

God is in His Name. It is the very medicine you have come for. Yet you are not taking it,

*Oct 29, 1994 Kirtan Newbury (Atmananda)*

*Jai Narain's uncle Arthur was dying in a care home in Devon, and was not expected to live many hours longer. So after arriving at the kirtan at Atmananda's house in Newbury, Jai Narain paid his respects to Ambikananda, and then asked permission to leave and go on to Devon because he wanted to be there with Arthur's wife and daughter at this time. But Swamiji answered, 'Let the dead bury the dead.' He hinted that Arthur would benefit from the kirtan that was now beginning.*

*The kirtan was specially notable for a celebration of the Great God Shiva Sambhu Mahadev*

*Ambikananda: 'Lights, incense. Incense everywhere. Sambhu! Repeat! Conch! Sambhu. Lord Shiva Sambhu! Think the Divinity inside you. Sit with the Divinity. God and His Name are identical, the Name and the Named. God is in His Name. Whatever you have done, put that in your heart in the form of flame, of light, of lotus. Put that Mahadev, sitting in the centre: art, light, love, music, seriousness, laughter! In the heart of God, in the light of God, in the love of God, in the thought of God, in the *mergence* of God!...Hari OM. Repeat Hari OM. Take the sound in your heart. Say OM Tat Sat....'*

*After a beautiful impromptu ceremony with candles, Swamiji allowed Jai Narain to leave for Devon.*

*Ambikananda: In a minute Mahayogini will sing "Amen, Amen, Amen" at the request of the Christian Original. When God holds His son's right hand there is no fall, He raises him up even after death. From mortality lead me to immortality. Now we are impatient to see if you have the light within, in line with the law of perfection, with flowers, love, in a family way.*

*'God is bliss. Bliss is the very cell in the vein of God, uncountable. Our Master Sri Ramakrishna has said, "Sing the Name of God," it's a medicine; don't wait to be sick to have this medicine. Vaccinate yourself with anticipation of singing - Manana, Kirtana. Sarvana. "The Name of God pulverizes mountains of sin," So take the Name of God, let a drop of that bliss elixir fall on you, purify you, bliss you out. Once you are here you forget the travail of the world, the hard labour of your coming. Once you are here, sit quiet and do what we say. You don't know what you are doing, what you are eating, what you are saying, where you are going. "Be drunk, O mind, be drunk with the wine of heavenly bliss!"<sup>1</sup> So take the Name of God by force.*

*'You can be in the light but you may not be absorbing the colour. Lord Krishna said, "Arjuna, look at the multifarious colours so that you can merge in them." Arthur is having vision now. Before he was blind he couldn't have vision, now he is completely blind he is having vision. Sing with me now, "This universe, wondrous and infinite, O Lord is thy handiwork/And the whole world is thy treasure house Full of Thy beauty and grace..."*

*'When work is finished, appreciate the outside. See the leaves, how beautiful, it's nature colossal, infinite. Some have eyes but cannot see, so remember the Seer. If you close your eyes you can absorb this beauty. Eventually it will fade. Nothing is everlasting. In God's work there is perfection, everything about creation is right. Autumn comes, the leaves fall, and the wind blows them. Your work also should be perfect, and not only your work, Everything should be perfect about you. Whatever your dharma is, your work is, it should be perfect. "Be ye perfect as your Father." Learn from life, from nature, from pain. Knowledge is true, the jnanis will attain also, but the jnani has to learn from reading. What I am saying is the word of experience. This is my reading.*

*'Now you have to take the Name of God, which is the vital point, the basic foundation when you come here. The purpose of your visit beside seeing Michael was soul starvation. Souls are unitedly one in reality, please remember. That's why I can understand your spiritual starvation, bait you with a cup of tea, varieties of cake, dishes to your liking.*

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<sup>1</sup> GSR song.

‘God is in the picture, but to us He is everywhere and He is in you, and you are more important in one way because you are alive. Health is the light of your soul and body. One day you will not be able to come here, my friends, you will be tangled in karma, in bad luck. So sing the Name of God, chant with consciousness, *Sambhu, Sambhu*. Dilate the soul, melt down with the cobra kundalini. Those who have realized that - are they fools? Is Ramakrishna a fool? Is Jesus a fool? God comes down in the earthplane and sings and dances. So this is the medicine of your life. You come here to be vaccinated, to breathe, to sing with us, to be on one leg.

