

Feb 15, 1997 Kirtan at Corfton Rd (Madonna's house)

Sri Ramakrishna Birthday Kirtan. Ambikananda's daughter Virgini is present with her little son Enzo, plus Mauritian relatives. Ambikananda welcomes the imminent birth of a child to Hari Om and Babaji: 'An auspicious birth, part of the divine mother, it has been revealed, spirit of Mother Durga,' and Gayatri plays 'Victory to Durga' while Swamiji prepares an altar for a ceremony with Hari Om. Devotees sing 'Jai Ma Durga, Jai Maha Shakti', Mahayogini sings 'Uma my darling...', Hari Om sings her version of 'Jai Ma Durga Jai, Jai Ma Shakti', Ambikananda reads from Universal Prayers with musical background, devotees chanting etc. '...May I be free from impurity and sin, may I realize myself as the light divine...'

Ambikananda's discourse:

'Some people meditate, they don't know why - because they're worried, they want something, they want peace of mind. But some people cannot do without meditation, they love God, and God is Love, a love which always gives instead of receiving, an unselfish love. And when you have this kind you don't have to sit to meditate, it's just a vibration.'

'Before meditation think of purity. Purity is the key to meditation, it gives memory. Maya makes you forget, temptation devours you, but you must be calm, tranquil. Even in the middle of work, try to remain quiet, stop thinking, be one-pointed... Really to meditate is to come close to God. But sometimes God may not like you to come too close because He likes to play, to sport in this world. But if you insist, if you really want it, if you love God above all - In the Kali age the greatest union is Bhakti Yoga, yoga of Love.'

'Yoga is to unite. Whoever is meditating is a yogi. Dedicate everything at all times. *Don't eat without offering Me food.* If you want spontaneous bliss, just offer a spoonful of something, dedicate it, and make sure God eats. You will see, there will be a tangible change in your mind, a special iron force. God becomes tangible, solid but invisible, which you alone acknowledge. Mind gets saturated, it leaves itself, leaves its seat. The rest may doubt, true or not true, and even in vision there is doubt - whether it was real or imagination, or not! Too true to believe, too flashy, too quick, too beautiful, too Sundaram! Satyam. And Shivam!'

'But there's nothing like the devotees: you, us and me. I cook to please my devotees. Shiva said, "If you want to please Me, feed my devotees." And food is Brahman. Today is a day for love, birthday, Quintessence, Hari Om. And the child - Jai Ma Durga! Hari Om was not even fed with rice pudding. But with the child it is coming to pass. God has blessed this couple¹. It's all blessed by God. And we have had a wonderful time, we thank Madonna and are very grateful to have the last birthday here. There has been a lot spontaneously going on.'

'You can read Sanskrit and everything, but if no one understands, what's the point? Speak the language of the heart, which is hidden, but truth. When you speak the truth they say, "How did you know that? Did someone tell you?" They are very surprised. But what is God? God is Truth. "I am the Way, the Truth and the Life..." Truth is God, Truth is God, Truth, truth, truth, nothing but the truth. Therefore a single thought of true prayer is like a mountain of reading - just a single thought of truth that comes from the heart. The tears swell, you fall asleep even, if you don't go into trance - it is too powerful! And it renews itself every day. Truth is not monotonous, it breaks monotony, it becomes a variety of spontaneous infinity, endless, you can go on and on without invention, without calculation. Spontaneous love, spontaneous realization, spontaneous payment. Some get their wages the same night. What are these wages? Spiritual wealth, confirmation, positiveness, camphor, Om chanting - there are silent witnesses watching, they let you know, they show what is to be done and how it is to be done.'

'In meditation you have to be silent. And what do you silence first? Your mind, your body, your thought. Keep it from wandering, bring it back to the same thing, the same thing, the same point. It's

¹ Babaji and Hari Om

not easy! If it was easy, everyone would be -. The Word is the effect of meditation, the truth. Remember what I am saying. *The Word is the effect of meditation.* Which means the Word when Gospel of John says, "In the beginning was the Word, and the Word was with God, and the Word was God." And the Word was also the same as dwelt among us, eat, drink, cry, and all this.

