

‘When thought stops functioning, then God is attained. Complete cessation of thought. But that only comes with matured love,’

15 July 1991 Ramakrishna Loka

*A number of devotees had been invited to lunch with Swami Ambikananda at Ramakrishna Loka about two weeks after the kirtan at Madonna's house in Ealing, Corfton Rd.*

*From Ambikananda's discourse:*

‘...Whatever helps, take. I find the same God, with or without, but if drug helps one, take it. Love is the greatest drug, it's a natural drug, honey of love drip drip drip, and God comes and sips like a bee. Mind is saturated by the closeness of this vibration...If you have no awareness your heart still beats, but it can beat for different things. Heart and mind are different: the mind is a kind of worker, and if it is ready it copes with the heart; but if the mind gets tired, refuses, then the heart must be the master. Without willpower both are stagnant. You may do something with your mind – this is duty. “I want my wages”, yes, but the heart is not there, so it is invalid. You calculate how much you will give, how much you will benefit and so on, but with God it is not like that. All right, you will get your reward – but love attracts God without thought. God is not thought. When thought stops functioning, then God is attained. When mind ceases to function, that's the practice of yoga, the man goes in samadhi, Ramakrishna has said. Complete cessation of thought. But that only comes with matured love, prema, ragabhakti, when love has matured, become nectareous, syrup. With raw thing, dry thing, what will that do? It's only a writing of the heartbeat, soon all this will stop. The other one is a self-awakening. But self-awakening needs willpower. The ancestors, the rishis, had a lot of power. Jesus Christ had super willpower. When he was put to bed he would get up and go and pray to his Father at midnight. The auspicious hours - midday also is very good. Chant OM now. All this is good. Anytime you ask a person to think of God and he is ready, that's the test, regardless to everything, to kith and kin, and shyness and “what will people think of me?”, all this has to be brushed away, put aside, all these thoughts. Ramakrishna said to Kedar, “Come and dance,” but he was “No, what will people think of me?” All these are bonds.

‘Some people are under protection – *rakshamam*, *pahimam*,<sup>1</sup> guardian; so close eyes, no distraction, you can concentrate. With a lot of distraction you can't concentrate. That's why I said, three-quarters of the kirtan is lost - I see it going through the door. Ramakrishna would talk to Vivekananda and close the door, he would feed him and close the door. He would sit and lock himself – and Mother would not let him even move until he got his experience.

Well, we work like this, same principle of retirement and privacy, lock ourselves and then develop, like development of film, and self-effort. Bondage and liberation are in the mind. What we do at 3 o'clock is the same duplicate as 2 o'clock or half past 12 or 1 o'clock. When it is done there, then you are reproducing through vocality. If the vocality is truth, then the picture is true. The words, the thoughts and the deeds are one. This is the trinity of the yogi. Then God is spontaneous, without meditation. Man is not aware, God alone is aware. When He visits, and you want knowledge, He gives you knowledge. But as you don't want anything, He lets you know, He thickens your state so you become heavenly rich. Lean and mean becomes volumes, becomes thick, becomes more juicy, nectareous, elixir. You have the essence in a nutshell,

‘Will power, sacrifice, self-effort – you need a lot of discipline. So the help of devotees, the technical side, the angle, all matters, all is knowledge. Knowledge is the perfection of God again, in a gross sense, a gross level. Those who haven't got the elixir state, the essence of bliss, they have to abide by knowledge. Knowledge and love elixir, at the end they meet, but knowledge is dry at the beginning, is black and white, learning, study, *acharya*<sup>2</sup> – then renounce.

‘God is love, love is knowledge, is knowledge supreme. One vidya leads to God, one leads away from God. Brahavidya, mahavidya, those who want these, God gives it to them, but Ramakrishna says, “I

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<sup>1</sup> O God, protect me.

<sup>2</sup> Spiritual teacher.

don't want them, give me love." So love is supreme, God is supreme. Where love goes, jnana cannot even bend to look, hasn't got the movement. Jnana is straightforward, yes and no, duty. But love knows no duty. Love is "God exists at all times", love is everywhere. For duty there is a time, a place. Love is duty at all times. "It is my nature not to forget." Without it, fie to me also!

'The devotee keeps silent, calls from the depths of his heart. The devotee is a child. And God is the master, the father – "*Thou art my all-in-all, my family, my friends, my wealth, my knowledge my everything...*" but these states without practising it's difficult, even when you hear it, you will not understand. "Oh, beautiful, that's beautiful!" like it's a beautiful poem. For the writer it's a poem, for the hearer it's a beautiful word. But the experience of it is something else again!. To hear of this, to see it, to read it, and to taste it - to taste it is vastly different. To taste it and be nourished by it – then you know what you are talking about. Otherwise at most you have to remember, and still you have to cling to the remembrance to attain.

'The remembrance is like He has sealed everything in a scroll, He has put all this; "Here you are, that's the will, keep it, don't lose it." So for further development. If it's not here it's upstairs; or if not upstairs it's downstairs again. We work like that. You know when you came in 1971 to Blenheim Crescent, every time I came downstairs I bounce again up, so many time I bounce in trance. I saw many gods, I saw the Virgin sitting, and the Child of the Virgin also was in the lap. I saw lots of things, I remember.

'So here your thought rises like incense, the fragrance rises to God. It might be beyond discipline, it might be imperfect, so then the devotee thinks, "Is this right or not?", but afterwards; first he loves. Then due to guilelessness he says, oh well, the point was to come and get it there because soon others are coming. Gods are self-willed, Ramakrishna said, "My Mother is self-willed, She can do what She likes." One God, they are part and parcel of each other. Another sphere to go, you can't discuss it on earthplane, the matter of God cannot be discussed on this earthplane, this is an order, I'm telling you, otherwise I would describe to you a little bit further about the conference between devotees and God. God speaks to his devotees like friends and family, saying "To you it's given, but to them – they will not understand. You are my family, you are my friends, I'll explain to you all the parables." Jesus said, "Let those who have ears to hear - "

'Without self-effort, without willpower it's futile. You have to reason a tiny bit when you are bitten by nature. hunger, thirst, sleep, fantasies, fences. So you reason it out, which means analyse what it is. Without analysis you are at a loss, senses drag, there is strong influence of dark force, and dark force works a lot through senses. We are tested here, earthplane is test ground. But people here, they don't see heaven, they think life is permanent. As long as they live, that's it, nothing else exists. But that little life in timelessness is nothing. We look down like this, yes, live here like a passenger on a boat, the world is like a boat, we're passengers on the boat of this world. Soon we have to disembark. ... It's not the business of the captain to know where you are going, he will not know; as long as you are on the earth he's in charge of you, but afterwards he has no control over it. It is a contract, it is an establishment. Love the great builder, love the architect. Love is perfect– pure love, unselfish love, devoted love, childlike love, innocent love. These are the bait, the syrup, that attracts God.

'Don't lose control. Shiva is all control. Many are tangled in these. Go through the squares, but learn, learn, improvise. These paths are slippery, dangerous. Without analysis you are at a loss. Purity is cleanliness. Cleanliness is wanted, respected, even by the Devil. Everyone wants to be clean, a cat, a dog, they all want to clean themselves isn't it? Cleanliness is the first requisite. And cleanliness indeed, this is a great – it's not easy. These are the maya, how can you be in my tanglement, this is where I sport, you are lucky, I don't condemn...'