‘God is in His Name. It is the very medicine you have come for, yet you are not taking it. You are still sitting in the doctor's waiting-room when the doctor has said, "Your turn now!" When I say "Nita" will Sanjana come? No! So keep calling, keep taking His Name and He will come for you. It's not for a show, it's for the purpose of sacrifice. Knowledge is another path. You may be not enlightened, you may have no love, but you have knowledge, and faith. Faith is the root. You men of the world, wake up to all this. Knowledge is an alternative path for those who cannot sing, who can't roll on the ground for God.

‘So, this is the medicine. You have come to take the medicine. When I see this not happening I have to go round, individually, I have to say "Sing! Take it again! It's very important for your life, for your soul, for your daily future life to come." For you are the future living ones, you are the forward-looking pensioners. Of course you are! If you want to live as a good pensioner, and enjoy your pension without being harassed, disturbed, take this medicine, it will help you. Take it, even in a joke.

‘Unitedly we stand. If you separate from me you will fall. Therefore believe me, God is in his Name. I have come without music but this is my harp. I am harping that God is in His Name. God is in His Name. Take the Name of God, it is the medicine for your future blunders, mistakes, forgetfulness, ignorance. Without Him, what is life? Your temporal fantasies will not pay up. Say what you like, you will need someone, not so lecturing perhaps, but giving the basic foundation of reality through love, through householders, through procreation or creation. Free will is a loose rope of waiting, but every action has a reaction. It will come. The caress will be distorted, the body has been misused, you are born weak. "I am weak but Thou art strong." So please take the Name, pray for others, sing for others, worship for others, bow for others. It's very vitally important. I am belching practice. Say, "Lord have mercy, Lord have mercy, Lord have mercy on me."

‘A cloud of darkness has enfolded you, and it gets thicker, unbroken darkness sevenfold. I am saying, when these others like you were here they didn't listen, they were enjoying the pleasure of the world, ignoring nature, God's perfection, purity, beauty. Creation is purity and man has contaminated it. You have come here to listen, to be attentive, to be enlightened from non-enlightened, fine, fine, so at least listen to one who has done something. I am taking you as far as I have gone. I can't take you further, can I? If it's too annoying for you we stop here.

‘Knowledge also is a path, but it can be acrid. The real Rama is invisibly here. So please, please listen to me when I say, sing. It's soul-thrilling to hear groups singing the Name of God. Heavens open up, heavens can't resist it. Calling on Sambhu without taking sense-delight - where is darkness there, where is pain? Pain is ignored. Sickness is ignored. Heaviness in legs is ignored. Merging in light, everything becomes light. Lost are voices? They come back. So spiritual action is not for the fearful, not for the weak, not for the unadventurous.

‘Word is a laggard, a diseased chap. In front of light, can word express thought? As you think can you speak? Human being is so weak. If you don't have much attention you can fall and fail in your birth, so God gives you another. Death is necessary to recapture the soul, to be reborn, to finish the unfinished. So maybe some have quite a bit to finish. Some have one life, some have more lives, and some have no lives, they finish in one life.

'Therefore I am telling you - if I don't take too much of your time, I know this is a tedious lecture, but this is medicine - call on Name of God, sing. God is in his name, God is in the string, God is in the instrument, God is in you, and you are God also, believe it. God made you do it, with such love, don't deny it, his love, his light, his companionship. Pain, away! Back off! All right, if you haven't done anything, go and listen to someone singing! Gayatri is singing continuously, Tryambaka is singing continuously, Hari Om, Mahayogini. And Mahayogini will be coming now. Let Mahayogini sing "Amen", it was a request from Jesus himself.'

*Mahayogini sings: 'Our Father... Amen.'*

*Tryambaka, Swamiji and all the devotees sing over and over again 'Amen, Amen, Amen'.*

*Ambikananda organizes dance and procession with candles:*

'Walk in your own consciousness. Walk in your own light. Light and love, light and love, light and love. When you meet each other, say, "Light and love." Whoever has a candle, stand on the table, follow the light. Everything has to be perfect. Make a tunnel, make everything in line. Wave your own light, your own Ramakrishna. True Love! Look at your brethren with the word Ramakrishna, look at each other, turn to each other, "Pure love. Let there be light."