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'You and me are only surviving in trust and friendship, on no alternative full choice. Everything with us, like meditation, is spontaneous. See, now the Christ comes! Now the effect. And you know why He is here? Because we said the Word was God, and now, see, He comes. You see, what we get is the effect, the state of *Supernaturel de Christ*. The blissful state of Jesus Christ.

'Ramakrishna said that Jesus Christ was in bliss when he passed away on the Cross. When Ramakrishna died, he said, "Kali! Kali! Kali!" And what did Jesus say? "Father, Father, into Thy hands I commend my spirit." But first He said, 'Why have you forgotten me?' You see, it's a play, a play of hide-and-seek. If God shows you everything, the game stops. It's a great sport, a God sport. He plays with life and death, and brings back in different bodies, goes in cycles, so real, like a dream awakened, crying and everything – it's to test you, to test what is your poor level best between Me and your freewill choice.

'Freewill choice is when people want to build their kingdom here. If they could they would, but life is too short – at the most a hundred years, and even if it's a thousand, so what, then it's finished. Well, youth is a beautiful thing. But in one way it's better to be old, because you have realized the necessities, the usefulness and the uselessness. You don't fall down into the whims and vagaries of youth, the ventures and temptations. But some even in youth can withdraw from this trap, they're very special from birth. Everything is a trick, God's play, maya. It's not an easy matter, meditation, spiritual life.

'Music is another maya. But music is also ecstatic, fragrant, it's love open and welcoming. There's nothing like music. God Himself listens to music before you see Him - there are gandharvas and kinnaras, celestial musicians and dancers. Can you see God in formless Reality? Even when God is with form you are a bit dubious, though He himself is saying it many times. Rama said it, Krishna said it, Jesus said it, Ramakrishna said it – and no one fully believed them, or only those who really believed. But if they are with form it's easier, especially if you understand God's word. The language of the heart is most powerful from God, straightforward from the heart, the invisible link of heart and love. Heart hears, love pierces, mind gets clearer, and there is oneness. There has to be oneness, unison. What I've just said is very vital for the tuning of meditation. Meditation is an instrument, but if it's not in harmony you get a bad note, bad sound, bad music.

'So there are two mayas: vidyamaya and avidyamaya. One leads to God and one leads away from God. Whatever is leading away from God, switch off. But actually the switch-off comes from God, not from you. You are *told* to switch it off, God tells the devotees it's no good, or else to switch it on. He is the inner guide. It's God who sings you the appropriate song, and kirtan *is very good, it cleanses, the Name of God purifies, purifies, purifies*. You can't understand what a river of holy water it is to wash away your sins, and warning, and ward-off, so powerful. But you must practise these things by yourself. *You have to do a little bit of self-effort, all of you, you have to blossom this seed of Brahman in your own garden of privacy*. Then you will see God, like the GSR says; you can have the vision of God, but you can't touch. It's like something in a glass house. All this you put in the glass house, so that in winter you can have the products of summer.

'It's a lot of work, a lot of detachment, a lot of private, personal *you*. And it's a beautiful life, but it depends on your own motives. You can't just borrow someone else's painting and say, "That's my painting, that's what I have done." It's not yours. God is the answer to the question, but especially for the devotees – they've got it first. There's a lot of work, a lot of yourself to prove, without company, without congregation. Meditation, the end of meditation, is yourself. The GSR says, "At the end the flight is alone to alone." That's beautiful, but I think it applies also in the beginning and in the middle

and all the time, not just at the end. If you depend on everyone else and have their ideas, talk, discussion, there is very little action, only a lot of talk and heroic words. But it's actions that God sees, self-effort. So I think that in the beginning was He, and also the flight was alone to alone. And in the middle of everything, in the din and bustle of the world, if you can withdraw – it's not an easy matter. Concentration of work is sometimes more powerful and takes over everything. Then duty is God, work is worship. You need "work is worship" for those in the world. But then, for those who are living dead, jivanmukta, they are already dead to the world and live with a dual consciousness. *Et voila!*'

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