowledge

that this is good and this is a sin, but give them something that will stop them from committing any sins. I request all the grandparents not to talk about good deeds and sins to their grandchildren. Teach them meditation. When children meditate, they will develop an aura of positive energy, and they won't have any negative energy left at all. So if they don't have a negative energy then they won't even get the thought of committing any sins and they will remain safe.

The child will get security from inside and from outside. From inside I mean that these days there is a big problem suicide particularly among the youth and farmers. What happens is that before a person commits suicide, first they disconnect with everyone, and detach from everyone and then they gradually detached from themselves as well. And then they go and commit suicide. One who meditates is not alone, one who meditates is connected to the collectivity of thousands of other souls, and so suicide is impossible. And I say this based on my experience of Samarpan Meditation, that to date not even one sadhak has committed suicide. And so your child will get inner security.

Sometimes a person comes to see me, like young boys, and they will say, oh this girl broke my heart and so they want to go and commit suicide. Then I tell them if you want to commit suicide and die then die in the name of your parent, not in name of a girl or in the name of love.

It is the same in meditation as well. For example, sadhaks leave meditation because someone said something to them, then they decide to leave meditation. This is actually a result of their karmas or the negativity which comes in that form. And I tell them I have brought you into meditation, you have come to Samarpan meditation because of me, then why are you leaving because of somebody else. Sometimes I think it is because of your karma which have become an obstacle in this path for you. For example, the people who have certain chakras blocked they will find it very difficult to come to the shibir on the day of that chakra [the day that chakra is being talked about].

And now some people leave Samarpan meditation because of somebody else. Sometimes they leave for such small things it's very embarrassing. Like somebody didn't talk to me well and so they stop coming to centre. And gradually they stop meditating also. See I have no interest in forcing people to meditate. After this event, I will not even ask people if they meditate or not. You are not doing me a favour if you meditate.

Self-realisation is very difficult to attain. One attains it after many births. It is not easy. Tomorrow we will experience self-realisation. Come prepared. Come with a pure chitta. It takes 3 days for a body to become a soul. Tomorrow you will be a soul. You will be newly born tomorrow.

So, meditation will give you internal security, it will stop one from committing suicide. And meditation will also give security from external threats as well. For example, once I was at the Ram Krishna mission, some of the followers there after the shibir asked me Swamiji you travel so much don't you get sick? don't you get diarrhea or any other illness. And I tell them that you are talking about diarrhea which is something else, even the car that I travel in doesn't meet in an accident. I have never even had a small accident when I travel. And they were quite shocked. And they said Swamiji do you have the same drivers in all the countries that you travel? And I said no, when I travel, the driver and car in each country is different car and still I don't meet with an accident. These followers were very surprised and they asked their head, the head of the Ram Krishna mission, how can Swamiji say with such confidence that he never meets with an accident, the car that he travels with never meets with an accident? And I told them it is because of my aura.

I am very interested to teach the Jain Monks because Jain Monks don't travel by vehicles or modern transportation, they walk from one place to another. And they meet with a lot of road accidents. And so, I tell them that meditate and make your own aura. Create your aura. Make it stronger. And you will be safe. And that is why I want to teach the security forces.

The people in security forces are always in danger. And after meditation they will become secure themselves. They will provide security for themselves. There are some sadhaks in the UK who are in the army. They went to Afghanistan when the war was going on there. They shared some experience with me and they said Swamiji we don't know what happened but we never got injured while we were in the war. Sometimes what would happen we would bend down to pick something up and the bullet would just pass by very close to our ear, but it would not

harm us. See what happens is the souls comes to know about the danger, that is coming towards us and it saves us from it.

There are experiences also from sadhaks who were there in Mumbai when there was the Mumbai bombing. A sadhak who was going the same route at the same time every day and always travelled in that same way... On that particular day, for some reason, they didn't travel their regular way and they were saved. So, if you meditate then you will protect yourself. I don't want you to depend on me. I want you to meditate and protect yourself. I want you to make yourself self-reliant so that you do not need anyone else to protect you.

In the past years we had International Retreat held in Goa ashram. Many sadhaks from different countries attended it. During the discussions all the sadhaks from different countries said that their countries had one problem. One big problem, which was the problem of insecurity. These were sadhaks from Canada, some were from Japan. They were from two opposite ends of the world, and yet their countries face the same problem. The problem of insecurity.

So, I tell you not to depend on others for your security. Meditate and create your own aura that is strong and you will remain safe in any corner in the world.

Secondly the shadow leaves us when it's dark, but the aura always stays with us 24 hours a day. Just like mine is here. You just can't see it at the moment, but it is here with me. Meaning you will remain safe anywhere. So, if you meditate you will find inner security as well as external security.

