

Knowledge session with Guruji

Enjoy reading feeling that you are listening to Guruji this weekend.

How do we bring discipline to our life?

The mere thought of getting disciplined can bring discipline in life, begin taking small commitments, say I'll not do this for one month, then two months, then six months and go on taking bigger commitments. You'll realize this discipline will become your nature. Go in steps, small to big. That is the secret, got it, haaaan.

How to bring commitment in someone?

Tell them you are already committed, I don't ask for any commitment from you. Love them it will bring commitment in them. You know in the Ashram, all seva people they are so committed, it all comes from love, it just comes in you.

What do we do when we get mixed up in the world?

At least in the morning hours be silent.

How did life get formed?

Very interesting, life is eternal. Our bodies are like shells in the ocean called life, life is everywhere. There are so many television screens and only one television wave. All the screens are different, some are small, some are blurred, unclear, some don't have sound, in some picture won't come.

Where does the soul lie in the body?

It is all over the body, everywhere. If it is in the heart, then heart gets transplanted but soul does not change. If it is in the brain, it gets operated but soul does not change. It is all over the body, but yet unhurt. If your finger gets cut, your soul won't get cut.

What is good company and bad company?

A company that gives you contentment and silence is a good company and that which gives you feverishness, greed, jealousy, lust, anger is bad company.

We should share our experiences with other people or not?

Share it, but with discretion. If you share and they don't understand it doesn't mean much.

What to do with conflict in the mind?

Hmm. The moment you realize there is so much conflict in your mind, your eyes open. Satsang, Pranayama, can put an end to it.

What is the significance of the photo on your right side? (The one which is lying next to Guruji's swing, having images of lot of Saints).

Haaan, it is about the traditional Gurus, Rishis, their followers, the whole tradition.

Please tell us something about War and Peace.

Not all wars are bad, sometimes they become unavoidable. But it is foolish to go for a war 99% of the time. Love is a greater weapon than guns. Love wins easily, faster and without effort. Love roots out all the animosity. Guns remove the grass from the surface the roots will still be there.

I feel like I want to be close to you and I don't know how. I love you.

It is good, heart breaks and love flows. In the world out there heart breaks and misery comes, but here when heart breaks, love flows, life blossoms, good. Just assume you are already close to me and when you are smiling, when you do service, when you are in knowledge – you are so much close to me. And see more and more people get the benefit of this knowledge what you are having. Just turn back and see your life, how much it has changed as you did the practices, the meditations, your Kriya and relate to yourself the person who was there before doing the Kriya. What a big difference. Isn't it? How many of you feel you are

not the same person. Almost everybody isn't it, so that benefit, that opening, we need to bring in others life as well, we need to do that.

I know it is important for me to be here with you, but I have a little conflict as it takes me away from my family, could you comment?

You know when you are here and when you go deep and get rid of all the stress, you are also helping your family out there. The good vibration that you produce in your system doesn't just stay with you. Don't think that your silence course is only benefiting you. Your being in silence, your meditation, some of it goes to your family members as well. You may have noticed, sometimes you sit for meditation and nothing happens to you and most of the meditation you know, the benefits of those meditations are going to people who have crossed the other side, so when you have to clear your debts you find balance not going. This is because debt is being cleared, so many times in meditation it happens. There is an old saying "When you meditate the effect of it reaches to seven generations of the past and seven generations of the future, so the genes with which you are connected you know, affects all those seven generations, past and future". That is a very common saying in India. People know it. So a portion of our meditation, merits of our meditation goes to our near and dear ones. Hence you don't have to have a conflict. And when you are at home doing your job, don't think it is not spiritual, it is also my job. If you are taking care of your family know that it is not just your family, it is Guruji's family also. So the whole world belongs to me and everybody is a part of my family. So if you are taking care of your family you should know you are doing a seva, a work which is a part of Art of Living, and when you are here you should know whatever you are doing you are also helping your kith and kin, so where is the conflict.

What is the meaning of Jai Guru Dev?

Jai means Victory, Guru means the biggest, the greatest, Dev is that greatest, biggest, the big mind, the higher self in you. You know sometimes your small self wins and sometimes your higher self wins. When the small self wins over you, you are miserable, but when the bigger self, the wisdom in you wins, then it gives

you comfort, joy, peace and love. So may your big mind always win? So Jai Guru Dev means let the greatness, highness in me win over the small, little chattering mind.

