

5 Aug 1989 Ramakrishna Loka

Lunch with Sita Dev, Raja Ram, and their friend Premo (Dutch Rajneesh devotee).

*Ambikananda's discourse:*

'Premo -: 'Is it true that pure love can only exist without the mind?'

*Ambikananda:* "This is high state. Pure love starts with "OM, I am neither mind, intelligence, ego or chitta",<sup>1</sup> you know, reason and mindstuff. Vivekananda was a jnani, he worked through reason. But Ramakrishna was a bhakta, he worked through love. Love for love's sake.

'Egoless state is the best instrument in God's hand, a flute in the hand of Krishna. When man is in that egoless state he is best, an instrument without playing music. The egoless man is in the hand of God, he is the "Not I, not I" that is all the Gospel [GSR]. Not everyone has got love. Not everyone has got the same way of loving. Love is regardless to king, queen and God. Because I am a child, I address God as my very own. God has a throne and so on, but we don't seek throne or crown. We like to harrass God in one way. You have to talk to God.

'No one sees God in meditation just like that. Meditation is "a constant flow of thought from one vessel to another," until the brain has got into some sort of kumbhaka.<sup>2</sup> By the control of pranayama you see Yama [death], and you go beyond Yama and all this. But if you have love, love itself is the greatest yoga. You can read all the libraries of the world but yet you won't see God. You are not going to leave the guru and worship libraries! No doubt scripture also is God, but love is God Himself in you, hidden, incomprehensible. [Sings] "Love incomprehensible, transcendental -" this song was composed in high state, "Gross, subtle". An American was there called Chandan, she witnessed things. I saw God, His hands holding the world like in a ball so no one can come out, it's like a prison, they go through the fingers, he can crush it.

'My mind flies in the twilight. I tell myself off a lot: "Rogue! Rascal! This rogue slippery, lingering self, you are a sleeping beauty!" Thank God, God is doing all the parts! But God sees our intention, our self-effort and love, a love that has to mature. When love has matured he leaves the mind.

'You have to keep to the direction wherever you are tossed in the world. Meditation is the same, you may see all kinds of forms, all kinds of travellers, but you must not be affected. You can get tangled; instead of going to God you can be stopped there. But we give allowance for this. All have been tempted - Buddha, Jesus. But when love has matured, it is beyond nonsense, beyond doubt. Love is, "I don't care if you love me or not. I love you." That's what matters, Guru Dev has said. Love for love's sake. But that has to be put into practice.'

*Premo:* 'But that makes you very vulnerable in the world.'

Swamiji: 'Yes, but love is suffering. Love is giving, forgiving; love is no judgment, love is no comment. Love is love. No word. Love is God. Therefore we wash our mind and give it at the feet of the guru before meditation. Meditation on the feet of the guru enables us to cross oceans. It's very powerful. Love matured has its own guidance, it covers the world, it covers beyond the beyond. When Buddha had realization he took away veil upon veil - everything is revealed by God. Love seeks to come and to transform, it says, "I love this man so much, it's a shame he is still a little in the world, I wish I could hold his hand."

'Marriage means union - *yug*, to unite. So in *chin mudra*<sup>3</sup> your individual self unites with God, and this is the greatest, when you unite with God. "Thou art mine, I am Thine." Japa merges into the ocean of love, "*I am the wave, Thou art the ocean*". you leave your body, quality, everything, and go back to the original.

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<sup>1</sup> GSR. 'The Six Stanzas on Nirvana.'

<sup>2</sup> Retention of breath.

<sup>3</sup> Mudra that puts index finger (*jivatma*) on thumb (*Paramatma*)

[Sings]: "*I am Brahman/Thou art Brahman,/He is Brahman, We are Brahman...*". But the people of the world today look for bra not Brahman! People are deaf to what was being sung 20 years ago. This singing and dancing are baits, but if the Word is taken into action and practised - Brahman is realized. Then who is the singer? Who is the listener? When Ramakrishna put Narendra in a state everything was God. For three days, everything was God, he was God, the bowl was God, the chapati, the bus, the bus stop, the veil, everything. Ramakrishna said, "All right, for the time being that's enough" - then Narendra would have another little go. So go beyond Goa! First you go to the four corners of India, Goa, Puri and all these things. but if you take the word love seriously, then you *become*. I cannot dance and sing, but I ask you to sit quiet and listen. *Kirtana, manana, sarvana*<sup>4</sup> is the basic of life. Sing My glories. Ponder what is said. Digest it, be nourished by it, *become* it. Vivekananda said you are That. This is temporal.

