

Shirdi Mahshibir 23 April – 30 April 2018

Day 1 – Introduction

This shibir is organised by the Sai Sansthan in honor of the centennial celebrations.

I welcome you all from the bottom of my heart.

The word SAI means “Sakshat Ishwar” – God personified. God was present yesterday, God is present today and God will be present tomorrow. My salutations to the Sai present in all of your hearts.

Today we will begin our program with the ancient story of 7 nations, 7 different islands. These islands were isolated and they had no knowledge of each other. They believed that their religion, their way of life was the whole world. Gradually, with the development of means of communication and transport, these nations became aware of each other and developed relationship with each other. They became very close to each other. Their businesses increased but at the same time they also started clashing with each other. The reason for the clash was that each nation thought their religion was better than the others’.

There was a sage living in the Himalayas who was watching all this and he came down from the Himalayas and held a meeting with all the leaders of the 7 nations. He taught them meditation and connecting with nature, making them realise that all religions are one. The 7 nations lived peacefully thereafter.

This story may be ancient but is applicable today, due to the rapid development of technology. Human evolution has been very slow, in the old days man used to live in caves, there was nothing, not even fire. Gradually they discovered fire, then the knowledge of how to use fire. Then the stone age came where man used stones to make weapons and hunt and gradually learnt how to farm. Some people went in search for knowledge and went into isolation to meditate. Most never came back and so their paths never reached society, they did not teach the knowledge of inner peace to society. Some had the desire to share their knowledge and experience to mankind so they came and taught their ways and experience to society. The public called them saints and over time their teaching became methods of worship. All methods of worship have one objective – do good and don’t do bad. In all methods, this is similar, but teaching this externally without any inner change is of no use. For example, when a smoker is told smoking is harmful for health, he will nod his head and say yes, smoking is harmful for health but he will continue smoking. There is no inner change.

Is there a method of worship which has only good people? (people who never do anything wrong) No. It is up to each individual how much they internalise and change or whether they just talk about it. There were many saints who came into society and taught their methods but there was no change in society, no introspection or journey within. The Gurus in the Himalayas wanted a different method that was not taught before. So this is their path, the path of experience, of inculcating values. There are no teachings, no rules. Just transfer of energy and values and people will get the knowledge of what is good and what is not good from within.

Religion is the knowledge of what is good and what is bad. Samarpan Meditation is not a method. Recently I took a shibir (program) for Jain monks. They asked me how can we explain what we have learnt to other people because we did nothing. We cannot explain the change within us or our experience to others. There is no way to explain this. This (Samarpan Meditation) is not a method.

There are 3 common methods of meditation in society:

1. Tratak - Focus on the fire to reach the Agnya chakra.
2. Focus on the breath. Observe the breath in and breath out.
3. Bhastika pranayama. A method involving a style of breathing to get to a thoughtless state.

But none of these things are present in Samarpan Meditation. It is also completely free. So there is no way to develop the ego in this way as you are not doing anything so there is no ego that I did this or I did that or that I paid this much and learnt this. “I” does not exist. You do not have to do anything, all energies will be transferred into you in these 8 days.

Once I took a shibir of 90 Jain monks. The head of the Jain monks wrote a letter to me. He said that Swamiji you are a great scholar of sanskrit, you have studied our Jain religion and written about it in detail in your books. I took the

letter and kept it. Later when I met him, I told him that I have not even read one book nor have I studied Sanskrit and it was not taught to me. When I was with my Gurus I was completely surrendered to them and so their knowledge was automatically transferred to me in their proximity and hence I was able to write these books. This knowledge cannot be taught or learnt, it is an automatic process when one is surrendered, and it cannot be stopped, it happens automatically. This is not a method, it is a transfer of values.