After meeting Shiv Baba, I experienced peace. My search for God ended. A few days later when I was back with my family and my normal life, my parents got me married. On the first night of our marriage I told my wife that I want to go to the Himalayas. She said to me, 'follow your soul'. She is right sided. She used to chant the Gayatri Mantra. And so, she is right sided. And she used to say that I have never done bad for anyone in this life. And so, I believe that nothing bad will happen to me.

See, acharya Sri Ram Sharma, he deserves the credit of bringing Gayatri mantra to the ladies. He opened the door for the females to chant the Gayatri mantra. Gayatri mantra takes a person to the right side. See there are 3 channels in our body. The left channel, which is the moon channel. And we have the right channel, the sun channel. And then we have the middle channel which is the madhya nadi.

In the olden days the Brahmins used to conduct the thread ceremony for young children when they pass puberty. Only after the thread ceremony did they teach them to recite the Gayatri Mantra because they would teach the child to be in the middle channel while chanting the Gayatri mantra. If you chant the Gayatri mantra or any mantra while remaining in the middle channel, then you will feel that the vibrations will spread throughout your body. Otherwise if the Gayatri mantra is just chanted anyhow then it takes a person to the right side.

See all paths reach the same place, the destination is one. There is the left path. This path is that of the bhakti marg, the path of worship. A person worships one God with such full feelings that after a long time period of time eventually they forget everything and they only see that God and ultimately that God becomes their world and they attain self-realisation.

The other path, the path of tapasya, [spiritual penance]. There are people who do spiritual penance so much that ultimately, they detach themselves from the entire world and disconnect and they believe that I am the world, the world is in me and hence they reach that state of self-realisation.

The problem is that the ordinary man cannot do either. A person living in society cannot do either. Both [paths] are difficult for the ordinary man, with a family and one who lives in society. So, what can this person do? Meditate! Meditation is the path in the middle. Practise meditation and you will reach the same destination. Meditation is the easy path.

Today we will talk about the 4 pillars of society. The 4 pillars on which society is balanced.

The first pillar is doctors. Doctors are responsible for the good health of society, but a doctor doesn't look after themselves. And so, the doctors' health is not very good. The students Ahmedabad medical college did a study recently, they found out that doctors don't live beyond the age of 60 years. They also found that generally the doctor dies as a result of contracting the same disease that they specialise in. For example – a doctor who specialises in cancer will die of cancer. A doctor who specialises in heart disease will die of a heart disease. Why is that? Because they are surrounded by negative energy the whole day. Their entire focus each day is on diseases. And these days a doctor's wife is also a doctor. The house itself becomes a hospital. See if their attention is only on the physical body that there treating, then they will get a certain dryness in they life.

There was once a sadhika who is married to a doctor. Her husband is a doctor. She has 3 daughters. She told me that I will not get any of my daughters married to a doctor, because there are no feelings. What happens is if I have a headache instead of my husband coming and pressing my head and massaging it for a little bit and showing me some love and care. He will go to his briefcase, he will take some tablets out and give me 2 tablets and say here take this, you will be fine. And so, I will not let any of my daughters get married to a doctor.

On the other hand, there are doctors who live very long. My father in-law, my wife's father he is still very healthy. He is over 90 years of age. Once we were together, and we were by the river Narmada. He jumped in and he swam across the river. He went to the other side and he shouted to me come, you come on this side of the river and I said no no, I can't. I am not that fit as you are. So, he is 90+ years old and yet his very health. The reason for this is because he is a devotee of Sathya Sai Baba. He does a lot of bhajans, sings devotional songs and he donates a lot of time and money for social work. And so, his left side and his right side are completely balanced.

So, I have given you 2 extreme ends, examples of doctors. So, what I tell doctors, is you start mediating, and what will happen is that when doctors give advice to the patient then their soul itself will tell them are you are giving advice to somebody, but you don't do it. When the doctor asks somebody to eat well, eat healthy and do some exercises, if they not doing it themselves, then their soul itself will tell them, you are giving advice to this patient to be health and yet you not taking care of yourself. Gradually as their soul becomes stronger they will also start looking after themselves. Doctors spend their entire day on diseases. The patient will get better and the next day he will go away. But the doctor will get another patient with the same disease or illness. As soon as a doctor sees a patient he will wash they hands to get rid of all the germs. But what about the chitta? How will they purify and cleanse the chitta?

The doctors spend a lot of time with their patients and they don't take care of themselves. They don't eat properly, they work long hours. I recommend to doctors that they should meditate regularly. Meditate and create an aura, then even when you are in a hospital, that aura will keep you safe, so no effect of the germs and those diseases will come up on you. The viruses will not even come near you because of your strong aura.