*Tryambaka sings (at Swamiji's command): 'I pray for those that do not pray'*<sup>2</sup>

*Prasad is served.*

*Ambikananda:* 'Everything has to be perfect, it shows otherwise. The law of perfection, based on nature maybe. Everything is perfect in nature. We have copied, grabbed everything from above and learned from everything given, a gift. So I am not doing it just for myself. Anything you do is not just for you. Work is concentration, dedication, work for work's sake. Work is a teaching, to show you how to get better in a lot of ways, to make it nice for you and for others. It must not be botched and showy and imitation, when you deceive others. You must not be a dreamer and build castles in the air.

'These meetings are psychological, they go into the subconscious, you hear these people playing, talking, things you never thought come out, bubbling, but you must be calm. If you are in a ruffle, then they all get suppressed, and when they come up in different times you are confused - so let there be calmness of mind, self-control, detachment, and perfection in whatever you do, not this laziness, this botching, this quick patching. You can't stop subtleness from interpenetrating, the doer and the master of work. God is the real worker through invisible power of subtlety. So you have to be a God, you have to breathe, to think, to work as a God. God gives everybody talent - eyes, beauty, singing, voice - so that you can learn in the bare exposition. God is very bare, very strippo. Everything is bare, Mother naked, *Digambara, Digambari*,<sup>3</sup> you start with nakedness. He wants to strip you to the very bone. Then after removing this phlegm, fat and all this you come out as flame, untouched, enlightened. How beautiful - don't touch, your flesh is weak! Only those who can eat, sleep, feed the flame, live in the flame, should handle and play.

'You are householders, you have got devotees to be born again for the new age. This age is corrupt, the children have been spoiled, what can you do? It is Kali age. They have been rejected, and born by force, so therefore there is a lot of suffering for us. We live here, but we don't live for this world. We watch it with remote in hand - "Good Lord, is that what the world is!" - and switch off.

'Therefore there is no other way than that God Himself comes down. When work is finished then go and worship with both hands. Otherwise all your work, your money, even your family, your house, will be spilt. It will crumble and be washed out. A new world is coming, a new generation. Slowly the holy breath of God has started for those who have got the Seer in them, in their eyes. So it's a family we have gathered, a family, a gathering. God is everywhere but more manifest in certain people, certain bodies. Corrupt or not corrupt, He is not affected. Once He has chosen you, He is not fickle-

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<sup>2</sup> Instruction from Virgin Mary to the children at Fatima, as reported by Jacinta.

<sup>3</sup> The Naked one. Literally 'clothed in sky'.

minded. The worst is yours, not His, to show you He is still with you in your worst. [Sings] “*Shame on me, bitter shame. My religion and piety have come to an end...*”<sup>4</sup>

*Ambikananda*: ‘Sing *Twameva Mata*. Now we are back at five years old. Everyone is at the kindergarten, Saturday night holy school. It all depends how much one wants to come down. You want God to come down among you? Are you prepared to go up? Who is your mother, your brethren, your sisters? There is one Mother, one Father.’

*Devotees sing Twameva Mata*<sup>5</sup>

‘Think of light, at the end of life a yogi takes the path of light, and the ordinary man takes to the path of dark fortnight. We always used to make Parvati sing *Twameva Mata*, and where is Parvati now? Eventually there will be golden age, so those who have abandoned their path of remembrance - *Ya Devi sarva bhuteshu*

‘We believe in practice of dual consciousness. When you are beating the drum you should at the same time worship. We are adult and responsible for the children, but today we are ourselves the children - these are the unlit candles that have come to be lit. Some are lit, some half-lit, some not, so we want everything to be lit and celebrated for oncoming Deepavali, the festival of light, of Lakshmi Narayan. I include you in my thought, that's the least we can do. To ask you to do this, to do that, is to break your privacy and your freedom. God does not interfere, but He can help you. God tells us, and gives us experience, and says, "Do this, do that, go and see that patient." And also He heals. He is the master, the doer, He is everything. ...

‘A devotee must not be a fool. He might act like a fool, he may play the part of a fool, but he is full of consciousness, he doesn't have to show it. He has to be alert and unselfish and for the care of others. Saying and writing are two different things. Writing is the silent expression of oneself, it's expressing in silence and black and white, it's another art. Due to the pen and the pencil some get liberation, some get tangled, both. Vidyamaya leads to God, avidyamaya leads away, it depends what is your state, what is your courage, what is your need. Some people have the faculty and the feeling and the perception and the inner guidance: stillness, rigidity, intensity, tangible God in the form of silence and slowness. The Mother locks joints so that you don't move about when She comes. You wanted bliss - bliss was here not long ago. But bliss chooses the member, bliss is the symbol, bliss is strong, bliss is Thou.

