

## Shirdi Mahshibir 23 April – 30 April 2018

### Day 2 – Muladar Chakra

My Salutations to all Sai devotees gathered here today.

We shall begin today's program with a story of Ramdas Swami. There was a saint in Maharashtra named Ramdas Swami. He travelled to different towns and gave discourses in different places. He spread the knowledge and experience at different places. Once he was giving a discourse at a Hanuman temple which was located on a hill top.

The topic of the discourse was Anubhooti (Spiritual Experience). This topic of spiritual experience was received well by everyone. Everyone enjoyed it. After the discourse one lady expressed a wish to get the experience. She asked if he would also impart that experience to her. He smiled and said yes sure I can do that. But I have one condition, I have not had kheer (Indian Sweet dish made of rice and milk) for many days and it is my wish to eat kheer. You feed me kheer and I will give you the experience. The lady thought this is a very good deal, if simply by feeding kheer one can get a spiritual experience, get inner peace, then there is no better deal. The lady went home, she spent 4 hours laboriously preparing the kheer. She put good ingredients in it and put in good through effort. With feelings cooked the kheer for the swami. Swami was in a temple on the top of the hill. He saw her coming. He quietly went down and filled his vessel with the dirty water from the muddy river flowing there. He sat there with his dirty vessel and waited for her. Just as the lady came close he put the vessel towards the lady and said, here you have brought kheer for me right, so put it in this vessel. The lady saw that the vessel was dirty, it had muddy water and was smelling really bad. She said to him, give me the vessel, I will clean it and then I will put the kheer in it. Swami said, no don't clean it, just put the kheer in it. The lady said but the vessel is dirty, it has muddy water in it and it smells. If I put the kheer in it, then the kheer will be spoilt and so, it is necessary to clean and purify the vessel before putting the kheer in it. Swamiji said no you brought the kheer for me, so do as I say. Just put it in the vessel. And lady said I have brought this kheer for you. It is yours only, but I have put in 4 hours of effort, so how can I put it in your dirty vessel. Until you don't give me the vessel to clean, I will not give you the kheer. And the Swamiji said you are not prepared to put the kheer in my dirty vessel as it has taken you 4 hours to cook it. I have obtained this spiritual experience through penance of many years of meditation. How can I put it in your dirty vessel? Until you do not clean your vessel I will not put my experience and knowledge in it.

So, think of this story a little bit. We do the same. Our entire lives we go with our dirty vessel. We go to holy places and take the consciousness and put a little bit in our vessel. We will visit a temple and gather the vibrations and put it in our dirty vessel. We will sit in the proximity of some guru and put the vibrations collected into our dirty vessel, but we will not clean our vessel. Even if you do this for your entire life, the good vibrations will become poison in your dirty vessel. From today change this process. Don't go to any holy places, don't visit any temples, don't go to any saints or Gurus, don't gather energy from anywhere. Leave it for other people whose vessel is clean and pure. Leave this energy for them. First purify your vessel. By vessel I mean your chitta, your attention. Firstly, purify and cleanse your chitta.

Before you purify your chitta, it is important to understand what chitta means. Many people think that the chitta is the mind, that the chitta and the mind are the same. It is not so. Mind is different, and chitta is something different. The mind thinks, you get thoughts because of the mind, and the chitta travels, chitta will go to places and give you the vision of that place. Meaning through the medium of thoughts the chitta (your attention) gets to that place and after getting to that place it gives you the vision of that place.

Until we cleanse and purify our vessel in the form of the chitta (our attention), no matter how good vibrations we collect around the world, they will become polluted in our dirty vessel. So, it is necessary first to clean your vessel. Just imagine that you are a bottle filled with dirty water. You take that dirty water bottle and go to a temple. You bow down a little bit, a few drops pour out. Then you will get some relief after releasing a couple of drops. You then go to the holy place and you will pour a couple more drops when you bow down. You will feel good. Then you go to a Guru, you bow down and pour a few drops there also. And you feel good. My dear! nothing will happen by pouring a couple drops here and there. Your whole bottle is still full. You need to be empty. You need to empty the bottle completely. Turn it completely upside down and empty the contents completely. Surrender them, and as soon as

that happens you won't have to tell the fresh air to come in. It will come and fill the bottle automatically. You won't have to call the air come in, come in, come in. It will come automatically. In the same way the day your vessel, in form of the chitta, is completely empty, God will start flowing through you. You will not need to search for God. He is present within you. All you need to do is purify the place.

Take a stone for example. The sculptor sees the image of Krishna in the stone. You only see the stone. So, what does the sculptor do? All that is not Krishna, all that is excess, he removes it all. And the idol of Krishna appears. So now did he put Krishna magically into the stone? No! The idol was hidden in the stone and all the useless stone pieces were removed by the sculptor and in the same way Guru is also a sculptor. You all have God within you, but whatever is waste, is also filled in there together with God. This (waste) will be removed slowly gradually in the next 8 days. It will all be cleared and in 8 days God will appear.

So now what does the stone have to do? Just be there. What do you have to do? Sit like a stone. Just as a stone has no role, you too have no role in this. Whatever is to be done, is to be done by the sculptor. God is within you. All that is required is to bring it forward, to bring it to view, all the excess needs to be removed.

The attacks we face on our chitta in these modern days has never happened before. There is not much difference between the generation of my father and myself, but there is a huge difference between my generation and my children's generation. I just want to say that the entire world has changed in the last 20 years. The intellect has developed a lot and with that the minds have also developed. Like mobile phones, TVs, cinema. Before we used to go to the cinema once a month. Now days we see movies at home every day. And as if movies weren't enough, now the TV serials have also started. What I mean to say is that there are many things that take our attention outwards, except for the Guru.