The Gurus in the Himalayas established a method but how to reach society? How do they transfer spread the message into society so they found a medium who is completely empty and had no previous knowledge and authorised this medium to do their work. I asked my Gurus that why have you selected me for this task, you have disciples who are much better students than me and they replied that they may be better students however they are not able to teach anyone. They said that you may be an average student but you have the desire to spread this knowledge and teach the common man in society. So my Gurus authorised me for this work. 'Authorised' is an important word. When authorised, even an ordinary man can do extraordinary things. My Gurus sent me to society after authorising me and hence this work is getting done on a grand scale. I have not read even one book on this topic but I have written many books about my experience. I do not even read my own books because I feel guilty that I am not able to write even 10% of my experiences.

We have bookish knowledge but not experience. When I first came to society, I held a small shibir. There was a doctor who attended this shibir. This doctor was well versed in meditation, he had practised it for more than 30 years and had read many books on it. He used to analyse everything on an intellectual level. One day I asked him to come visit me as an illiterate. I asked him to leave all his knowledge and come the next morning, completely empty. He asked me why, and I told him to just come. The next morning when he came I was meditating and so he sat down and meditated as well. After the meditation he told me that even though he had been meditating for over 30 years, he had never experienced such a good meditation before. I told him it was because he had put aside his bookish knowledge and hence was able to experience meditation. One can reach God through reading but cannot experience God with the bookish knowledge.

So for this 8 days, keep aside all your previous knowledge and just sit here. Do not compare this to anything else, leave all your knowledge and sit here. Come as a child, completely empty. I will talk of my experience only. For example, if you read a book about cows, you will learn a lot about cows, what they look like, what kind of animal they are, but if you want to drink milk, then you need to find a living cow and get the milk from it. Books can also give you the knowledge about cows so you can differentiate a cow from a donkey, but they cannot give you milk. I get many requests from the Theosophical Society in the UK to give talks. They have big libraries with many floors filled with books and still they call me to give a talk. The last time I went to UK I gave a talk there. I told them that you look at the picture of a cow 364 days a year and you are drinking milk on one day. Without a living Guru, one cannot get the knowledge of experience. Imagine there is a farmer who prepares his land, puts manure, fertiliser there and waters the place for days. He will still not get any trees or fruit without a seed.

So, make a pure wish and the path ahead will become visible.

I used to have a question when I was young and that question is relevant all over the world today even after 60 years. The effect of modern culture on everyone globally. People complain that today's youth have no interest in spirituality. We blame the Modern culture for this. But it is because the youth of today are very practical. If you tell them God exists, they will ask you where is the proof, and prove to me God exists. They need practical experience. It is because of this question that I have come into the path of spirituality.

I was 5 years and old living with my maternal grandparents. They were my only world. Only they had time for me, and all my time was spent with them. My grandfather was a devotee of Lord Hanuman and Grandmother a devotee of Lord Krishna. Once I asked my grandmother "let's go to the Hanuman temple". My grandmother said "no, that is your grandfather's God, my God is Lord Krishna". From that day I learnt that God is based on belief, who you believe in – that is your God.

There used to be a priest that used to come and my grandmother used to say that he is the mic (microphone) of God. God speaks through him. One day this person got TB and fell very ill, he was in hospital. So, I asked my maternal

grandmother if he is the mic of god, why is god not treating him? Why is he so sick and in hospital? So, it means he is not the mic of God or God does not exist. My maternal grandmother was not ready to accept it either of those.

Later on, there was a boat going to Haridwar. Haridwar is a pilgrimage place, a very holy place. There was a boat full of people going for a pilgrimage. That boat sunk and everyone in that boat died. So, I questioned again, if there is an accident on the road then I accept people are going about their daily lives and they meet in an accident and die. It's ok, it happens. But if there are people who are going to visit God, these are people who believe in God and they were going on a pilgrimage, why did God not save them? My maternal grandmother had no answer for this question.

Later I observed that a Muslim fakir used to cure people but he never used to ask their religion. If a Hindu came to him, he will cure them and give them medicine. If a Muslim came to him, he would do the same. Similarly, there was a Hindu Saint. He too would cure everybody that came to him. He would not ask people their religion. If a Muslim came he would cure him.

My maternal grandmother said God is omnipresent. He was present yesterday, he is present today and he will be present tomorrow. I told my maternal grandmother that I want to search for God. When I find God, I will share this knowledge with the rest of the world. That is what I am doing today.