"*When holy friendship shakes the hand...*"<sup>5</sup> [Swamiji shakes Raja Ram's hand] Vivekananda sent us that song. When I composed it Vivekananda came. So many times Vivekananda came! When these people [*Jai Narain* and family] were living at Huntingdon St, then Vivekananda came at Kings Cross after hearing this song, and came and blessed us, and light came out from his hand. He is the composer, the author. And Ramakrishna was there also.

'You have a form, I have a form. So you have to have a formality. But there is Formless. You have to have form on earth, but when the mind has given up all this name and form of body condition, it is restless; breath has stopped of its own accord - Kumbaka. Heart stops beating. Then you see Me in you. "I am in you, you are in Me," universal. And this universal is enclosed in the macrocosm womb of the Mother. We are just little microbes in the water here and there - "*Now you see how vast it is.*"<sup>6</sup> You are frightened in one way, but you must not have fright or you will never succeed. When Ramakrishna asked Vivekananda how he would contemplate the ocean of immortality. Vivekananda said, "I will sit as a fly at the edge of a cup of syrup and sip, I won't fly in middle or I will be drowned", and Ramakrishna told him, "No my child, you are mistaken. This ocean is the ocean of immortality, there is no death."

*Raja Ram*: 'So just jump in?'

*Ambikananda*: 'Just a minute. If you just jump in, dive deep! What did Ramakrishna tell Keshab Chandra Sen? It's all right for you, but what about the others who depend on you? What become of Sita Dev and Sastra? So, householders, you are married, and marriage also forms part of spiritual life. Ramakrishna was married, Krishna was married, Lord Buddha was married, Shiva has got a wife, Parvati, Lord Vishnu has Lakshmi, Brahma has Sarasvati.

'You have to be a bit "*O Mother, make me mad with Thy love, drown me deep in the sea of Thy love, here in this world, this madhouse of thine.....*"'.<sup>7</sup> We are mad for God, but not to show, a madness from childhood, helped by cooperation of every member of the ashram up to this day. Very embarrassing, but nevertheless these people will benefit. People in India help holy men, they don't work. But even at work I used to renounce the world. It's very embarrassing, I have to do my work, but I have to live. Any devotee who helps in the thing, God will give him more. But don't you give anything [*to Raja Ram, Sita Dev and guests*], you come as invited, and you have given so much for 20 years.

'The Guru is the Third Eye, divine wisdom. This is the Guru - and some feel Him. While I talk God corrects me, so I am very careful what I say. We have our witness, and that witness is guiding me to

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<sup>4</sup> Steps on the path of yoga

<sup>5</sup> From poem by Vivekananda "In Search of God".

<sup>6</sup> GSR song

<sup>7</sup> GSR song

talk to you. The world won't understand it. People said Ramakrishna was a fool, but the fool has made a full history. We also have a bit of Jesus. At the beginning of the ashram was Shiva-Christ Consciousness. And never omit Mary. At the last kirtan Raja Ram had t-shirt with Mary on his chest and "Love Love Love", and other devotees had Christ, Kali, the name appropriate to them - we are interlinked! So do the minimum, and be loving. The mind dwells in the three lower planes, and with great difficulty it rises to the fourth. You must make a good strong vow to yourself. I can't help you, no one can help you. Here in the world it's a messy curry - not mercy but messy. So cook with Ganga Mai, dedicate it. You have to practise on your own in the auspicious hours: midnight, 3 am, twilight.

'When you have a holiday ask God, "Make me mad..." and you will have tremendous help. So many saints are coming down now to dispel doubt and darkness. All the saints who worked from time immemorial are coming to repair this dark world, and people will bring their children, and they will sing, "This is the true Golden God," and the Golden Age will come. They will know one God, the true Golden God. "Come and see the One God." They will want them also to share.

'Madness can be a manifestation of pure love. Thus many have divine madness. Everyone is mad for something, but pure love is madness divine. Everyone needs right company. So much suffering comes from wrong company. The ways of love transport you - you can't work, eat, drink. In the river of love the current is too strong. So choose your company. Everyone has got some guidance, so let God guide you. You may fall, but unless you get bruised how will you know? Good company will let you know, will make your life worth living. Otherwise you lose your birth here and commit suicide. The answer doesn't give realization. Realization *is* the answer. Brahman is One. Break the mirror of the mind and what is left?