The home of Sai is such a place where your chitta can be turned inwards. There are no other places that do this. So just think a little about where we are sitting, about how we should use this opportunity. Think about it. Now think that everything in the world takes our chitta outwards, gives us information about the external world. There is no one to give us the inner knowledge. You just go to temples. just think a little bit! If you think for yourself you will get your own answers.

I will explain to you my thoughts. Just as you go to the temple you will queue up for 2 to 4 hours being pushed and rushed along. Then after 4 hours you get less than a minute, just a moment to do darshan, to see the idol, then the priest will move you along and rush you so others can do darshan also. See, no one welcomed you there. Everyone just pushed you and rushed you. Later after about week someone asks you if you want to go to that place again? Then you will immediately say yes and be ready to go again. Just think about this calmly. Why are you prepared to go to such a place again and again? What do you get when you do darshan of this idol? Would you normally go to such a place where people push you along and rush you? No! and yet you go to temples. Just think about why. What is there in the idol? I will tell you what you get there. A saint who has gone within has placed his inner energy inside that idol. He has consecrated this idol with his inner energy and when you go in front of this idol, even for an instant, in that instant, you go within for a moment. You reach the one within. The idol is just a medium to take you within. Through the medium of the idol you go within because such inner looking energies have been placed in the idols. So, you go closer to the God within you in that moment. That is why you feel good. You don't feel good because you visited a temple or had darshan of an idol. They are all mediums to take you within. God is within you but we cannot reach God. We need a medium to help us to go within.

It is the same at an enshrined masters' places. Just visit the enshrined master. You will see the shrine for a few moments only. There too, you will have to queue for 2 to 4 hours and in that moment of darshan you will feel good. Why? Because in that place there is body buried of the person who was connected to thousands of people during his life time. He has a collectivity of thousands of souls. He has the inner energy established within him. That is why when you see the shrine, in that moment, you go within to the God within you and you feel good. It is the same situation with a living Guru. When you go in the proximity of a living Guru you will feel good.

In my childhood when I used to read the story from the Hindu mythology, for example of Prahlada. I used to read that they had a glow on their faces. I used to think 'glow' means when one bathes and clean their face there is a glow. But that is not the case. 'Glow' means they have an attraction. The attraction is that we go on an inward

journey when we go into their presence. We go inwards because the Guru himself is also in a joyful state inwards. And just as we go in his proximity, we go inwards.

The idol of a God, the shrine of a master, the living Guru, are all mirrors. Just as we require mirror to see our own face. If there is no mirror then we cannot see ourselves, whether we are black or yellow. We need a mirror to see our face. Similarly, we need these mirrors to see the God within us. These are just mirrors that take us within and so, until a Guru who can take you within does not come in to your life, you cannot go within. Until someone plants the 'seed' to go within, it will not happen. You too would have the curiosity that what is my seed. Which seed led me inwards.

Since childhood I had the belief that no physical body can be God. Why not? Because there is no body that was there yesterday, that is there today, and that will be there tomorrow. So, I had this belief. Secondly the frame of my heart was completely empty. I had not believed anyone to be my God. And I was ready to accept God in any form, in any colour, in any caste. I progressed with such a thirst. When a person is thirsty, like he is dying of thirst, and if you give him water he will not ask if the water is from a well, the water is from a river or from where it has come. He won't ask because he is dying (of thirst). So whichever water you give him, he will drink it. I had such a thirst. When this thirst comes into your life, a Guru will come into your life. The arrival of a Guru is not something that happens easily. My frame was completely empty. Even when I used to go to the RamKrishna mission I used to pray and wish that I was alive in his life time. The Guru element was present yesterday, it is present today and it will be present tomorrow. So, there must be some form of the Guru element today. Where would I find him? How will I reach him? I used to think about this all the time.

I used to work in Kolkata as a marketing manager. I used to sit by this river after work. There were some people who were singing bhajans by the river and I used to observe the river. The river will reach the ocean at some point. Then I used to think when I will reach my Guru, like a child craving for its mother. Even though I had everything, I only had one wish. Where to find god.

Whenever I used to meditation I used to see 3 visions in my meditation or even in my dreams. The first one was Pashupatinath Temple, (a temple in Nepal), I used to see a babaji, a saint, in my vision, and I used to see a Shiva temple located on a hill. I used to see these 3 things in my chitta, in my dreams, everywhere I used to see them and I could not understand what they were. One day for some business matter I had to go to Kanpur. I stayed at a hotel near the railway road on that day there was a bank strike and I figured no work will be done because of the strike over the next few days. I remembered the Pashupatinath Temple. So, I asked the hotel to keep my room. I had not talked to anyone, and I took a bus to Gorakhpur and from Gorakhpur to Bharwa and then to Sonali. I took another bus from there at 6 am in the morning. They said we will reach Kathmandu 10 pm at night. It was a very earthy road, very dusty. When I reached Kathmandu, I stayed in a hotel. The next morning, I went to the Pashupatinath Temple and went to do the abhishek of Lord Shiva. When I got there the priest was standing there and he said I knew you would come. I have been waiting for you. He said there is an old man here who has come. Who has been waiting for you couple of days. And I was really astonished. Even I hadn't informed my family or friends or even my work place. How did someone here know that I was coming? Nobody knew. This was a last-minute decision. I continued with my Rudra abhishek in the morning but my attention was not in it. I then met this person who had been waiting for me. He said to me that there is a saint who stays in a cave nearby our village. He comes to visit once in a while. The last time he came, he said that you will be coming here and to bring you to see him and that is why I am here. I am here to take you to see this saint. So, I followed this person. We went through different modes. We travelled by bus. And then later we had to walk. The path leading up to the village was very narrow and we had to put our full focus on the path so as to not fall down.