I know that something inside of me is hurting me. But I don't want to think about it. How can I resolve all this and be happy without thinking about it.

You know when you feel hurt you feel very deep, that is why if you feel something deep you also feel a little hurt inside that. In deep love there is hurt, it is an unavoidable mixture. That hurt and that deep love when you transcend them, then you go beyond the duality and peace dawns – permanent peace, and only spiritual awakening can bring that permanent peace. Most of you here who have been in the knowledge, on the path for a long time you know you don't feel sad at all. It doesn't touch you; some thing deep inside you becomes so strong, so solid, so when you are in knowledge then you feel nothing really is touching me. I have many people asking me "Guruji, why don't I feel upset over anything now?" Sometimes one wonders, if something is wrong is with me. I don't feel the pain, the pinch of suffering of any pain. Someone close to me died and I didn't feel anything. Is something wrong with me? These sorts of questions do arise in some of you. These glimpses can come from your past hurt or love, but it will take time for some people whereas for some it can happen any day, even tomorrow. First of all get out of all this, you hurt me and I hurt you, you did this wrong and I did this wrong, you didn't look at me and you didn't talk to me, you didn't treat me well, all this blah blah. All these accusations, you should just get out of it. Even if you do it, do it as fun, not too seriously. Sometimes if you remove all this, there is nothing to talk to people and you may feel there is no spice, so boring. Smiling all the time also may not look so good, so it is okay to fight some time but don't harbour them deep inside, hmmmmm.

If astrology is telling the life of a human being, is there any chance we could change our karma in this present life.

Yes definitely, astrology indicates, it just gives you a road map. That's all. But there is freedom also. You know you should always consider the past as destiny. If you think the past was free will you become guilty, you become regretful, you become morose. You are very upset thinking of the past. "Oh, I could have done this way, I could have done that way, I could have, could have, could have, useless. Past should be seen as destiny, Future should be seen as free will. This is wisdom. Wise people do like that, otherwise what do you think. You think the past was free will, you will regret the past and if you think future is destiny you will do nothing about it, you simply sit. We must reverse this tendency; just doing this one thing will help you to a great extent. Past whatever happened is destiny, whatever happened, happened, finished, Future is.....!!!!

If Jesus is Son of God, who is our Father?

Jesus said "Our Father" so it is your Father too. Jesus has said, heaven is not up but inside you. He was embodiment of love and everybody is made up of love. Only thing is, this love is visible at some points and at some points of time it is hidden, but it still exists. It is like a window and a wall. You can see the sky through the window but not through wall, but sky still exists behind the wall.

What can be done to push peace further?

When you meet people, promote this peace to them and to as many people as you can. And, every day keep thinking of new ideas to bring about peace. You know many people worry that when will children become adults, wonder when everybody will become like children.

See your life with the three C's:

1. Cosmology
2. Commitment
3. Compassion

Ask yourself are you committed to a beautiful planet, a life full of joy. These three C's can eliminate corruption, cunningness and cruelty. All of you should sit some time and ask yourself:

“Who am I?”

“What do I want?”

“What is life?”

“What is Universe?”

You know there are two schools of thoughts for faith, first one says, you have faith and you will get it and the second one says, first experience and then you will get it. Spirituality focuses on the second school of thought. What is science of life? What is spirit made up of? Knowing this is meditation. An enquiry to the source of thought is meditation. Then you see how your mind will become sharp like a laser beam. Awareness, intuition, success and everything else will happen automatically.

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What about our desire for SEVA?

See when you sit to eat and the food is in front of you, food won't jump and come to your mouth and say open your mouth I will go in, your hand should go up and down. This is not our desire. Seva is our nature, it happens through joy, happens

through sharing. If you are doing Seva to gain authority, power or recognition or name, you are on the wrong path. They are very small things, drop all those and be dynamic in Seva. Don't expect recognition from Seva, or else you will become miserable. You must take responsibility for your emotions. No complaints, be straight. With the VEER (the powerful), and DHAIRYA (patience) in you chase your feelings, SLAP THEM, you keep on blaming your mind, I am so and so, I am bad, WAKE UP, wake up from all these emotional super garbage. Slap your mind then you will be of use to yourself and others, otherwise you will bother yourself and others.

What is meditation?

It's very simple. When the mind becomes free from agitation, becomes calm and serene and is at peace that is meditation.