Once I had observed there was priest in a Krishna temple. The priest used to sit next to the idol of Krishna. He used to look after it, wash it and perform all the rituals. Once the priest came to our house to perform some rituals and he started arguing with my family that I don't want 11 rupees, I want 21 rupees. He started asking for more money. Then I thought that if this priest is so close to God how come he is so greedy and arguing over a small amount of money?

One day my maternal grandfather fell ill. My uncle sent me to call the doctor. When I went, the doctor was in the garden with his wife and they were looking up in the sky. The doctor's wife exclaimed "wow! it's so big, it's got such a huge tail". I got so scared I thought it was a monster. I ran home to my maternal grandfather and I told him about this. My maternal grandfather said don't worry it's not a monster. This is a shooting star, this is something that is not seen often, but they will see the shooting star in the sky. That day I slept with my grandfather. When I woke up in the morning I was sleeping in the neighbour's house. I was quite shocked, what was going on? I had fallen asleep next to my grandfather, why am I waking up in the neighbour's house? The neighbours were looking after me very well. They brought me many toys, they made the food that I liked, kept asking me if I wanted anything and kept looking after me. Later I had found out that my grandfather had passed away. I asked my father were did grandfather go? They told me he has gone to God. So, I said I also want to go to God. They said don't talk like that. And I couldn't understand why. If grandfather is gone to God's house, why can't I go? I kept insisting and said that if you don't want to go, I will go by myself. I didn't really want God. I was not searching for God. I just wanted my grandfather back. But that became the medium to inspire the search for God. And later on, as I progressed in my search for God my grandfather wasn't the reason anymore and I truly went in search of God.

I did everything everyone said. Some people said chant and you will find God. I started chanting. Some people said do this ritual and you will find God. I did those rituals. I did everything that anyone suggested and yet I did not find God. Because you cannot get God, you cannot achieve God through efforts. In this path there is no room for efforts. There is no place for efforts. Because God is within us. When we are searching outside we cannot find God, something that is within us.

My experience is of no use to you people, because just like when a plane is flying it leaves no trail behind. When the plane is gone, it's gone, it doesn't show you the path anymore. You cannot see anything once it's gone. It is similar with the medium. What is my experience it is different from what will be your experience, experience for yourself. I can only show you the path while I am alive. When I am gone, I am gone. I can only show you the direction. After I am gone you can see someone pointing in the direction, but you cannot see the path at that time. And so, focus only in the present. And focus on your experience. You will get a different experience than somebody else.

There are many books that have experiences written in them. They can guide you sometimes. When we have an experience, they can guide you on what it was, but it is not necessary we also get that same experience, because each individual's experience is different.

So, we are here today, let us understand what SAI thought. To understand that we have to go back into that time when he was living. This is the story of his life. One morning he was sitting in Dwarkamai, his place of residence. He had his right leg straight. His toe you injured, so there was a bandage around it. His left leg was bent and resting on a pillow. Some women were making some rangoli designs and being creative. There were children playing around. One devotee was collecting some ash. There were a few farmers around. There was a basket of roses. And the vibrations coming out of his feet were spreading the scent of those roses around the environment. The environment was very peaceful. Some youth came to speak to him. Some youth asked him, Sai we are going in search of God. Please bless us. Sai said to them it is good that you are going on this pilgrimage at this young age. At this age you should travel because your body is young, you are strong and you are able to travel more comfortably, but don't go in search of God. There is God within you, there is God in your children, and there is God in your wife. Don't leave your family in search of God because you have already achieved God. If you want to go visit holy places then go. Go for the energy and you can go see those places. But don't go for the reason of searching for God. God is here.

Likewise, we also search for God outside. Yes, looking for God in idols, in a Guru, in temples, holy places. But one cannot get God through efforts. I am speaking from my experience. I tried everything. I was only disappointed. I only got God through prayer. After all our efforts have resulted in nothing. Then we turn to prayer. Only then can that prayer get them to God. Because God is within. Go within and your search will end. All the restlessness will end and you will find peace, you will find God.