In the ashram we have some sadhikas and sadhaks who are doctors, but when they come to the ashram we don't call them doctors as this is a safe place. So, I recommend to the doctors that marry an artist or a performer, one who is soft and not dry. That will bring balance into your home. Meditate regularly. The doctors who are present here and are married to other doctors, they will ask me Swamiji we are already married. What should we do? I'm not telling you to abandon your wife or divorce her. Just meditate. Meditate and create the feelings. For example, like my father in-law. Analyse yourself. It is possible to do this.

The second pillar is police. This year we are celebrating the year of security forces. The police have the same problem, a similar problem to doctors. They don't have a regular schedule. They have many stomach ailments, because they don't eat well. They don't have a set schedule of meals. They also have a certain dryness in their life. We take a holiday, but they don't. Their life is very different than the normal people in society. For example – when there is a festival or a holiday they are still working, they don't even get any time to relax where normally people do. For example, in festivals and celebrations. And therefore, there is a tension that has developed within them. And the people who are in the armed forces they tell me that Swamiji we are the first ones to take the attack, to be attacked on. See when we look at people for example those working in the Kashmir border, when the people are around us we don't even know if they are terrorist or not because they are dressed like normal people, and so they attack us first. They come to know that we are people in the army because we wear uniforms.

Once I was travelling in a train and there were some armed forces people in the train. I was looking at them. They were very alert. They did not rest the whole way, from the start to the destination. Their eyes were very alert and

kept looking around and observing everything. When we reached our destination, I said you are very good at your job, you were awake and alert the whole night. And they said no Swamiji this was for us, we were awake to protect ourselves because in this area there are some terrorist who attack trains like this and they kill the armed forces servicemen, the army people and they take our weapons and so that is why we stayed awake. So, the people in the security forces have such tensions. You go to the temple, celebrate, relax and enjoy. But they have a duty on that day as well. So, their life is very different from the normal person.

Secondly in the last 20 years intellect has developed a lot. There was not a lot of difference in the generation between my father and myself, but there is a huge difference between my generation and my children's generation. In the past the army or armed forces, they used to balance themselves and activate the right side by marching. LEFT RIGHT! LEFT RIGHT! LEFT RIGHT! They would do this parade march and this would activate the right side and make the right side stronger. This was to balance themselves. It was ok in the olden days, but now the right side is very active. And if we continue to do the same then there will be an imbalance because the right side is already powerful and it will create an imbalance. The left side is weaker and the right side is stronger. So, we need to change with the times. To balance they need to meditate 30 minutes a day. Just meditate for 30 minutes.

A lot of these people have a lot of frustrations. Sometimes want to attack or defend themselves but they cannot. They have to follow orders. They get attacked but cannot defend until the order comes for them to attack. And all these things impact them. And there is a frustration generated. Sometimes they think I should slap this person, but they cannot. Once the frustration develops within them, even the smallest thing can set them off. If they are in the office and their holiday was not approved they take out the gun and shoot everybody. So, it is very important to meditate. Meditation will bring balance to them, or else it will create an imbalance as the right side is stronger. This year we will be holding many programs focused on security forces. We will hold programs in places like the military bases.

Once I took a program by the border. They told me Swamiji there is nobody around here. We are the only ones. You cannot find another person in the radius of 200 kilometres. And I said this is good thing. The sages in Himalayas look for places like this to meditate. They actually find places ... for example in the Himalayas there are some places that you would not even expect anyone to be there. And you will find these sages meditating in places like that because man is most dangerous, so take advantage of this opportunity that you have and experiment for yourself. Go find a garden and sit alone for meditation for 30 minutes and you will notice a change in you. You will eventually start to hear brahmanad (the celestial sound). When you hear that sound, if anyone comes close to you, even your spouse, then that sound will stop. You will stop hearing that sound. So, I told this sadhak that this is such a nice place. So, meditate and take advantage of this good opportunity.

See there is never only a positive or negative in one's life. No one is always happy. There is always both, positive and negative. What is important is where our chitta is. Where is our attention? Is it on the positive or on the negative? For example ... I will give you my own example. When I was living in the Himalayas, I had the Gurus' proximity. Which was a positive, but I had the wish to spread Samarpan Meditation, however, because we were in the Himalayas, there was nobody around. So, I did not get to spread this and that was the negative, but I never complained at that time. I just enjoyed the proximity of my Gurus and now that I am in society, I have the opportunity to spread Samarpan Meditation, and spread this knowledge, this inner knowledge to society. That is the positive but I don't have the proximity of my Gurus and that is the negative. So, in either situation, I did not complain. I just enjoyed whatever I had. When I was in the Himalayas, I enjoyed the proximity of my Gurus and now in society, I enjoy the fact that ... I find joy in the fact that I can spread Samarpan Meditation. So, with meditation, a person will develop a positive outlook. So, I told them, see the positive, there are no people here and therefore there is no thought pollution either, which is a good thing.