Once we reached the village. He took me to cave that was some distance away and he asked me to sit on a stone (in front of the cave) and then he left. I sat on this stone waiting for the saint from morning till evening. As it became evening I saw an old man coming out of the entrance of the cave. The entrance was very small and so he had to crawl on his knees, and he was crawling out slowly. When he came out I recognised him immediately, that this was the saint who used to come in my dream and in my meditation. The saint's name was ShivBaba. ShivBaba took me inside his cave. The inside of the cave was very large, I went in and sat before him. He took some water, vibrated the water and he sprinkled it on my head. He then placed his hand on my head and I went into complete meditative state for 3 days. After 3 days as I opened my eyes I saw that ShivBaba was standing in front of me and smiling.

ShivBaba said that I have been waiting for you for the last 40 years. I have imparted all the knowledge that I had stored for you. I have now given it to you. Now it is your work to take this into society, but first you have some karmas you need to clear and so go back and live your life. When the time comes and you cleared your karmas you will come onto this path for spirituality. And he also said that, I'm from Gujrat and your area of work is going to be Gujrat. He said I have given everything to you and now it is time for me to go. Later he took Samadhi and gave up his life. The villagers came and they performed his final rights properly and with full rituals. And the villagers said to me that this cave is very pure, that we won't let anybody go in.

Last year my son went to this place in Nepal. He visited this cave but the villagers would not let him go inside. They said to him that this place is extremely pure and so we are afraid to let anyone go in. A few years ago, some Chinese tourists had gone there and went to visit the cave. And when they went inside and came out a natural disaster occurred in our village; an earthquake happened. And so, the villagers are afraid to let anyone else go inside the cave.

So, after that incident I came back and my search for God ended. I felt no difference physically but the inner search had ended.

Even though that ShivBaba was an ordinary man, ordinary looking man. I still believed him to be my God. He was just a body and yet I believed him to be my God. Because I believed he is the medium that God had chosen, the medium through which God had come into my life. So, he was God for me. The energy of God is the same. The Guru energies are the same. Only the form changes. And the form that God had taken to meet me became my God.

Once the people of the Christine college in Kolkata had asked me to explain the concept of God to some students. I gave them the example of the Narsingh avatar. That incarnation of God, or form of God, half man half animal. That form of God was required at that time and that is why God had taken that form. However, we will never see that form again, which means that God comes in the present form that is required. However, the same form is not repeated. So, if it is not repeated how would you recognise God. How would you know if somebody came in front of you, how do you know that he is God? You will know this because he will have a certain attraction to him. He will be connected to thousands of souls and in his presence, you will start to go inwards. And I felt this when I was in the proximity of ShivBaba.

For example, there is a pipeline that brings water to your house, at the source of the water the pipeline is about 20 feet diameter, then later on it becomes 10 feet and then 5 feet and then slowly and gradually as it gets closer to your house the pipe becomes smaller, thinner and thinner. Ultimately the water in your house comes out of the tap that is less than 1 inch in diameter. So, if you go to the pipe line that is 20 feet in diameter you can feel that the water is flowing through that pipe but you cannot quench your thirst by drinking that water, because you cannot access that water. You can only quench your thirst by going to the tap in your house and opening the tap and drinking the water which is flowing through the tap. And it is the same with God. We get connected to God through the medium that it is flowing through.

I believed a man to be God and I progressed. I surrendered to him completely. I kept my entire attention at the feet of the Guru. And that is how I progressed.

Shirdi is the gateway to moksha (liberation). Meaning... this is only meaningful if you use it as a gateway. Once I was going to Canada. I was at the Mumbai airport. Some sadhaks had taken me through security to the gate. As I was waiting there, one security guard came and he started pressing my legs and massaging my legs and saying that Swamiji please put your hand on my head. I was a little bit concerned and thought that I don't have a problem putting my hand on you head, but will you be able to bare it. But he insisted. He was such a strong and healthy person that I was scared he will break my legs. He was pressing it so hard. So eventually I put my hand over his head. As soon as I did that he completely prostrated in front of me and he started crying and laughing like a crazy person. There was a journalist sitting next to me. She asked, Swamiji is this a devotee of yours and I said, no I have never seen this person before. So, she asked the security guard why are you laughing and crying like such a crazy person? What happened? So, this person the security guard said that Swamiji I am a devotee of Swami Samarth, a few years ago I went to Akkalkoot where the Samadhi of my Guru is. On the day of Gurupurnima, I prayed that Swami Samarth you have given me everything in my life. I have achieved everything. All I wish for now is self-realisation and I had

really prayed from the bottom of my heart. When you put your hand on my head I got the vision of my Guru Swami Samarth. And I saw the vision of my Guru in you and today I feel that wish has been fulfilled.

So, what I'm trying to say is that a samadhist Guru (enshrined Guru) shows you the way to a living Guru but you must have a pure wish.

An enshrined Guru is the road or the path and so even though ShivBaba was human, I believed him to be God. Why? Because after I meet ShivBaba my search for God ended and my inner journey began. And I realised that God is within me and there is no need to search outside. But until you get a person because of whom you go inwards your inner journey cannot begin. After that event I felt I had realised God. Now I got complete satisfaction. The satisfaction that one has achieved God is the biggest satisfaction of one's life. There are no more desires left. I have got God and so nothing was left. All the search ended. I believed ShivBaba to be my God.

Secondly no matter how good a seed is, unless it is being looked after, it cannot grow properly and it may die. Guruma is the gardener who watered the seed and made sure she took care of it so that the seed would grow. Even in the olden days when her salary was only 1400 rupees, she used to give me 500 rupees from it to do the work I needed to do.

When I came into this path my mother died because she couldn't bare this thought that her only child had become a babaji (saint/ascetic). But then Guruma took her place, that of the mother. I didn't even realise when Guruma had taken this place of my mother. So, a woman is only a lover for a moment but a mother for a life time. So how much water to put, which direction the plant needs to go? Guruma took care of all of this. She made sure that I only progressed upwards. Whenever I got distracted she would immediately bring me back on track.