This year has been declared the year of security forces. This collectively includes police, navy, armed forces, all professions that are security in nature are included in this collectively.

Years ago there was age of physical fitness. The person that was most physically strong ruled. Later came the age of intelligence. We are now living in that age. The person who is most intelligent rules, but that age is coming to an end. Now the age of Chitta Shakti is about to come. Chitta means the power of attention. Where we put our attention or mind. The Chitta Shakti age is coming now. So, the nation that will be the most successful in this kind of activity is the nation whose armed forces will have good Chitta Shakti. It is not enough to do some marching. LEFT RIGHT LEFT RIGHT. What that does is it balances you physically but not completely, because you need mental balance as well. That can be found through meditation.

There are people in security forces around India that are watching this discourse online. I asked them not to come. But I asked them to gather together and watch it online. So, they all logged in and are watching it. I asked them to just join in, forget your post, forget your authority and just connect to the collectivity. What happens if you don't forget your post or your position, then you cannot enjoy the activity. Because once you are aware of your post then all the responsibilities of that post are also there and you are not able to let go. In this path there is no place for discipline either. What is important is feeling. I went once for a program for security forces, and the problem started they all spoke together in a military fashion "SIT DOWN, BACK STRAIGHT, RELAX, MEDITATE!". I said it won't happen. Forget your discipline. Forget your post. This comes without a post. Otherwise you will start remembering your responsibilities. So, I ask you for the next 8 days, and that is only 16 hours of your time, this 16 hours will change your life. Just sit here and do nothing. There is nothing to do.

There are some channels in our body. There is the moon channel, which is the left channel. There is the sun channel, which is the right channel. And meditation happens in the middle channel. When you are completely in the middle that's when you are thoughtless and meditating and you connect to the collectivity.

When we make efforts, when we are doing any physical activity like walking, going anywhere, doing something we are in the right channel, our energies are flowing through the right channel. Thus, all efforts take us to the right channel.

So, I ask you just come and sit. I will talk, sometimes I talk nonsense but don't pay attention to the words, the words are not important. What is important is the vibration that flows through the medium of the words. That energy; so go inwards and observe what is happening to your body, what is happening in your back bone, what is happening in your heart, at your forehead, on your crown chakra? Observe if you are feeling itchy. The biggest obstacle in meditation is the physical body. Even places you never felt itchy will start feeling itchy and you will want to scratch.

You have seen the entire world. Now look at yourself, know yourself. You have looked outside enough. Now observe inwards. Observe the change within you and experience.

Approximately 10 years ago we had held a similar shibir event (program) for 8 days in Rajkot. In that event the people from red cross society had a stall outside. On the first day they checked people's blood pressure and sugar, and kept those records. After 8 days those same people went and got their blood pressure and sugar checked again. In 85% of people, there was an improvement in their results. So, what did they do? They did nothing. All they did was they spend 2 hours in the collectivity of thousands people and that is the same here. You do the same. Just come and connect with the collectivity. I didn't even see those sadhaks. I'm sitting here. There are big flood lights on my face. I can't see anyone. I just see a darkness beyond. So, I didn't even see these people and yet there was change within them in 8 days. This is the effect of proximity. Because they are not here alone. They are part of collectivity of hundreds of thousands of pure souls. The collectivity is not just what is present here. It is collectivity that is worldwide. There is thousands of people connected online watching this program through YouTube.

You have the collectivity of hundreds and thousands of souls with you today. Go within, look within and the journey inwards begins.

Samarpan Mediation is the inculcation of values. I will tell you this from a legal perspective of what benefits it has.

Once in Kolkata, in the olden days, there was a law that only the viceroy is only able to go on a cart pulled by 4 horses on the road. No one else could go on a cart pulled by 4 horses. Once there was a person visiting from out of town. He wasn't aware of the rule. So, he went on his cart that had 4 horses. The police arrested him and put him in jail. This person called his lawyer. His lawyer was very young. The lawyer requested to see the cart and the horses, his request was granted. The next day in court the lawyer requested to the judge that if he could present horses and the cart in the court room. This was granted. The lawyer then told the judge if you can just look down you will see they are not 4 horses. They are 2 mares and 2 horses. The person was released on technicality.

