

‘Your duty is to unite your mind in oneness, in unison with Me, nobody else, because you are a loose rope of free will.’

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Ambikananda’s discourse:

Life is a binding. Vivekananda was bound. Everyone good is bound, not to mention ordinary individuals. There are the bound, the free, and the ever-free, but he who is ever-free is told to be bound. Now what is the state of the ordinary individual? As long as you are ignorant, you have got a bit of luck, a chance, because you don’t know. God forgives you because you don’t know. Who said, “Forgive them for they know not what they do”? Jesus said that, on the cross. Forgiveness is one of the most beautiful flowers you can bring here. It’s a seed that you sow on earth and harvest in heaven. As you forgive so you will be forgiven. As you have sown so will you reap. So those who are married may harvest it with their companion. For God made man and woman in a very loving way; with excess of love He created us.

‘Earthplane is a bit of a bitter quinine. You find yourself here, whether you like it or not. But you are the most lucky people because you have come to know a few incarnations. And still, for 22 years, though you keep one ear on the ringing of the phone, you keep one ear on the ringing of Lord Shiva’s bell. So you are split for the time being. You are a being here and a semi-being there, because your life is half here and half in godliness. But you have to find out how much more the weight of your being weighs there in love. Love is the greatest and the first commandment. Love removes thorns. Love squeezes the essence of goodness into a family. Love is the essence of light, the requisite; first there must be love in a being. Then there is light. Love is light. Through love you can see light. Otherwise in darkness you knock about, you hit, you damage. Without love you cause more damage, more confusion. Love is a mother, and the mother doesn’t want her child to be imperfect. The mother wants to send her child to the best school; she pays so much attention. When the child comes home he still has to read the book with all kinds of study.

‘Stubbornness is a cancer, it’s a part of darkness and causes sorrow. If you don’t know, you don’t know, there’s not much suffering afterwards. But if you do know, if you are taught and still you are stubborn, then you suffer twice. You can’t have God and Mammon, you can’t have good and bad, light and darkness. You can’t have both. But darkness manifests the glory of light. “Let there be light!” He said. What happens to darkness then? It vanishes. Didn’t Ramakrishna say, “Though you are kept in darkness a thousand years, the minute you strike a light the thousand years of the darkness of ignorance is removed.” But the matchstick has to be dry and not soaked in worldliness.

‘The world is money and possessiveness and attachment. Detachment is when you live in the world but you are not of the world; you are part of it, but you are in the world in order to leave the world far behind, to pull yourself out by force if it’s possible; or you have to come back tediously, birth after birth. Hinduism believes in birth and rebirth, and release for you and for the rest, your friends. For a friend is a friend maybe for ever, if he is a true friend. And if one human being can be so faithful and dutiful and lovable to another human being, how much greater would Shiva be to save the battered image of one who has fallen into the hand of the corruptor, the denier, the seducer? He even comes down. And if he saves someone he is so happy.

‘To be good needs bloody active will power! Free will is a damn nuisance! Ramakrishna said about Girish Chandra Ghosh that the only way to liberate that wretch of a soul was for it to surrender completely. And Jesus also said, “Not my will but Thine.” But due to the little freedom of free will, we have been subject to this coming and going in the world, and have allowed Satan to dance incognito in both our two lives – the one of the devotee and the other life when you don’t want to be a devotee, when you are in the world, when you pass by the church, and you say, “No I’m not going to think of that.”

‘You have to look after the body. But the body is such a maya, such a trap. Yet it’s divine also, because there are both lives in the body. It depends on a man’s evolution. When a man goes through a

few squares he becomes aloof from himself, he detaches from himself. [He says], “My heart must not be psychologically weak – it’s a tepid, pathetic state.” The heart of a man who is psychologically weak beats faster without doing any exercises. He looks at someone and he shivers, his heart palpitates, his legs become jelly, he becomes a weakling. He becomes a baby when he is weak.

‘You think you are well, you are strong. But God alone is strength and health. Light is health, bring the light into you. Have strong will power. You want to be good, but if you are not active, if you are not awake in your goodness you are still falling, you are still buried in the mud of the world. How can someone in the mud help you? They will both be bogged down! So have strength, get up after the fall. God allows that fall, lets the man go through a few squares. Pray and have faith. Prayer is a mighty force, but it must be with perseverance. Someone says, “Oh, I have prayed and nothing happened,” but Rome was not built in a day, God took seven days. If everything was done in the twinkle of an eye you would be more deluded that you are now.

‘Your duty is to unite your mind in oneness, in unison with Me, nobody else, because you are a loose rope of free will, a chain that doesn’t fit properly, it goes clang-clang. Your life is naturally divine, your soul is divine, so we want you to hear that invisible voice, that invisible Michael,¹ that invisible microphone in the macrocosm. There’s a microcosmic being here. We are all little microbes – at most that invisible virus has become a microbe. Some are allergic, some are not, some have greater faith. The secret is the Name of God. The Name of God is bliss. The blood is purified by the vitamin of God energy.

‘Study is very nice, but it causes crankiness; study is a hunch, a hump, it’s a humpy young-old woman, an old virgin who doesn’t want to be married. Study is very good because study makes you know. But in knowledge there are also robbers, he who blurs. There is the power of light and the power of darkness. Darkness doesn’t have to be visible; it can be hidden. But “Let there be light”. *From the unreal lead us to the real, from darkness lead us to light...* This is the Hindu prayer. And Jesus said, “I am the Way, the Light...”. As long as the light is with you, walk in the light.

‘He who is weak is subject to the power of darkness. So it’s a pity, it’s a shame that when you ask him what he has studied he goes, “A-a-a-a,” like a hen laying an egg of forgetfulness. “A-a-a-a I can’t remember, just a minute, give me a chance, another chance.” Memory is gone – the robber is taking everything out of his memory and into forgetfulness. So he forgets the past – and there are robbers everywhere, even in the shrine, even in the temple of God. Everyone has been tempted, Jesus was tempted, Virgin Mary, Ramakrishna. All have been tempted.

‘So we have to peg these beings by force; it’s a bit of a forcing study. Voluntary study and forcing study are two different things. A man who voluntarily studies something learns much more; he studies the study. But one who is made to study by force is subject to yawning, cup of tea, anything except that study – headache, aspirin, whatever – because he doesn’t want to. When you want to do something you find the essence, you discover the seed, the origin. And that will tell you whether it is worth it or not. Because God is knowledge. Know one thing and many things shall be added, even everything if need be, if you *want* to know.

‘But not knowing also is no good because you are in ignorance. You have to have a balancement. To be merely knowledgeable causes pride, which is another destruction of spirituality, the very foundation of evil. Nothing is worse than pride. He who knows does not know through greedy object of knowledge. We breathe consciousness, so breathe hard, breathe hard. And breath is mantra in Hinduism. It’s Soham: I am He, I am She. If you know how to breathe properly you are constantly and continuously liberated, because you are not conscious of anything but the Beloved. You breathe That and you become That, you become what you breathe, as you think so you become, and there is a mystery in the invisible more than in the visible.

¹ Michael was Ambikananda’s anglicized first name (Mithi).

‘When you become non-existent, when He dwells in you. and you are “Not I but He”, you are an imagination of Him, then you are the real image, and you are only breathing because He gave you the breath. You can only breathe as long as He allows you to. Therefore I say, ‘Breathe. Hold your breath. Do all kinds of exercises.’

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