There were many conflicts in my house. My father called me impotent. This is the biggest insult for a man and at that point when my father was not happy with me I said to Guruma that will go back and will start working and I will give up this life of spirituality. But then Guruma said no. until and unless I don't go to your father for money to feed your children, you will be on this path of spirituality. When I am in that situation that I have to ask your father for money, that day you can stop your work and can go back and look for a job. So, all this knowledge is due to ShivBaba and Guruma. And ofcourse because of all of you who are here today.

All the credit goes to Sai Baba here that I got to meet all of you here today. Once when I was well settled in north east of India. The children were ok. They were settled at school. Guruma had a good job. But somehow, I became very restless within. The Gururji at the RamKrishna mission asked me that you are settled here. Why do you want to leave? I couldn't answer this question. All I wanted to do is leave. I didn't know where I had to go. I didn't know why I had to go. All I felt was that I needed to leave and go. When the Gururji of RamKrishna mission asked me why. I said I didn't know and then he asked me is it the calling from God and I said yes. Then he knew that no one will be able to stop me.

Today time is less so we will move onto another topic.

Today we will understand the message of Shirdi Sai Baba. Today's message... To get to today's message we will have to go back to his lifetime. On the date of 19<sup>th</sup> of May 1917. This is the story of Lokmanya Tilak. And it a very historic moment for India, the war of 1857, had concluded which was fought by the Hindus and the Muslims together in unity. The English knew that they had to cause some conflict between the Hindus and the Muslims because they did not want them both to unite against them. So, the government was constantly attempting to create conflicts between the two and separate them, but Sai wanted to bring the Hindus and the Muslims together and end the separation. So, Sai's work was against the government.

See whenever a saint takes birth they come according to the needs of that time and their work is according to the need of the time they take birth in. Sai's work was to bring them (Hindu and Muslim) together. Sai always said 'Sab Ka Malik Ek' (God is one). So, on this particular day Dada Saheb Khapadye and Lokmanya Tilak who was also very famous, they both came with some others. Sai Nath was sitting against a pillow. There was a crowd around him. A small crowd, and yet it was very quiet and peaceful. Outside there were 2 puppies playing. They were quite independent. So what if they were dogs, they were getting the proximity of the Guru and they were in the Guru's aura. Despite the crowd gathered there no one was talking. A child came, a small child who was playing around

there, came and set on Sai's lap and he asked, baba please give me a sweet. And just by that moment it opened up the way for conversation. Sai took a small piece of sweet next to him and put it in the boy's mouth.

The message is that if you want to reach God, become a child. Purify your chitta and become a small child. Then Lokmanya Tilak started to talk. He said that we pray that the nation gets independence. We make efforts ourselves. We try for it. We pray that our efforts are successful and Sai Baba said that people are bad, you have done enough for others. Now do something for yourself. See what happens, the Guru says something at his level and we understand at our level. So, he says something different and we understand something different. Now that they made a prayer in front of Sai then nation will get independents. So, what will you do? He asked, if the nation gets independence what will you do. And he replied that I will become a teacher and baba smiled because baba knew that he will not see this day of becoming a teacher. This came true because 3 years later he had passed away.

This is not a small event. This is a message for politicians. Don't waste your entire life in politics. Do something for yourself. Do something for yourself to get self-realisation. But first you must wish for it. You cannot progress without it.

Today's chakra is the Muladhar Chakra. The Muladhar chakra is also called the base chakra. When we were born, God gave us the earth to purify our chitta and our body. When we go in the proximity of earth then the earth helps to purify and cleanse us. These days we wear shoes in the house. We also wear shoes at work. We wear shoes everywhere. And so, we have lost our connection to the earth and we have got many illnesses. I recommend that you sit on the floor for at least one hour daily. You will see slowly and gradually your illnesses and diseases will go away. See, the earth has a gravitational force within it. And when we are connected to the earth, through the gravitational force, it pulls out all the negativities and diseases from our body.

Whenever I go overseas I don't talk about religion because I could talk about one religion and they will start talking about their religion. So, all we do, the only thing I talk about is energy, aura and vibrations. One Christian priest named Collin met me in the UK. One day we were sitting on different sofas but on the same level. He was sitting on one sofa, I was sitting on one sofa next to him. And I said Collin please bring your hands forward. Now tell me, do you feel any vibrations. And Collin said yes Swamiji I feel some vibrations. So, then I asked him Collin sit on the ground and now put your hands forward. So, Collin set on the ground and he put his hands in front of him. And I asked Collin, do you feel any vibrations now? And Collin said yes Swamiji, actually I'm feeling stronger vibrations. And so, this was a practical and in that moment Collin understood that because he was connected to the ground and lower he was feeling stronger vibrations.

The next day we had an event. Everyone was sitting on the chairs and Collin chose to sit down on the ground. Secondly if you can sit down on the ground. Leave your post and where you from. Even the westerners have learnt to sit on the ground. There are some tribes living in the Himalayas who have no hospitals or no medical care at all. They cure all their illnesses by praying to earth. They think of the earth as the mother. They believe that earth is their mother and with that feeling they go and pray to mother earth and through that they cure their illnesses. And so, go sit in the lap of mother earth like you will sit in your mother's lap. Go with that feeling.

I teach the Jain Monks how to do this because they also don't believe in going to the hospitals or taking any medication. And so, there is only prayer left for them, to help them.

Sometimes the people who live in families they think that the ascetics and the saints are living and enjoying their lives and we have so many problems, so many marital problems and problems in the house with the family. But it is the case that we always think the grass is greener on the other side. You see even they have problems, but their issues are different to what the family people's are. When I hold the shibirs for the Jain monks, they are very small events. Only 10 to 20 people attend it, but it goes for very long. Sometimes 6 hours a day I spend with them for each of those 8 days.