Later ... one day, they came to an ashram. They got in some trucks, and they came to the ashram for darshan (visit). The people in the ashram did not know that I have gone to the border and conducted shibir. They got scared, they feared that why there are so many trucks full of army people coming, but they have only come for darshan. I wish that they stay safe and that they rely on themselves for their own security. So, meditate and create your own aura which will keep you safe. Even a bullet will not harm them, if their aura is strong. So, don't care about the world. Don't look at the world around you. Just create your own world.

Once, I was at the Mumbai Airport and a person came to me and said, 'Swamiji, there's so many bad things happening around the world, so many terror attacks, bombings, why does that happen?'. And I said, 'What are you

talking about? I can't see anything'. I told him, your attention is on one side. You are looking on this side, you see all the negative things in the world. But my outlook is on the other side. I look at all the positive things, I look at how meditation has developed and spread in society. How many sadhaks have joined Samarpan Meditation and how many people are doing meditation. So, I see all the positive things. You are looking one way and I am looking the other way. So, make your own world. You can make your own world peaceful and you can make yourself safe and you can also make others safe. Every person can do this. This is my wish. Do not depend on anyone else, become self-reliant. This year we will be holding different video shibirs at different locations, and later we might even have live shibirs for the security forces.

The third pillar of society are lawyers. Their state is equally as bad. Their state is similar to the doctors. There was once a heart specialist, he never used to socialize, he never liked attending functions. Because whenever he goes for a function, some relative or friend will come and ask him advice. Some health advice, I am feeling this in my heart, what does it mean? What can I do? I am feeling this, what can I do, what do you recommend? So, he was really tired of being asked and consulted, everywhere he went. Once, he had to go for a wedding, and there he met a friend of his, who was a lawyer. Generally, doctors' friends are all doctors, but this person's friend was a lawyer. So, he asked some advice from his friend, the lawyer. He said, I am really tired of going to events, I don't even go out anymore because, whenever I go to events, people always ask me for health advice. His friend said, whenever, you go out for social event and someone ask you for an advice, the next day, you send them a bill for your services. So, the heart specialist said, yes this is a very good idea, thank you. When the heart specialist went back home, the very next day, he got a bill from the lawyer.

So, lawyers are always surrounded by negativity as well. They read about cases, they will stay up late at night, reading about cases, studying criminals. Their chitta absorbs all these things. We may even celebrate next year, as year of lawyers. You will notice that in courtrooms and places like that, the temperature is very high, it feels very hot. Hotter than normal temperature in surrounding places. That is because there are Agnya chakra is polluted. If you check their auras and you get them to meditate, you will notice the change within 5 years. The solution is to meditate and to make the negativity run away from you. Meditate and be safe. I am not asking you to leave your professions, just make your aura strong and protect yourselves from the negativity.

The fourth pillar is politicians. Politicians spend their whole life, thinking about others, but they never think about themselves and I tell them. Determine a time frame, a period of time in your life. For that time, and for that period, do social work, do work for others, and after that period, think about yourself. I also tell them to meditate. We are successful in life because of our state, and so, improve your own state and you will be successful. There was once, a politician, a member of a party. He wanted to run for elections but his party did not give him the ticket to run for the elections. So, he ran as an independent for the elections and he lost. Later, he came to me with a project file of a cement factory. He said, Swamiji, I wish to open a cement factory. Can you please bless this file, the project file, so that it can be successful? And I thought to myself, he will even make a mess out of this project. I told him, 'You leave the file with me, I will bless them, as it will take me time to bless this file. You just go home. Don't do anything. Just sit and meditate regularly'. He had full faith in what I said. So, he went home. He did not start any other projects. He went home and he meditated. A few months later, he came to me. He told me the chief minister from his state, has asked him to join his party because I have some experience. He asked me, Should I join?

I said to him, you didn't go looking for the job, right? So, take it and accept it. Then, he accepted that job. A few months after that, he came to see me again. He said, all the people in the party, all the leaders in the party are ministers and so they also wish to give me the post of for minister. Should I accept it? And I said, you did not ask for it right? so, okay, accept it. So, what I am trying to say is, that you will get success in your own field. You do not have to change your field.