Why is there duality in worship if God is inside?

You know when you worship it is like a play. You play when you worship. In shlokas it is there, you are always within me. You come into the idol in front of me, and say I want to express my gratitude. Then you say, "I have played with you, come back into me". Then you put it in the river. Puja is the replica of what nature does to you.

Spiritual and Material advancement, don't they block each other?

If you are spiritually advancing, it doesn't block you from material advancement. India built the greatest of Architectures, an iron pillar that does not rust. And many temples have not been damaged despite heavy floods and hurricanes, we are very advanced in Ayurveda, so in ancient India, spiritual and material advancements were never considered antagonistic but complementary. If you read yesterday's or today's newspapers, they said how in ancient age they calculated the speed of light. Music, culture, metallurgy, jewellery, we were experts in all these things. Even in house planning, town planning, we have been the best, that is how India's fame went so far and wide and that too without any mode of communication like TV or telephone. So Portuguese searched for India

and they found America. Today becoming famous is not a major thing, but to be known in the world 14000 years ago it was extremely great. India was a great place. There are many types of food with different tastes in India and that is the best in the world. After India, it was Mongolia's turn, then Britain, it grew far and wide, now it is America and now its again India's turn, it is all in a cycle, you have to come back.

Why some Temples have a good number of devotees coming in and some have very few?

Some Temples have a good number of people coming there, for that there are many reasons e.g. energy, Puja, mantras, maintenance. It is the influence of worshippers that even a stone becomes God. Adi Shankara established Tirupathi Temple and now it is so famous.

Is ego beneficial at any point?

Ego is not bad, it is okay. Ego is of three types:

Satvik Ego – which keeps expanding and doesn't hurt others, it becomes a fountain of creativity;

Raajsik Ego – does only to show off to others, it gives you short term joy and long term misery;

Taamsik Ego – which is destructive to oneself and others.

Move from Taamsik Ego towards Satvik Ego and Raajsik Ego towards Satvik Ego,

And from Satvik Ego in deep meditation, you get Nirvana, egoless state.

Is Desire good or bad karma?

Good karma is when you don't have desire, but it is fulfilled even before you desire something. Having desire is a second grade karma and having desire but not having your desire fulfilled is third grade karma.

Are there any examples of Satvik Ego and how do you move from Raajsik Ego to Satvik Ego?

The Satvik Ego state is patriotism, self-confidence, belongingness to the whole world. Through knowledge you can have a broad mind, you can move from Raajsik to Satvik Ego.

How do you see divinity in form when it is formless?

Are you form or formless – both, so same with the Divine.

Do the means justify the end?

In our History there was one King, Satyawadi Harishchandra, he always said truth, so he got an ego that he always tells truth. So he had to undergo a lot of problems. Now one says: ‘Why should I tell the truth and suffer?’ this feeling can come, but people who lie, are they joyful in the end?

Lies should be like salt in the food that is all.

In life four things are needed:

Mukti – Freedom

Bhakti – Devotion

Yukti - Tactic

Shakti – Strength

First, Freedom, without freedom there will be no love. In freedom mind has no conflicts, it is free from inhibitions. Then love comes, then Yukti happens and then Shakti.

There are different types of Shaktis –

Intellect, Mind, Body and Material.

If there is only Shakti and Yukti then life is not whole, feel that you have them all.

Why there is birth?

That you should have asked me before birth, what use asking now? It has already happened; now ask God what work to do.

Is an Atheist condemned by God? What if he does all the worldly things well?

If you think God is somebody sitting in the heaven waiting to punish you, then there is nobody like that. To become an Atheist it is the most difficult thing, almost impossible. Only God can say whether something exists or not because he only created it. Only if you have total knowledge you can say things don't exist. Even Scientists can't prove God. God is love, wherever there is love there is God, earth, water, everywhere. An Atheist cannot say there is no love and that is God.

(Something on Sudarshan Kriya)

You know why temples are built on mountains and high places. Because when you go to the temple you breathe as in Sudarshan Kriya and get exhausted. So actually when you go to the temple you are doing Sudarshan Kriya, so when you do Sudarshan Kriya temple comes to you.

Why do people fight if there is only one God?

I have the same question. See our tongue will not be burnt if we sing of Allah or Jesus. Here in Art of Living we sing of Allah, Jesus, Krishna, Rama, we have to get all the people together, bring them to the Art of Living.