Some sadhaks get jealous and they ask me Swamiji why are you spending so much time with these people and yet you don't spend so much time with us. And I tell them that these people have walked for 800 kilometres just to see me. And when I have your programs I come to you and that is the difference.

It is not that these Jain monks don't have any problems or any saint doesn't have any problem. Recently, I have found that they ask me only one question. One Jain monk has written a letter to me, and he asked me only one

question on the topic of desire and lust. Previously when people used to ask me or share their problems with me I used to give them one solution. Meditate Meditate Meditate. And all your problems will be resolved. But see what happens is that when a person asks with such intensity my response is based to match that question and the level at which the person has asked the question. My answer will depend on the persons receiving capacity. And so, when this person wrote a letter to me he wrote it with such feeling and intensity that it took my attention to that problem. Then I examined the issue. And my reply was quite lengthy and explained to him what the issue was and the solution for it, see what happens is, my response was that you try to control your physical desires and urges, and so your entire attention is on it 24 hours a day because you are very alert. You eat less food and so you have very limited energy. You do a little bit of work and you walk around and you spend that energy completely. As you don't use any modern transportation, vehicles or anything you walk all the places that you go to. And so, you are expending more energy as well. So, at the end of the day you have no energy left and therefore there is no question of the physical urges arising in your body. But you are always alert and you always working hard so you don't get these urges. Then when you rest anywhere for a few days, when you come across a place and you stay there for a few days you might eat some nice healthy food, and you will rest there for a few days, so you are not walking around. So, what will happen that now the energy in your body will increase? And the physical urges and desires will come back. And these are not young people. These are old people who are asking me these questions. These are men who are 70, 80 years of age. So, they ask me, what is the way out? See what happens is when we are young we have control over our body and our muscles because we are young and healthy. As we get older we lose that control over our muscles and our muscles become weaker. You will see that even old men sometimes when they go from the room to the bath room they will not be able to hold on and they will start urinating along the way. So, the youth can control their muscles and all these urges. But as you grow older your control weakens, your muscles weaken and therefore you lose control. So, I told them the solution is change your nature. See, when we meditate during meditation the energy flows upwards. The question of lust and sexual desire arises when the energy is flowing downwards, towards the Muladhar (base) chakra. And so, when we meditate, the energy flows upwards to the Sahastrar (crown) chakra, and so there is no question of the lust or sexual desire arising. There is no need to control your urges because it is an automatic process, as your energies automatically flowing upwards, you will not get these thoughts or urges, so no lustful thoughts will arise. See, generally our chitta (attention) is destroyed because of two things. Excessive thoughts about food and lust. See, there is a ritual or pilgrimage in India, Maharashtra, where people must beg at different houses, if you join the pilgrimage, then you have to beg for food from five different houses. The intention of that, is that, when you beg food from different houses, all the food that you get from the each of the houses will be different in taste, look and ingredients and so people will then eat that food. Slowly and gradually, as you eat that food every day, which is very different, you will lose the sensitivity in your tongues, taste buds, and gradually you will not be able to distinguish it and so, I tell ladies, that if your husband is very picky and fussy eater, then send them on this pilgrimage and they will be brought into line.

So, the solution is to meditate, and you will not get thoughts of lust and so, there is no question of physical urges arising. Many times, we see in society that Gurus encounter a downfall. So, when recently we had the parliamentarian shibir, I proposed to the politicians to issue licences to the Gurus. For an example, when we are driving a vehicle, we get a motor vehicle license that is valid for five years, and every five years we must renew this license. Hence, I suggested the same for the Gurus, issue them a license. First, check their aura, if their aura is good, then you issue them a license and after 5 years they need to get their aura checked again. If their aura is good issue them another 5 years license and but if it is not, then, you don't issue it to them and tell them to go home and meditate and improve their aura and after that they can come back and apply their license again.

See, this will benefit on two fronts, firstly, the Guru, himself will come to know if his state is declining and so he will be able to do something about it and secondly, the sadhaks or his followers will not get hurt. This is because what happens is, when a Guru's state declines, and they go through a downfall, then that hurts the followers' sentiments a lot because of their actions which are inappropriate. And so, I suggested this to the politicians. And it doesn't have to be compulsory, it can be by choice even.

Because, see in spirituality, one cannot deceive the energy. If a person is not rich, he can borrow money from other people and he can make a show of a rich person. If a person is not intellectual, he can read a few books and gather a few bits and pieces of information and he can make a show that he is an intellectual. But with energy, one cannot make a show of energy. People used to laugh at me about the aura, 15 years ago. But recently, when I took a shibir

of 5,000 doctors, they also tested their auras because with technology these days, the aura can also be measured and aura photographs can be taken and so when I took the shibir of 5,000 doctors, they took their aura photograph before the event and then they took one after the event and they saw the change within them.

See anyone can talk about good things, people ... whatever words they use, they can be said in good words but the aura can tell us whether the person is truly good or not, what their thoughts and intentions are from within. So currently, the medical science has not been progressed so far. It is limited to the physical body. Medical science only analyses the physical body, that which they can touch, which they can see, but there is no analysis on thoughts and this will progress in the future as well. In future, there will be technology that can measure a person's thoughts. I also got my aura picture taken, 3 times in the past. Once I took it, 10 years ago, and when I visited the UK last year, they said that your aura picture is very old, you tell people to take their aura pictures every 5 years, that is what you recommend, but your aura picture is 10 years old.

So, because of their wish, I also took another aura picture, 10 years later, last year. We took a new photograph. That day, I sat in the tube, this is the train system in the UK. I had never sat in the tube before and got off on the underground station in London and it was at the lower ground and there were 9 levels of stations above us.