These politicians are also quite unique. I will tell you another example of how their minds work. So, there was one politician. Whenever he used to see me, he used to take out a packet of tobacco and start chewing it. All the other sadhaks used to abuse him and tell him off, that why you chewing tobacco in front of Swamiji, are you not embarrassed for yourself? He would just smile and not say anything and he would just continue chewing tobacco. Six months later, he shared his experience and he said that I have a bad habit of chewing tobacco. I was not able to give up that habit but I knew, if I did it in front of Swamiji and Swamiji's attention went on my bad habit, Swamiji will pray for me. Now, today, I have been able to quit my habit. I have gotten rid of my addiction. So, this is how, their brain works. That person used me to get rid of his addiction.

A politician's life is a very different one. They should meditate. A few years ago, we held a shibir for the parliamentarians. Everyone, had a good experience, some still meditate and some don't. But everyone present there had a good experience. In December, some journalist from Kantipur media, Nepal, had visited me. They interviewed me. There were elections going on in Nepal at that time and they asked me, 'who should we vote for?' I said, don't give importance to the party. Pay attention to the individual. If the individual is good, then the party will be good. But it is not necessary, if the party is good that the individuals will also be good. So, vote for the good candidate and automatically, if the candidate gets many votes, the party will have to elect them. See, there are both the sides. The opposition and the party which is ruling. Both sides have good people and bad people. So, vote for the individual.

Secondly, do vote. Who you will vote to is not important. When we vote, we promote democracy. So, I encourage all of you to vote. Talking about politicians, they lack satisfaction. Those who don't have a post, are constantly running after a post. And those who already have a post are always worried about losing it and constantly trying to keep it. So, all politicians are always under a stress and neither of them have a good state. Improve your state by meditating. When your state improves, your life will improve. Meditation is necessary for that. We spend all our energy to change our external environment, to improve it. But the external environment is actually a mirror of our inner state. For example, if your face is black, you will see a black face in the mirror. If your face is red, you will see a red face in the mirror. Similarly, if your inner state is bad, then you will have a bad external environment around you. Until, you do not improve your inner state, your external environment will not improve. Stop trying to change your external environment, and improve your state, your inner state. So, first learn to go inwards, get to know yourself. First, go inwards and stay inwards. If you stay in that inner state, then the outer situation will improve as a by-product, it will improve on its own.

Today's chakra is Swadhisthan chakra. Swadhisthan chakra is related to excessive thoughts and it also related to the chitta (attention).

When I used to live in the north east, I used to go to the Himalayas and pass this place. Over there, there were lots of people who practiced black magic. It was quiet well known for people who used black magic. See when people use black magic, these people firstly infect/attack our Swadhisthan chakra, this is how they affect us negatively. I have no experience of this, nor any knowledge. But I do know it exist. It is just like the night and the day. We know that the night exist and the day exist. So, when I used to go to the Himalayas, I used to pass through Assam, and there is this town where there are lots of people who practice black magic. I used to go there often and yet I did not even encounter one person who practised black magic, see just as we get bad smells and we avoid places that have bad smells and stink. They too [the people who practice black magic] cannot stand the good sent or the fragrance of a good person.

I will give you another example. Once when I was living in a small town, I stayed there for a few days. There was a person call Ramu Bheel whom I got to know and we became friends. Once when I was walking one evening I saw that Ramu was a few paces in front of me. And so, I called out to him Ramu, Ramu. And I increased my pace to catch up with him, but then I noticed that Ramu took a few more paces to get further from me. And I called out to him again, but again he went further from me. I did this a few times and then gave up and said it's ok if Ramu doesn't want to see me then that's fine. The next day when I meet Ramu I asked him, Ramu I saw you yesterday and I was calling out to you. Why were you running away from me? And Ramu said Swamiji, I knew it was you and that you were calling me, but I had consumed alcohol. So, I was ashamed to come in front of you. See what happens is people see their reflection in you. You become a mirror and people will see their reflection in you.

I tell you the more trinkets we wear, the more it weakens our chitta. And my children are witness to this particular incident. A doctor's husband, the doctor was quite ill, she couldn't even walk. Her husband carried her to see me. And she was covered in different trinkets. I told her to throw them all away and taught her meditation. Gradually her health improved. Then one day she came and visited me. And she asked me that Swamiji I have one more trinket. Something that is around my waist. It costed me 1 lakh rupees, should I keep it or throw it away? And I told her if I sold you poison for 2 lakh rupees, will you drink that poison? So, she took it off, and she threw it away. And later she was very healthy. She used to run when she came to see me. Look at me. I don't have one thing around my neck or hands. I believe that Sai Baba has brought me to this society. I have full faith that as long Sai Baba is here, no one can harm me. The day Sai Baba's blessing is not on me I will not take another breath.

