

9 Nov 1996 Swamiji at Old Vicarage

Ambikananda has just come from Peterborough Hospital with Satchitananda. He was talking to Nita, Sada Siva, Mahalakshmi and Jai Narain, and enjoying the meal prepared for him, especially the trifle ('I have come for that!').

He told us he had begun to watch television late at night.

'...Mind over matter, false gods, snakes, all this. Well, in vision we have seen worse things, this was nothing, just to awaken westerners. Therefore you pass the time, instead of sitting in bed, restless and twisting, being possessed. So you get up, sit,¹ then you flick something on. I have tummy upset, I can't read. Ramakrishna says everything is said in the book, but if you are not well how can you carry out anything much? I do as much as I can, but when you are not well – even the Vedas say that there is no yoga if you are not well. So you are restless, you are possessed, We watch the news, see what is happening. Otherwise you cannot convert people. You cannot speak just spirituality, you have to entertain them and talk their language and to their level. So in one way I am aware of what the world is.

'When you fall asleep you go further, you go like a rocket, plus the combination of pain, of medicine, side effects, plus eating very little – everything matters a bit. Everyone is subject, Ramakrishna was quite sick, Vivekananda had asthma, Sarada Devi had heavy gout. Plus also vagaries, my own life, karma, everything, works here. Maybe there is quite a bit to pay back before you go. Who else is going to pay it back?

'Of course this kirtan singing of the name of God is good, it "pulverises mountains of sin". We like to have Diwali kirtan,² to come out of the body, expand, dilate, to have kirtan with tabla, harmonium, which is heart and core of India where ancestors have been practising in a cave satsang. But now it's just a dream. Once I had such faith, but that's enough; you may not know everything but at least you know the main thing. Do [practice] when you can, which depends on memory, and then, you are like the kundalini snake when everything switches off – television, house, book, homework - so you breathe the mantra in and out, in and out, bring it in the mind, the subconscious, put the mind there – do it automatically because "This is your Life"!

'...Everyone's life is their own, and therefore their suffering is personal. A bit of suffering, a bit of stretch, a bit of craft, you hurt yourself. And of course if you are very willing you hurt most *here*³... When you are a voluntary it's not easy; Sarada Devi said, "Be careful, don't just take responsibility for others if you can't yourself – ". These are just ignorant, you sit and pass exam for them but when they come to the job they can't do anything, they expose themselves...

'You have to remember once and for all, you can't go every minute to the book. What goes in your memory goes in subconscious and is reborn in you; it's God's work. And the body is a temple so it has to be looked after a little bit... OM memory, OM system, OM *corrépondance*,⁴ when the mind sees such things, such things – Oh, I've got this, got that! - plus if you exercise your breathing, control, you have discipline over your vagaries and whims, your fantasies – all this adds interest to your wealth. But you have to put it into practice. Not just a one-day meeting to explain the quality of realization, that doesn't give you fruit of immortality straight away. The scripture chooses its target, its subject. You can't explain fully the scripture. Even Shankaracharya said, I cannot, it's pollution of God to say what He is...

'Future generations will be deformed – many times I have said it – drugs and all this, we can see in a flash. But what I see is not visible to everyone. It's a warning, a guide, if you follow that you avoid

¹ i.e. meditate.

² The previous kirtan at Madonna's house took place on Diwali.

³ i.e. in this life.

⁴ Connection,

that pitfall; the path is very slippery, temptation and all this. But it's maya, you have to go through the squares... If you have done something wrong repeat the name of God, it will "pulverize". And have faith in Kali.

'I like to suffer, and that's why I am suffering now as much as I can. That's my belief like that. Yet when there is pain I can't sit [in meditation] – now what are you going to say? Restless, possessed, possessed! I observe everything around. I know what experience is, I know what visitation is, I know out of body, and I know spirit also. So I can't deny myself if I am subject to something. And though it is locked my door is always open for beggars.

'...I come here, pay a visit, it's Diwali, and all this matters. All is taken a bit into invisible writing and report, especially the Goddess Lakshmi. We are the worshipper of the four aspects of the Mother, out of love. Not just Kali, but Lakshmi, Shiva, then the other gods come, Ramakrishna, Sarada Devi, too much to go on! Worldliness falls asleep and you go on in a different state. So I would be sorry not to have come, and you are just here in a Diwali. I have wanted to come, to sit, have two or three or four cups of tea plus the trifle which I have been longing for quite a few weeks!

'Devotees are devotees, that's why you meet for kirtan, it's a clapping hand of bliss; all should spark like that, a little dome of OM, and bliss escaping, the fragrance, the perfume, the God inside, "in the palm of your hand," as Sarada Devi said. This is the state you expect when you come, forget everything, that's why we have joined, to join the family first, not just to give lecture, book and all this. It's enough to see devotees, have day-to-day news, but mostly we just want to see people, to see devotees; it matters, it's togetherness to reconfirm, to reunite, to transfuse the blood, the thought.

'There is something, an element that slowly in course of time but not straight away will have an effect, like a medicine, slowly, slowly. It will not increase just like that; there is evolution in spirituality, there is test and all this. But don't be a hypocrite. What God hates is hypocrisy. He is so simple; have that simple childlike faith, and don't flatter. Spiritual practice is normal; just like you breathe, drink and digest, so you breathe, drink and digest a life which enables you to keep your light. And if you concentrate much you get rid of pain and all this. But I like to suffer a bit, as much as I can, anything that helps – so many dogs come to me! And even the three goats⁵ subconsciously visited me then, when I was pegged and sick in hospital. Animals are very psychic, like the lizard in the Shirdi Sai Baba story⁶...

'...Gout is Him, Invisible pain, electrifying gout, is Him, though I am not so Christian now, I go back to Hinduism, to where I belong. I have had a share of the visitation of pilgrimage and this and that. But what affects me is the bunch of devotees. How will they fare, how will they live if there is catastrophe? My worry is devotees and the end of the world, a new era. How do you restart? You have to have stamina, and a house, a little bit of something to survive, especially for your family; but I am not too pleased when youngsters have family nowadays, you have to think of the consequence. Well, Babaji's child is the great exempt.⁷ It's just like when Jesus was born and one old lady was living in the temple just to see time of Presentation baptism⁸ and now she is happy to die.⁹ "That's the child I was living to see."

*

⁵ Rescue animals living on the bank above Glen Lodge.

⁶ See *Shri Sai Satcharita*.

⁷ Jai Ma or Jemma Gorton, born April 1997.

⁸ Luke 2.22-40

⁹ Anna at the Temple, Luke 2.37-38