So, we got out, underground and went up, as we got out on street level, all I could see was, big buildings, it was like an area lots of banks. I got taken into this place, where they were taking aura pictures. It was a very small room and just like there is a machine for CT- scans, there was a machine over there as well. There was a metal plate, and I sat there, they asked me to put my palms in the metal plates. The person who was taking the photograph, it took him 30 minutes to analyse the photograph. After 30 minutes, he asked me, how are you alive? This aura photograph is of a person who has no physical feelings. I said that I don't stay in this state always. I am in a high state normally, but whenever my sadhaks (followers) and management brings me down to the physical level and so my state is always going up and down, fluctuates all the time.

The benefit of taking aura photograph in the UK was also seen in Sri Lanka. Before my tour in Sri Lanka, last year, the aura photograph was sent and distributed to the people over there. So, when I went to Sri Lanka, the Buddhist monks, they came outside to receive me. They said, that your aura is like that of a buddha. When I was in Sri Lanka, I met the Sri Lankan prime minister as well. We had a very long meeting. I told him, every nation wants no conflict. They all want their nations to be peaceful. Every leader, wants that the people in their nation don't have any barriers between them of language, creed, religion, race, so that they can focus on their future progress. But do you have a way for this to be reality? There is no way currently for all the nations to make that to reality. But Samarpan meditation is one way that awakens the humanity within people. Just as today we have 400 people from around the world at this event. Most of them, they are westerners and they have come here. They cannot understand a word but they have crossed all the barriers of their countries, their religions, and they have come from 22 different countries. Why? Are they here to listen to me? No. They have come here and they put their attention only on the vibrations that are flowing. See, the words are just a medium but the energy that flows through the words is what is important.

We also have another function, Gurupoornima, where 10,000 people come, they stay together for three days and live together. No one asks, where are you from, what is your post, what is your career because they all live together as one and so the Prime Minister of Sri Lanka asked me to go to Jaffna. Jaffna is in the northern Sri Lanka. It is a very disturbed area and so some of the youths who have never been to Jaffna, they came along and we went to Jaffna. Now Jaffna is progressed as there is a meditation centre over there as well.

See, you cannot do a show of spirituality. As they say, drink water after purifying it and make someone your Guru after testing Him. This aura report will give you the proof that you need about your Guru.

I ask you, go to Sai Baba, pray for self-realization and the inner path for your inner peace will open and show itself. Shirdi is the gateway to Liberation. See, depends on what you ask for when you go there. If you ask for one chocolate at a time, you will only get one chocolate. But if you ask for the whole box of chocolates, then once you get the whole box of chocolates, you can go home and eat individual chocolate at your convenience. The Muladhar chakra is also related to the chitta, (your attention). Analyse for yourself, whatever you see, the thoughts that you get, analyse yourself. If you see a beautiful girl on the road and if you say, Oh! God make such a beautiful girl, then it is okay, you are appreciating the beauty that God has made. But then, if you see a beautiful girl and you get dirty and lustful



thoughts, then that means, that your Muladhar chakra, is polluted. See even a thief can progress a little bit (because it is their Navel chakra that is blocked) but one whose Muladhar chakra is blocked cannot progress at all. One who has ill, dirty thoughts about women, cannot progress at all. See, the kundalini energy is a feminine energy, so one cannot insult one female while worshipping another female. Then, one cannot progress. See, for many years, the Gurus and ascetics in the Himalayas, have believed that woman should not be allowed because women are an obstacle to spirituality.

When I was in the Himalayas, I did not see even one woman over there. This is because the people who are all in Himalayas they went from the society. In society, they believed that women can be a hindrance to spiritual progress. They have auras around them, their compounds, just as we have fencing around our compounds here. They have their aura compounds in the Himalayas, where no one can enter their aura without their permission. Even here, no one can enter without Baba's permission in Shirdi. You have come here with his wish. So, how can a woman reach to the Himalayas? Once they go there, they establish their compounds, and wish that no woman can breach their compounds. When they start meditating, and reached a higher spiritual state, my Gurus realised that men and women are equal. They reached the higher state where the soul was a soul beyond male and female. And so, when I went there, my Gurus taught me that it is too late for us, we cannot change our ways because we are set in our ways, but we don't want you to make the same mistake that we made. And that is why, when I came back, I gave just as much importance to woman. That's why in Samarpan Meditation, you will see that women are at the forefront. There is no centre without a woman in Samarpan Meditation. The marketing that has been done, women had given a very high contribution and this all started with Guruma. Guruma allowed me to go out and share this knowledge. So, her contribution is huge to Samarpan Meditation.

Secondly, you will get a different experience, when you go inwards. Observe, what is happening inside of you. I am only a medium, and the medium is connecting you to the Guru energies. It's like the wedding, when you go out for a wedding, there's a menu for dinner. There are 25 different dishes which are prepared. The waiter is only there to serve you the food. The cooks who made the food, are inside in the kitchen. So you cannot see the people who cooked the food, but you can only see the waiter who is serving you the food and so, it's the same with me. I am here only to serve you, I have not made this food or brought this knowledge. I am only serving it to you like a waiter. So, if you want to say thanks, then say thank the cooks, the Gurus who are responsible for this knowledge to come here. So, you will have a new experience every day.

Recently, we had an International Retreat for Saints. Saints from different countries came and attended this retreat. They were from Europe, Nepal, Arab country, Sri Lanka, etc. They were from different religions and backgrounds. But they found one thing in the ashram. They mentioned to me, that, Swamiji, we have noticed that there are many youths in your ashrams. Whereas normally in ashrams you find only old people. Why, is this the case? And I told them, It is because I am completely illiterate, I only talk about experience, and practical and they like it. These days, the younger generations, they want theory and they want practical knowledge at the same time. And I believe in experience, and that's why lakhs (100,000) of youth have joined Samarpan Meditation. Because every day is a different experience.