'Love is transcendental action. If you have no love how can you belch it? Now you are opening the door. Knock and you will be received. Everyone is being received and reminded in the form of their name. Love punishes for your own good, but so-called love may be degrading - a ball falls from the height of love and falls down and down and doesn't go up.

'As long as God holds your hand you are safe. But if you are holding God's hand don't twist about. Who can comprehend love? Don't argue and calculate or you will lose that ounce of love. It's a pearl, it's a gem, it's everything. A kiss from the bottom of the heart. Love is God. Whatever falls from God is full. Don't try to argue. Enough of intellect. Love is severe, love is a mother, she gives a slap if you are playing with knives. Love is safe. We suffer when love is misunderstood. Love doesn't scorch, but your love scorches because it is tainted.

'L'amour, c'est éternel, c'est tout, c'est *AIM*.<sup>8</sup> God hears the heart of love. the heart of love shouts till God can't bear it and comes down. "My devotees are calling - I must go." By saving His devotees many others are also saved. When the sun shines many benefit. People will be transported. "This is the true God." And we are grown-up children of God. So if you have the time, make one ounce of love - that's all we are asking. See the freedom we give to devotees. Love is freedom. We give everything to God, so material things are not important to us.

'Our community is our community. We are ignorant, we are not learned, I am but an observer. It's a different life. In 19'69 when we met there were plenty of jobs about, but it's not that easy now, nothing is easy. You have to go according to time, place, circumstance. The relationship is lasting, we must not break that. But you have to balance it. Many things were required at one time, but when summer comes you don't need all these things.

'We are devotees, and devotees like to eat - prasad, mahaprasad, we cannot organise without the God inside being fed. Lord Shiva said, "If you want to please me, feed my devotees." You bring a trifle, we take, we exchange, we barter. So give me whatever you have brought and I'll give you something, maybe a crown, maybe a seed. And the seed is important, because when you have the seed in the earth

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<sup>8</sup> Aim is the bija (seed) mantra of Sarasvati.

of your mind, of your body, of your soul, it will sprout when the season comes. But here it is all seasons, transcending time, space and environment, conditioning.

‘You come for development. But can you develop a picture just like that? There has to be a darkroom, it has to be delicate. God warns before you come, He tells me, different people are affected in different ways. What upsets one doesn't necessarily upset another. The honey of love is for me, but perhaps it is not for you. I am very comfortable where I am in the shrine, maybe even fall asleep. It takes time, takes years, maybe takes lives. Thank God, Ramakrishna says you can attain in this life if you want to, go into solitude three days, two days, even one day: everything is finished, but if the foundation doesn't exist, you drop. Vivekananda said to Sarada Devi, "If that is removed, where do I stand?"

‘What is the foundation? Thank Guru Dev,<sup>9</sup> there is none higher than the Guru. When duty is finished call on God with both hands. We are still a child, but maybe that is what's required, the childlike nature, the innocence, the guilelessness. That is the way of bhakti yoga and we are bhaktas, we practise yoga of devotion. Knowledge and all this frightens us terribly. It's good to know a little bit, but to know further than that, mind gets tired, eyes get tired. We did all this, but all this points to One. Ramakrishna said, you get a letter, but when the letter says bring a pound of rasgula and a piece of cloth, and you have brought it, you throw away the letter. But to ignore the contents, to keep the letter in the pocket and do nothing - that is sheer ignorance also.

‘Book says call on God. Go somewhere not infected. Upanishad says sit in a place clean, artistically viewing so that He can reflect something. Nature is God, movement is God if it is kept in the right pitch. The cobra gets charmed. And we ourselves get a bit dehypnotized, not to speak of our soul. Because our body is a garage and our soul is the vehicle. You go all over the world and then go back to your garage, back to your home. You have to love your own - Guru Dev did not forbid to marry, he would give a loose rope. Where in the world will you find such a god, who is perfect from birth, dancing, singing, crying - and also allowed that loose rope? Where? And he said, "I will stay in the hearts of my devotees for 300 years, then I will be reborn in the west." And where will you find one like his wife also? And their devotees, brahmins, but most unorthodox. Even smoke chillum.