So, what I am trying to tell you is that no matter what laws we put in place externally until people change inwards we will always find ways to break the laws. A law that was made 25 years ago, people these days will find a way to break that law or get around it.

There is a sadhak. He is a magistrate. He was telling me that I don't even know how to use SMS these days. He is an older gentleman. There are criminals who are so young and so proficient in technology and computers. They commit crimes that are untraceable.

You need your soul to control yourself. Only then can we know what's good and what's bad, then decide what to do and what not to do.

I'll give you another example. Imagine if you want to learn how to write in short hand. You go to learn shorthand and the teacher realises that you don't even know English. So, what he will do, is put aside all the teachings and course in short hand and he will start to teach you English. He will go back to basics. So that is what we will do. You have to do nothing. Just come and sit. I will take you to the place where meditation happens automatically. First become a pure soul. Feel yourself as a soul. Like if you have one line, if there is a line drawn and you want that line to be the smaller line. How do you make it the smaller line without touching it, without drawing anything extra or rubbing it off? You draw a longer line in front of it and automatically by association that first line has become the shorter one.

So just do nothing here and increase the feeling of your soul. When your soul is stronger the feeling of the physical body will reduce. So just increase the feeling of the soul. Then the question is asked, what do I have to give up to come here? Come here as you are. God accepts you as you are. In the condition you are in. if you have reached here, you are suitable. Those that were not suitable were not able to reach here.

For example, if I would ask those who are smokers you can leave. You get rid of your smoking habit and then come here. 10% of people will get up and leave. If I ask all the alcoholics to leave, give-up alcohol and then come back, 20% of people will leave. If I ask those who are telling lies to give up your habit and then come back, then the whole field will be empty. There will be nobody here to listen to me. If you drink, keep drinking. If you eat meat keep eating meat. If you smoke, keep doing it. Whatever your habits, keep enjoying and do it. Just come here and add meditation to your life, you have not come here to rid yourself of addictions. You have come in search of God.

When the God within you awakens. You yourself will know what is right for you and what is not right for you. So, whatever is good for you will stay. Anything that is not good for you will go away. Your soul will become your guide.

There are many methods of awakening our soul, but they take so long that usually people die before they get to that stage. Samarpan Meditation is a shortcut. In Samarpan meditation we just light your lamp, we light your inner lamp and you immediately start to see your own faults. Because they are the closest to you. When you start progressing, the first thing you do is see your own faults. So, do nothing and the change will happen.

Secondly there is a very simple mantra. We will do this every day. Every day we will increase the time a little bit.

Like for example there is a child; a child, 5 years of age, can remember most of his past life. For example, a child who is 5 years old and is afraid of water and yet water has not harmed him in this life, nothing unusual has happened to him. It could be because he is remembering a past life incident where he may have drowned in water, something bad may have happened. Like with me, when I was 5 years old I always used to think of myself as a soul. I used to think I am a pure soul, that I am a holy soul. So, this gradual became my mantra. And it took a form of a mantra. It is very simple. There is nothing hidden here but my penance of 60 years backs this mantra and the collectivity of thousands of souls is also backing this mantra. So, you too will experience it

SWAMIJI EXPLAINED HOW TO DO THE MEDITATION

Sit comfortably with our backs straight.

Palms on our knees.

Take your right hand and place the middle of your palm on top of your head. Press it lightly and rotate it 3 times in a clockwise direction.

Bring hand down slowly closing your eyes.

Then chant the soul mantra 3 times and meditate.

“I am a holy soul; I am a pure soul

I am a holy soul; I am a pure soul

I am a holy soul; I am a pure soul”

This is the practice of meditation we do every day.

Tomorrow is the day for Muladhar chakra.

The Muladhar Chakra. When we were born, God/ the universe gave us the earth to balance us. Through its gravitational force, earth balances us. The more we connect to earth the more balanced we are. It also helps get rid of all the negativity and our illnesses. Tomorrow we will experience how to do this.