So, the Muladhar chakra is also related to the chitta. Strengthen your chitta, your progress depends on this. For example, if we read about somebody who is a Trikal gyani, one who can see in 3 times, they can see the past, future and the present also and we think that this is a special spiritual power that they possess. But, in reality it's not a power. This is nothing special, it's not magic. This is a state of your chitta. Once you start meditation, in meditation, you can reach the state where u can take the chitta to the past or in the future, within a moment and that is called, Trikal gyani.

Last year, when I went to UK, Dr Binnytha from Germany, asked me a question, that Swamiji, will Trump win the elections or not? Who will win the American elections? And I told her immediately, that Trump will win, even though I didn't know much about politics. Later, in Germany, some politicians asked me. Tell us what our situation will be in Germany. We wish for one united party to win and I said no, this will not happen. You will have a split party and that turned out to be true. So how did I get this information? When my chitta (attention) went to that place, I got the information of what was going to happen from the future. It happened again in Rajkot, last year when we had the international retreat, held in Rajkot, Gujarat. I was asked a similar question, on which party was going to win, whether Congress or BJP? And I said it will be the same results.

Another example I will give you, is that once that when Dr Binytha was in India, she had to go back to Germany, and on that day she was about to leave, it was snowing very heavily, in Germany, there was a storm coming and the sadhika she was staying with, asked me, Swamiji should we let Binytha travel or not because the snow storm is coming and I said immediately that it's okay, let her travel, that's fine. The Snow is in Munich and not in the area where she is going. So you see the chitta goes there instantly, it's like a big room. You have a big bungalow which is dark and you are looking for a key. You are looking for the key and it will take a long time for you to go through the whole house to find out the information. But if somebody, takes a torch and shines it and says it's under the table and shines the torch there, then you can go in instantly and you can take it and so it's in the same way.

There is a sadhika here who does the Gurukarya of assisting with deliveries, passing me the information of deliveries. So, there was once, there was a doctor, who was also the patient. So, the doctor, the lady who was delivering the baby, and the mother herself was also a doctor and a sadhika and the doctor who was delivering the baby, she was also a sadhika and so both of their efforts were that delivery should be very normal. However, because of some complications, there were chances of caesarean section, there were other 6 doctors who were observing the delivery and they thought that it was possible that they would need the caesarean section. My father-in-law, who is also a doctore, was also with me at that time, and when he heard about the situation, he also felt that this delivery will not happen naturally and they will need to have a caesarean section. However, I asked the sadhika, the doctor that tell me what you need for a normal delivery. What is the state and situation, that you need, so that there will be a normal delivery. So, she explained to me, the condition they needed the baby and the mother to be in and I said, okay give me ten minutes. I put my attention on it, and 10 minutes later, the woman had a normal delivery.

So, these days, I only enjoy doing that. Now that my work my work has ended, I would like to spend rest of my time doing what I enjoy and there are two things that I enjoy doing. One is to teach the Gurus, I feel that the Jain Gurus, they have devoted their entire life for their followers so they should receive this knowledge of experience. I would like to guide them and take the shibirs for the Jain monks. The second thing I enjoy doing is, delivering babies. So, assisting in the normal deliveries of babies and there is a sadhika who does this work for me. She passes the information exactly as it comes from the doctors to me and then conveys my response as I say exactly to the doctors. And I feel that these must be such blessed souls taking birth at the time when the attention of the Self-Realised Guru is on them. Now, I only do what makes me happy.

People who knew me 25 years ago, they ask me when they meet me today. They are very surprised and they ask me, how has Samarpan Meditation spread so quickly and around the world and become so huge, and it's very free, how did that happen? I tell them, firstly, I have done the work of the Guru, I am doing the work of God and because I am doing the work of God I never think of money. I always think that God will provide the money, then why worry. And, the sadhaks also have this confidence and the work just comes and it happens in Samarpan Meditation. And I always did this work with good intentions and no expectations, see even after today, after this program, when you go back, I will not come and ask you whether you are meditating or not? I only do this work of spreading the knowledge because it brings joy to my soul.

So, find something that also brings you joy, don't do it just to show off. Just do something, find a hobby that brings you joy and makes you feel good. When we do something just because we feel good, it strengthens our soul and everything else will happen on its own as a by-product. The Muladhar chakra is a foundation. Everything depends on how strong your chitta is and most importantly, how pure.

So, we say "I am a holy soul, I am a pure soul", these are not just words, you have to feel it as well. When you say 'I am a holy soul' feel that you have taken different births, in different casts, in different religion, in different languages, still the soul has maintained its holiness. Feel it, the soul has remained holy. Feel it. When you say, 'I am a pure soul', forget that you are different colours, forget your post, whether you are a man or a woman, you are just a **PURE SOUL**.

Secondly, all the problems that exist in life, are because of physical feelings. The more you are associated with your physical body, the greater the problems you will face and so, if you reduce, the feelings of association with your physical body, then your problem will decrease as well and it will strengthen your soul.

And just as your soul is strengthened, your problems will decrease automatically. See, there is a problem outside because, there is problem inside of you. Now, I will explain this to you using a story.

Once, there were two farm workers, they used to work on somebody else's farm, the workers were named Ramu and Shamu.

One day, the king of that kingdom, went on a hunting trip and he became lost and after a couple of days, he found his way to his farm. There, Shamu and Ramu, they shared their food with this king and the king was very impressed with their service, he offered them and asked them, I will give you anything, what do you want? First, they refused, they said no, we did this because it felt good to share our food with you and so we did it and don't want anything, but the king insisted, said, no, I wish to give you something. So, tell me, what do you want? So, Shamu asked, for a piece of land. He said, that I have been working on somebody else's farm for my whole life. If I could get some land, then I could do some farming for myself and build a future for my children. So, the king said, okay, he allocated some land to, Shamu and he asked Ramu, if he wanted some land as well. Ramu said, no, I don't want anything, king insisted again, and he said, no, tell me anything that you want and I will give it to you. So, Ramu said, I really don't wish for anything, if you do want to give me something, then I only ask for only one thing.