See you people look at a Guru's form, you look at his colour. I don't. The Guru element is one and the same. The form may be different, but the energy inside is the same, just as Shiv Baba called me to him, Sai Baba called me to

society. Many Gurus have come into my life. Each one gave everything that they had and then sent me to the next Guru. Many Gurus did this. Some of the Gurus never even meet each other, yet all of the Gurus used to say that your vessel is very big. I used to think, what do they mean that my vessel is very big? Are they referring to my head? Is my head very big? I even went to the river and looked into the river to see if my head was big. But no, my head was not big. See what happens is that is the Guru talks on his level and we understand on our level. What they had meant when they said your vessel is very big was that the knowledge will reach many people through me. I stayed with many Gurus, but I didn't notice any difference because my chitta was always on the Guru energies flowing through them. The form did not matter.

See we are afraid of Gurus, but this is also not right. A Guru is a sewing machine, it cannot do the work of scissors or tearing things apart. A Guru never does anything bad. Once my Guru sent me to my Agnya chakra Guru. When I went to see this Guru, there was a waterfall where he lived, behind the waterfall there was a small entrance to his cave. As I approached the entrance of the cave he started shouting insults and said that if you take one more step, I will kill you. I was in a dilemma, my Guru sent me to this Guru so I had to go in, but this Guru was shouting insults and didn't want me to go in. Yet, because my Guru had sent me I had to go in and so I went in. The Guru took his slippers and threw them at my head. Blood started flowing from my forehead, but my attention was not on the blood or on my forehead. My attention was on the slippers only. I picked up his slippers and placed them at his feet. He stood up and said you will empty me. There are similarities between a doctor and a Guru. See, a surgeon can make an incision in different ways, but his goal is to save a life. It is the same with a Guru. His behaviour does not matter. The intention of the Guru is always to help you progress spiritually. You may see them doing something, but it is never bad.

There is a doctor in Kutch. He is a sadhak and his brother used to abuse me a lot because his brother used to think that, 'my brother is a well-educated person and a doctor and now he has fallen in the trap of this Babaji.' This went on for quite a while. 3 years later, when I went to Kutch, I met his brother and that day, he was also meditating, and he also has a centre in his house as well. He said, 'I used to abuse you so much and yet today I have a centre in my house and I am meditating, and you have accepted me?' See, it's like a rose. You take a rose as example; even if you stand in front of the rose and you abuse it, the rose will still give out fragrance. It is the same with the Guru.

I got an experience related to the Swadhishtan chakra. This thing didn't happen in the Himalayas but in Mumbai; after coming to Mumbai I held a public programme. During the programme, a woman got up and started shouting, 'Baba, give me moksha! Baba give me liberation!' I prayed for her liberation and her soul got liberated. That night, I couldn't sleep. I asked myself the question, 'Who am I to give liberation (Moksha)?' In the morning, when I was meditating, I asked my Guru this question, and my Guru explained to me, 'Just imagine if you are walking along the street in the city, a beggar will come to you and ask you, 'Please give me some money.' But, if you are sitting in the park and eating your lunch, then a beggar will ask for food and he will say, 'Please give me some food.' So, the beggar will ask you based on the situation you are in. So, she was asking the state, because you are in that state of liberation yourself. She was asking that state for liberation. It was a time when divinity was flowing through you.' So, make your Chitta strong and have faith in yourself. God is within you. Universal consciousness is within you. Awaken it and you will not need anyone else. You are a Guru yourself. Tomorrow you will all become Gurus, so come prepared.

Today's Sai Baba's message is an incident from his life. It was the year 1911. There was a Swami called Soma Swami in Haridwar. He came to meet Sai Baba but as he reached Dwarkamai which was Sai Baba's residence, he noticed that there was a flag flying there. He noticed a chariot with a horse and he felt that how can this man be a saint? he has so much ego that he has his flag flying above and he has a chariot and horse. He has so much ego about his position! So, Soma Swami started to turn back. A Sai devotee was passing by and said, 'You have come all this way, at least meet him once' So, Soma Swami decided to go and meet Sai Baba.

As usual Sai Baba was meeting his devotees, and when he saw Soma Swami he started shouting, 'You didn't want to come and see me because of all these things, now why are you coming to me? You don't need to come here!' He started scolding Soma Swami and, at that moment, Soma Swami understood that Sai Baba was clearing his ignorance and his ego. Immediately, he asked for forgiveness and he realised that Sai Baba doesn't need or want all these material things. He only wishes for his devotees to be happy and it is the wish of the devotees that Sai Baba should have all these things and therefore Sai Baba has accepted them. See after coming on this path, a Guru has no desires left; just wishes for their devotees to be happy. It is like going to beg with a basket. Once you have taken the basket in hand, anything that is put in the basket is accepted. Whatever people put in it, is accepted.