‘Vivekananda said some drugs have got the power to kindle. One day we took LSD, I went very high, I saw everything, I saw Krishna, everything, I was conscious, I nearly lost my mind. Paul Gyss was there, in Kabul,<sup>10</sup> and that LSD transferred into an American chap. Half hour, two hours, three hours. And Paul Gyss is looking at me. And the more that was happening, the more it was being converted into him. Now as I am talking my mind is going like that, my tongue goes funny, this is LSD I'm talking. Sometimes when we are having kirtan I feel something and say "someone is smoking, find out who it is."

‘In 1969 I was saying, "Don't have children, it will take all of your life." Because I wanted to give them a blast, to spark from the beginning. A bit of children can take all one life. But thank God, it's twenty years and they are having grandchildren now. Secretly something happened, it was very difficult. Anyhow, it wasn't forbidden. Now the children are grown up, they come on their own, and I receive them as little bridesmaids. But you have to warn them also. Children are children. Therefore they have their parents. Parents are responsible.

‘But our community has drifted [*from the style and manner of those early years*]. Our community is private, it's not opened up, just private. God knows about us, but that's it. We don't want publicity for outsiders, we keep our community. And our own family is growing now. But we don't close it because God says there are still a few to come, one or two. If people come of their own accord it's acceptable - we say good luck. The fruit that ripens of its own accord is different from the fruit that is forced to

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<sup>9</sup> Sri Ramakrishna is our Guru Dev.

<sup>10</sup> In 1967, when Swamiji came back from Rishikesh. Paul Gyss was instrumental in Swamiji's first meeting with Raja Ram.

ripen. If you go and pray, if you renounce without being told, and not after difficulties and problems in life, whatever you do of your own accord, this is a speciality, you are one of My specialities. God says, "You renounce all this bait that I have given, all these good things, nothing pleases you, even a bit of power, even vision doesn't please you, at the end you say, "Take all this... It's all right to have a bit of bliss, but it's not the *end*." So God says, "He still has not left me. Go and find out what's the matter, he doesn't give me time to sleep!" Ramakrishna passed his ecstasy in the loo. Excess of ecstasy passed in the loo! You have to practise 1000 years of spirituality to get even an ounce of that.'

*Raja Ram*: 'Was that at the Captain's house?'<sup>11</sup>

*Swamiji*: 'I don't know where. Guru Dev is Guru Dev. He sings, he dances, he goes in trance while looking at a person. Or he would turn his back when worldly people come. We are so blessed in one way. Praise ye the Lord! Hallelujah! We are universal in one way. We have got Ramakrishna. We have got Lord Shiva. We have got Kali, the end of all destinations, the end of life, the end of all things. We have got that Mother. We have got Devi Sarasvati. We have got Durga. But we are not tied by any of the goddesses. The more goddesses, the better for us. Whoever you mention, we are very *Trimurti*.<sup>12</sup> *Tryambakam yogamahesh...* For certain people the Lord works a karma, He charts a life.

'Love binds without a rope. Love *is* the rope, the rope which you can bind God with, you can play it up and down like a yoyo: You and I, I and You. When this is linked privately then it becomes beautiful. Ramakrishna said, "You have to have your relationship with God." It's not good to say just "God, God, God." You have to have an attitude - friend, master, beloved.

'There are the three states of Radha: playful, romantic, eternal. When the young people come they just sing and dance in front of the Mother/Father, they enjoy it, they are "blissed out". They come with fear, they go without fear - they go and blossom. We unite all these young ones. A lot of people are blessed. John and Satchi still together, a lot of people blest. We ourselves bind them. Ramakrishna used to bind his devotees with an invisible circle - they are his inner circle, marked. God gives loose rope, free will, but they are marked. they are so blessed.

'Mind you, we are in a nuclear age, a ripened age of Kali yuga. London is no more in 1969. We were just lucky to form all this. We had a blissful time, a blissful company. Even now Shiv<sup>13</sup> is still ringing here, to reform and all this, Alan<sup>14</sup> is still playing Quintessence songs. So we started something. And the community has not fallen, it has increased. We are the same state.

'And we have got Christ also, which we accept. We accept all kinds of incarnations, but we are devoted to Ramakrishna. We are devoted to the Divine Mother. And we like the Virgin and Christianity - we have two plates, if you don't want to have this you have an alternative. The same meat is cooked differently for different people. But no enmity, we are brothers of the order, guru bhai. No, there is no guru among us, *amitié fraternel*, love and bliss, keep Raja Ram on the lips [*Ambikananda kisses Raja Ram*], even kiss, the kiss of Ramakrishna is still hot. God is in His picture, make sure it has gone through, that you have felt it there, go in a high state. Then go beyond sandalwood...