‘You have had twenty-five years of kindergarten.<sup>6</sup> Now do something, realize something in your daily life. Put aside all vagaries, all nonsense. We come here to reunite in bhajan, to listen to kirtan and absorb like blotting paper, we come here to be soaked in bhajan. There are those who have realized by singing - no lecture, no composition - but they have become the song, it's an act of faith and love. You need to be practical without me. Do something, read GSR, read the songs of GSR. Every song has got full realization. You are supposed to be singers, following the singers' path of practice. We are not condemning, we are exposing truth, practice and reality. It's up to you, friends. Think of the Most High. Love is a magnet, it's self-attracting. As soon as love is lit in you, so many individuals will be attracted. Breathe reality. You have to be practical, so take delight in those who have sung: Mahayogini Tryambaka, Hari Om, Gayatri. And be very careful for others. A devotee is most careful for others.

‘...I didn't know Mr Jai Narain's uncle was so on the last rung, but everyone has to go. I tried to help more, but he said, “No, I am what I am, I have done this, I have done that, I like what I am doing,” so I have stopped, because we can also exaggerate in overdoing, in being over-kind. It's like forcing a child to eat... So now let us start working for Arthur:

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<sup>4</sup> GSR song

<sup>5</sup> “O my God of gods, you are my Mother and Father,/you are my family and friends,/you are my knowledge, you are my wealth,/you are my everything, O my God.’

<sup>6</sup> Ambikananda founded the Universal Independent Asram in 1969.

‘Mantra: *‘Eternal light, send forth thy graces and flame of Thy love to us and all mankind, now and at the hour of death.*

‘Think of that man in Devon. Feed his soul. After all, he was a devotee. Those who wait till the last minute – there’s no such thing as last minute, especially at death when everything comes to the surface of the mind and stops you chanting OM. So we will chant OM for him.’<sup>7</sup> Let there be a ceremony for Arthur’s soul with lights and singing. And for family, wife and daughter. The left heart is God’s office, the right side is His special place. And in the middle put a candle to bring the two halves together, with Lakshmi’s candle in the middle...’

‘... “If you love me follow me,” that’s the gist, that’s the key of the whole meeting. Practical and personal. Private. Let them do one-sixteenth,<sup>8</sup> but they have to do that much. Let the songs become our breath, our harmony, the composition of what we want to be. There must be concentration, self-effort, determination, tough and strong. God has given so much talent to a person – when he abuses his talent then misery comes to cloud and veil. God gives so many gifts. When a man doesn’t apply them, then clouds come and veil them. Remember what I said.

‘This practice of remembering and thinking of God is a natural bliss attained without any desire for attaining bliss, as when a flower opens and bees come of their own accord. A lot of things happen of their own accord. God is not affected by good and bad, pleasure and pain, vagaries or not. “Take Thy purity and impurity, give me pure love.”<sup>9</sup> So He comes of His own accord to claim you, because you are heirs of Him, part and parcel eternally. He doesn’t want to lose His child, His very own.

‘The minute you feel God is your very own, the system of law changes for you alone. You don’t have to knock to enter your own house, you can go anywhere. There is a bit of allowance even in the senses. Man is born of flesh. The flesh is always against the spirit. So we are weak, but we want to be strong. Digest this meeting, eat the meat.

‘The holy man is the gatekeeper of the bliss light and darkness. When he sees you are not ready it’s “No entry”. When he sees you are ready he closes his eyes and the gate opens by itself. You are sucked into the vacuum, by your own accord you are attracted. When the flower is ready the bees come, when the sun is out the flower turns to it. So when you are ready your heart, your mind will turn. Knowledge is God, but Satchidananda is the alternative route for the fallen, and I am truth in my fall. I am not a hypocrite in the midst of thy thing. Think of the terrible, you will be saved. And never eat a crumb without offering.