So, our Chitta must not be on the pipe but only on the flow of energy. See whatever material the pipe is made of, it will have its own weakness for example, if the pipe is made of plastic, it can break. If a pipe is made of metal, it can rust. If the pipe is made of cloth, it can tear. Meaning, whatever material it is made of, it will have the faults or weaknesses of the material. There is some fault or other in each Guru. Don't look at the faults. Focus on the energy. The energy is the same. You may notice that some saints have been called mad, some poor, some fakirs etc. But this is just an outlook - inside, the energy is the same. Some saints will insult people, abuse them. Some will throw stones. That is their way. Every saint has his own way. Don't pay attention to these. Just focus on the energy. Focus on how you feel in their proximity. Focus on how the energy is flowing. Focus on where you are sensing the energy. Which of your chakras are being energised? Where you are feeling the vibrations? Which chakras do you feel are opening? What scent can you smell? What sound can you hear? So, don't pay attention to anything else.

I have written many things on many Gurus, but I have never criticised or written anything bad about even one Guru. Imagine how difficult it would have been to go to the Himalayas and to be with somebody who had completely isolated himself from society and despite that, I never paid attention to it. A Guru is not something to see. A Guru is to be experienced. Observe what is happening. Use the proximity, make correct use of the proximity to go inwards. Whenever I stayed with a Guru, I always used their energy to awaken the Guru within me and never saw their differences. I only felt one flow of energy from them all. Only we are ignorant. We look at the external differences and get confused and deluded. The Guru element is a flow of energy, it existed yesterday, and it exists today, and it will exist tomorrow.

See, understand the meaning of God. God is universal consciousness. It is not a body. There is no physical body that existed yesterday, that exists today or that will exist tomorrow. All physical bodies are perishable. Once I was explaining to some people that all the people that we believed to be God have never themselves said that 'I am God' and a person stood up and said, 'But Lord Krishna said in the Bhagvat Geeta that I am God.' I responded, 'Firstly, Shri Krishna never wrote the Geeta himself. It was Veda Vyas who wrote the book and it was because of the feeling and devotion towards Shri Krishna that Veda Vyas wrote that Krishna is God.' We give importance to the form, but the body is not God. When a body is pure and completely empty, then universal consciousness flows through it. Universal consciousness is not the body. It is the energy that flows through it [the body]. Mediums keep changing from time to time. Sometimes they flow through one person, sometimes through another, so understand this, it is very important.

Is there one God that everyone in this world believes in? No. Everyone believes in different forms of God, for example, take one pile of sand. A person can make different forms of God out of it. He can make a statue of Jesus Christ, Buddha or Krishna. What is required is the hands. The hands give form to the sand, but the sand is the same. So, we create God. We create different forms of God through our Chitta. We create the image of God. I give u an example, if a person believes in Lord Ram and only in Lord Ram as one God then on the day of the Agnya chakra, that person will see the image of Lord Ram. If a person believes in Krishna as God, when they reach the Agnya chakra, they will see the image of Lord Krishna. When a person believes in Sai Baba, they will see Sai Baba. This is a good thing and it is also a bad thing. The good thing is that at least they have reached the Agnya chakra, however, it is not the destination. There is still one chakra left above it.

So, God has no form. If you see that form, then it is the one that you have kept inside yourself. For example, if you keep tomato sauce in your fridge, when you open the fridge, you will see tomato. If you keep butter in it, when you open the fridge, you will see the butter. You will see the one that you believe in and so, this situation is a good one and not so good. When you reach the destination, you will realise that God has no form. It is Universal Consciousness and you will only experience it. Like petals opening, you will hear a celestial sound, Bramha naad, you may get the scent of roses or sandalwood, but there will be no vision or images of any God. God is universal consciousness. It is within you and as you connect to the God within you, you will the experience the formless.

Second thing is religion. By religion, I don't mean Hindu, Muslim, Christian. These are only methods of worship. There is only one religion. The religion of humanity. Religion of the soul. All mankind has one religion – humanity. Look, there is a house. There are different steps and ladders that lead up to the house. We have to be born on one ladder or the other. These ladders are the methods of worship. I was born on a different one and you may be born on a different one. But once we reach the destination, the ladder has no importance. Once we reach God, we realise that God is one. Only the one who has reached the house (destination), will say this. A person who is sitting on the ladder, will only talk about the ladder. For example, we are going to Goa. Whether you go by bus, by train, by flight, by boat, it is not important. Once you reach Goa, it is not important which mode of transportation you had used.