'But love cannot be explained. Love still is Him, playing eternally on any screen of your mind. Love is you. You don't exist, *That* exists in your form, in her form, in everybody's form. Ramakrishna says, "The block, the victim and the executioner are one." But you have to reach that state. We are here confined day and night, we don't go out, we get scorched, we do a lot of work, spiritual work, we ward off a lot of things that people have disturbed. I am a voluntary soul, and I get voluntary help, help from different gods and goddesses. And I have got reassurance - "I am thy friend, don't worry, I

<sup>11</sup> A householder devotee of Sri Ramakrishna

<sup>12</sup> Trimurti – the Three Forms: Brahma (Creator), Vishnu (Preserver), Shiva (Destroyer)

<sup>13</sup> Shiv Ganesh Jones. Lead singer of Quintessence band who left the ashram in 1976.

<sup>14</sup> Alan Mostert. Lead guitar in Quintessence band.

am here." It can be embarrassing. When Ramakrishna went to see Keshab Chandra Sen, what happened? The Divine Mother has come there, uninvited, and on top of that is showing off in a new sari. So embarrassing for Ramakrishna! "What art Thou doing here? go, go! Why are you showing off in your new sari? They don't believe in you here!"

'Water goes with water, light with light, darkness with darkness. And love goes with love, voluntary goes with voluntary. God is voluntary, doesn't go with wages, all He needs is your love. then you're reflecting His attribute, so why shouldn't He come uninvited? This place [Ramakrishna Loka] is built for them. It's a devotees' house. Don't book, it is your place. If there is no room, come and push me at midnight, I told Sri Lakshmi come at one o'clock, push me out of my bed, it's your house.

'So many gods - it's a symbol. All our gods have so many symbols - snake, drum. It's a cosmic drum, dance is balancement, the snake is kundalini. The embrace is supersensuous, which ordinary people will not understand. But God is different. He gave me a little tip to reassure me. God is a friend, you must feel Him as your very own. Ramakrishna said it's not enough to go into the shrine and worship, you have to bring Him into your room, talk to Him, develop an attitude. He's your very very own.

'Between you and me there is a little doubt and barrier. but between you and God there shouldn't be that. Or perhaps a little little doubt because there is still that little bit of respect, and little bit of giving and exchanging because we want to reassure our love and friendship. You [*Raja Ram*] and I are the pillars, everyone else depends on you and I to lead the kirtan. You have to warm up, wind up, before you get to the thing. It takes time. We come with a vibe. We haven't seen people for so long and we want to blast it. Everyone was expecting, now Tony [*Radhani's brother*] has died, everyone serious, but it was best kirtan. Then thought was sent - where's Satram, where's Raja Ram - think of Vishnu Shakti, think of Vidya, think of Raja Ram who we miss, who is so dear, no one is far - then you arrived!<sup>15</sup>

'Eventually it will come. Truth conquers. It's very difficult to understand this life. The man changes, he becomes bigger and softer, more yielding. Before, you had to be dressed up and come as a devotee, but here all the barriers have gone. A lot of barriers have gone - there is no time. Hereafter is more important than here. Here we have to take good care of "here", there is a loose rope. But what we want is to elongate so that none of us come back with regret. So Ramakrishna said, "Born not to be born." Guru Dev is a cobra, fully awakened. He's not a watersnake in the bank of the Ganges [where people are] going to Benares and find a job - [with him] it's three croaks. Brahma, Vishnu and Maheshwara. He was Rama and Krishna born as Ramakrishna, "but not in your Vedantic way, Naren" [GSR].

'Ramakrishna told me, "I see you practise Vedanta. Our Vedanta is different, but I like your way of Vedanta." The main thing is to link up, don't break that link. Let God hold your hand and don't break that link. Make that link. Triple consciousness, triple Narain, eat, drink, make merry, but don't break the thought and the link. There's double union, and then you, your wife and your children are blest. Then you just drive the car and passengers also reach the destination. This is the last thread, the last rung, so why should we let anyone fall - give a helping hand, a helping thought. If you are good it will come. There was a time when you needed discipline, strictness, but like Jesus said, "You are my friend." Love is to strip everything in a pure way. Find out till you get disgust with the body. You have to analyse all this, it make take 50 years. Pure love is God.

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<sup>15</sup> A reference to kirtan at Exeter Rd, Nov 1988, when Raja Ram suddenly turned up after a long absence