‘Love is blind. Develop spontaneous love. Distribute, give it to each other. Let love mature; it’s immature now. Let your mind go up to God like incense, fragrant. “May I be strong in experiencing the bliss within and without.” This is the prayer. But bliss can be a bit of a hindrance for a worldly man. The path is very slippery, so you come back to the original. Sita Ram, Sita Ram, Sita Ram. Ra-a-ma, Ra-a-ma. There are three words in that mantra.’<sup>10</sup>

‘We have to strive, we have to fence with two swords. Life is sacrifice, and you have done sacrifice by coming here. There is no life if you don’t sacrifice. When we speak of austerity and suffering some devotees shrink, but Jesus said those who love me will follow me. If you want a holy day - sacrifice. Bring offerings, dedicate, so many tomorrows have gone by. Just now there was a touch of melting

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<sup>7</sup> Swamiji must have sent a thought to Jai Narain at Arthur’s bedside in Devon, because he spontaneously began to chant Om at this time. Arthur, who until then had been very restless, became quiet and peaceful until his death a few hours later.

<sup>8</sup> GSR. Ramakrishna asked his devotees to do one-sixteenth of his spiritual practice.

<sup>9</sup> Sri Ramakrishna’s prayer.

<sup>10</sup> [“*Ra* the bija mantra of Agni, fire; *A* the bija mantra of Surya, sun; *Ma* the bija mantra of Chandra, moon” Sathya Sai

love interpenetrating bone and marrow, the master's hand holding the devotee's hand. You should have merged or melted when He touched you. It was the Philosopher's Stone.

'Now I experience natural bliss, what we have come for. God is all existence, knowledge, and bliss. When you speak the truth it dilates, it explodes. Look in mirror and see body change colour. Let the mirror reflect you. Don't deny your daily fall - at the end the bird will come back to the mast he has left. Name and form have misled us, and also led us to our destination. We are with form, we are with name.

'You have to be in tune or you get nothing - just a lot of lines on the screen, no bliss when it's all *ahamkara*. So choose your company. All this you will leave, but *Me* you can never leave, and you will seek me more when I am no longer here. At present you are having 50/50 time when you have family and me. But one day you will have to face the one Reality alone. This coming-going will pass but what he is saying will expand, the word in seed form develops into a tree protected and covered and pegged, becomes strong. Then we sit under our own tree and pick a fruit of that wish-fulfilling tree.

'Therefore holy company is so good in this Kali age, if you cannot experience. Be little in front of these, be their servant. If they like your service they will make you do a little work for them, co-sharers, have a share of Christ Consciousness. This is verbal bliss. As soon as the Sun rises they are spiritual observers waiting to open up like waterlilies. But our inner flowers are not open, they are buried with the muck of greed, avarice, jealousy, worries.

It's a hidden dedicated programme and challenge. It's born to blossom, born to give light and love. If you are sandalwood you give fragrance for yourself and others.

'God will interfere if you are His and He is yours. The idea of free will can only go that far because there's a rope around its neck. He has created time to see if we can give Him back a fraction of a second even when there is no time. Love is the secret seed of everything. It grows - but also it decays. You can't buy love, it can only be given - and it's so precious people don't know what they're getting. Flooded with light and love they are a bit dazzled. It's confidence that makes you take the gargantuan step. 'I confide my soul to you, Lord,' is the greatest prayer.

'We have come to enlighten you. If you can't lift with us you will only be on your own when it comes to unbinding bonds. I want you not to be lost when I go. If you are hungry I am thirsting to give you. Get purified first. Ramakrishna is sitting there - close the door.

Breathe what Jesus is giving. God has provided friends. You will have many brothers, husbands, friends, but the eternal husband/friend/brother is a rare thing indeed, a sacrificial celestial offering, a victim of love for love's sake. Love transcendental is performed in secret, and God sees in secret in the silence and depth. Silence has broken the roof and the roof bursts, which cleanses, purifies. "Me" is only a magnetic interference between you and Him. If karma ferments, you can't deny fermenting of bliss too.

'Water always is the liquid form of God come down from the head of Shiva or from the bowels of the earth. So dive deep underground, you will find the fountainhead of bliss. When I think of Ganga I strip my vagaries, the red light of my whims. How can I perform anything illegal, illogical, corrupt, indecent, if I think of Mother Ganga?

'A vision: Lamb of God Jesus is coming to me in a greenish golden realm. God is in His Name. You can't resist, he can't resist The name and the named are no different. He is looking, cannot talk, love obscures love, eyes swell. Lord is so moved he won't force you but He'll come back again and again. "You need me? I am here," He says, "Thou and I art one," and vanishes. But this is personal. For he who loves, much is forgiven...

‘Our ways is individually grown up love. Love mellowed. Ask for love mellowed, *prema bhakti*. He is hidden in your form.’

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