I have experienced that there are some sadhaks who died and then they are born in a different religion. They chose to be born in my lifetime itself so that they could get my proximity - a Guru's proximity. So, when you are talking to someone, listen to what they are talking about. If they are talking about a specific method of worship, then they have not reached the destination yet. Only one who has reached the house (destination) will say that God is one. So, don't get attached to the path. Do people say sit on this path? No. They say walk on this path. If you sit on the ladder, it is because of your ignorance.

If someone says that you can only get liberation through my religion, then they don't know the meaning of God. For example, if you visit Canada, and people over there say that the sun belongs to Canada and that it only shines in Canada, then this means that either they have never been outside of Canada or they do not understand the full form of the sun. There is only one religion, the religion of humanity.

So, understand first, what one means by God and what one means by religion. God is universal consciousness and religion is the religion of humanity. Religion means the knowledge of what is good and what is bad. Then you will not need any external knowledge. So, here in Samarpan Meditation, there are no rules or restrictions. It is only a process of lighting your inner lamp and all that is bad for you will automatically go away and all that is good for you, will stay.

I give you an example, once I went to a rehabilitation centre for alcoholics. First, there was a doctor. He gave a lecture that, 'If you do not stop drinking alcohol, it will ruin your health and you will get liver disease.' Everyone nodded. Then there was a religious person. The religious person gave another lecture and he said that, 'If you don't stop drinking, you will go to hell.' They all nodded and agreed with him. Then my turn came to talk. When I went on stage, I said, 'Those who are drinking one bottle of alcohol, start drinking two bottles as from tomorrow.' The organisers came running to me saying, 'Swamiji, we called you here to encourage them to stop drinking. What are you talking about?' I said, 'I know what I am talking about. You wait and see.' So, by telling them that they could drink as much as they wanted, I took their attention out of alcohol. They were mentally satisfied. Then I started talking about meditation. I told them that I had not come to rid them of their addiction. I have only come to teach them meditation. Just join meditation to your life, to your daily routine. After the programme, we had the 45-day anushthan, so people did meditation for 45 days and after the 45 days, 90% of the people had got rid of their alcohol addiction. So, it got rid from inside. I did not have to tell them to stop drinking. See when a mother gives birth to a baby, the mother's values get inculcated in the child, similarly when a Guru gives birth to a disciple, the Guru's values get inculcated in the disciple. So, when I don't drink alcohol, how will you continue to drink?

Last year, when I was in Germany, we held a seminar for doctors. One doctor came to me and gave me a meditation CD (with music). He said Swamiji, when I listen to this CD I get the thoughtless state automatically so what is the need for a Guru? I told him, firstly, a thoughtless state is not meditation. The CD has sounds of a river flowing and while listening to it, one could go into a thoughtless state, that was true. I told him, thoughtlessness is not meditation. Secondly, a CD cannot inculcate values, it is not a living thing. A Guru can inculcate values onto another person. He can awaken, the best qualities in you, that are present within him. He can make you like himself. A CD cannot inculcate values, it is not live. So, a CD can never be compare to a Guru.

Samarpan Meditation is an inculcation of values. It happens very very slowly. It is a slow process. I have planted a good seed. I know what tree will grow into a good tree. You cannot see it today. So, I ask you to only water it for now and meditate. So, for now, just keep watering your seed and I know what it will grow into.

Now, we will meditate. Don't do it only with your body – on a physical level. Bring feelings into it. When saying 'holy soul - I am a holy soul', feel you are a soul. Feel that it is why you have reached here. Many wanted to come here, but how many made it? There were people who wanted to come but couldn't come. When you say, 'I am a pure soul', feel that you are a pure soul.

Secondly, sit down if you can. Don't lose this opportunity. Once, I gave a programme. It was an 8-day shibir in Calcutta. There was a lady who found it very difficult to sit down and I asked her to sit down on the floor. She said, 'I have never sat on the floor.' I said, 'It is ok. Just try to sit on the floor.' And so, with great difficulty, she sat on the floor. Each day, for the next 8 days, she sat on the floor as the days went by, she found that it was easier and easier to sit on the floor. And on the last day, she sat on the floor very comfortably for the whole programme.

See, we are in so much tension that we are stressed and stiff like a bamboo and so we can't sit down. If you can't sit on the floor, on the ground, for the whole discourse then at least sit on the ground for the meditation. See, the gravitational force pulls out all your negativity and clears you. Sit like a child sits in a mother's lap. A child believes that the mother's lap is the safest place and so when you sit down, imagine you are sitting on the mother's lap. All your tension, all your stress, all your diseases will be drawn out.

Now we will meditate...

Namaskar.

Tomorrow we will pray for self-realisation. So, come prepared. Tomorrow is a big day.