You come to my house for a meal, during Diwali (festival of lights), once a year, there's a Diwali festival and I wish, you come for a meal. The king, was quite surprised with his request but because he had promised, he agreed to it. When he went back, as the Diwali festival was nearing, the ministers of the court, they realized that the king was going to Ramu's house for a meal. Then, they thought, how can the King, visit such a place that is a small hut, has no facilities, and so the ministers, got together, and they, constructed a big house in place of Ramu's hut and made a good road so that, the King could travel in comfort and so, the people started to know the king is coming to visit Ramu's house for a meal. They too started decorating and doing up their houses along the way. So, as the years when by, villages along the way, the path between the kingdom and Ramu's house, they also got progressed and developed well. Once when Shamu visited, Ramu asked him how he was doing. Shamu replied that my state is still the same, first I didn't have land for farming, now I have some land but there is shortage of water and so I am not able to farm on the land.

Hence, what I am trying to tell through this, story is that when you get the proximity of the Guru, everything else, happens automatically. Many times, I tell sadhaks, the story of the calf and the cow, imagine there's a farmer who wants the cow to go into one direction, but the cow is very stubborn, refuses to move in that direction. In fact, it sits down, then it's very difficult, for that, farmer to move the cow. What the farmer does is that, he will leave the cow, he will go and pick up the calf, the cow's baby. He will pick up the calf and walks in the direction he wants to go. Then, the cow will automatically get up and starts following him because he has the calf. So, I tell the sadhaks, that you hold on and latch on the Gurukarya, and I will follow. I also progressed in that manner. I also, focus all my time on Gurukarya and I always feel the proximity of my Gurus with me. See, you get many days to sit with me. 8 days here now, but I got, very few opportunities to be with my Gurus. I got 3 to 4 days. But, this was enough, because, now that I have dedicated my life to Gurukarya, I feel my Gurus with me all the time. The Guru is always present in his karya (work). The more Gurukarya you do, the closer the Guru is to you.

The next thing is, to purify the chitta, do collective meditation, there are two wheels of bicycle and in meditation, it's also the same, we have two wheels, regularity, and collectivity. The morning meditation, is yours, do it in isolation. Find a nice room or a garden, or a quiet place, and as you do your morning meditation, it is in isolation. Gradually, your aura will expand, and in the evening, do meditation in collectivity. Go to the centre for collective meditation, it will help you gain control over your chitta. Isolation helps you to strengthen your chitta but, it cannot give you control over your chitta.

Many times, I notice people, sadhaks who start meditation, they progress very quickly. Their chitta becomes strong very quickly, but within 6 months their state becomes really bad. This is because they cannot control their chitta. Imagine if there is a car that is travelling at 20km/h, if it meets with an accident, the accident will be small and the impact will be less. However, if the car is going really fast, like at 100km/h then if it meets with an accident there is a chance of death also. And similarly strengthen you chitta, but also gain control over your chitta through collective meditation. And you have to change your habit of seeing the faults of other people. See, before you were dirty and the other people are dirty, so if your attention is on other people then it won't have such a significant impact.

However, now when you do meditation your chitta will purify and it will strengthen and so if you put your attention on other people and their faults then you will become a dustbin and receive all of their negative energy. So, it is very important to keep our vessel clean, to keep our chitta purified. And until this happens don't waste your energy on others. Once your chitta becomes pure then God will appear within you. There is no need to search for God outside. The only thing required is for you to purify your chitta. So, analyse yourself. Where is your chitta? Where do you put your attention every day? Wherever your attention is, you will receive energy from that place.

Every morning from tomorrow we have morning yoga class here in this field. Come for it. I highly recommend that you come for it. Yoga helps us to sit. By doing yoga each morning, it helps us to get control over our body. And as we meditate, our body becomes more sensitive and yoga will help us to control the body and learn to sit still.

See, on the 21<sup>st</sup> of June which has been declared the international day of yoga. There are many programs held around the world, but people only focus of the physical yoga. We have the responsibility to present yoga as the complete form of yoga, and we need to teach that yoga includes physical yoga as well as meditation.

A few years ago, I went to Australia. Over there, during a program, 5 yoga teachers attended it and because they were yoga teachers I had the expectation that their spiritual state would be good as well. However, their chitta was really polluted and their state was very bad. The next day, we had another program and they came there. And I got the chance to meet them. When we had the meeting with them, I asked them that you are yoga teachers and yet your spiritual state is very bad. They admitted to me saying that Swamiji we came only onto this path for physical fitness, we had no intention for spirituality or spiritual progress. We only came so that we could have good fit physical bodies. And I said that now your chitta is very polluted, your state is very bad. And so, they asked me what do we do Swamiji. And I said that do sky gazing for one hour every day. Lay down on the grass outside or anywhere and just look at the sky for one hour. Even if people think that you gone crazy don't worry about them. Just look at the sky. When our attention is on something that is eternal then our chitta will strengthen. You have been putting your attention on your physical body which is perishable and that is why your chitta has been destroyed. Now you put your attention on something that is eternal like the sky and your chitta will become stronger. There are 2 ways to strengthen our chitta. One is to sit on the ground, sit on the ground every day for an hour. The other is to do sky gazing. When we do sky gazing we become thoughtless. Because the sky is eternal and this will make our chitta stronger.

Now we will meditate

I ask everyone to sit down on the ground if you can.

Swamiji then took us through meditation for a few minutes.

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Tomorrow is Swadishtan chakra day. Swadishtan chakra is related to thoughts, excessive thoughts pollute this chakra. When this chakra is polluted, we get diseases such as diabetes.

Namaskar.