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Sound of Consciousness is the Real Life force

Rice Lake, Wisconsin — April 1, 2013

<https://www.youtube.com/watch?v=crZ9pnV3sRs>

Welcome, friends, to this second session of the third day of our four-day program. I was talking to you earlier about the nature of consciousness itself. We've been spending so much time on, in discussing the covers upon consciousness. We've discussed what the physical body is like, creates a physical world, the astral body creates sense perceptions for us, the causal body is the thinking mind and a interpreter of perceptions and holder of all our Karma, our destinies, and above that is our soul, the individuated unit of consciousness.

What is that consciousness which is our real self? Consciousness is a power by which anything can be created and experienced at the same time. You create and experience at the same time so you're the Creator and the experienter at the same time. That's the power of consciousness. It has its own resonance, just standing by itself. Even if there is no cover upon a soul, the soul has its own music, song, and sound. If nothing else were there, it can experience itself as the experienter in the form of a music, a resonance, a powerful super vibration which can travel down all over creating space, time, mind, bodies. It can create everything right from there.

This power of consciousness is responsible for all creation. And the ultimate totality of that consciousness, which encompasses all of us and everything that has been created, is the ultimate Creator of all things. You may call it the ultimate God, Creator, by any name you can give it, and that is our reality. Within that reality we function as units which are not separated from the reality, which are not separated from total consciousness but they're experiencing

individuation within total consciousness. The ability to experience the many in the one is what constitutes a soul. A soul is not separate from the totality. A soul is part of totality. It's not even a separated part. It's a part of totality within totality. It never leaves totality.

The resonance of the totality and the resonance of the soul are the same. They represent the same thing—they represent consciousness. Since just by itself it has a resonance and a sound, at a lower stage of creation it can be heard. So, we call it the “audible sound, the audible sound current.” It is not a sound which cannot be heard, because the sound we are used to is only a sound within a very small range of vibrations in air. Our ear drums which listen to sounds outside have a very limited range, and when the vibration is within those ranges, we hear the sound.

If it goes beyond that, we can't hear it. Others can, some other...some people can hear. Some beings can hear, who are not people, like dogs. Special dog whistles have been designed, who can hear the sound of a whistle which is just beyond the range of human listening. So, this kind of sound which requires air as a medium, or any other resonance which requires a medium, is not the kind of sound that is actually coming from consciousness. Radio sound, or sound or the resonance of the wavelength of a radio wave, is also like sound. It's very similar to sound. But it's not the sound of consciousness.

The sound of consciousness appears to be like physical sound at the physical level. It becomes more and more refined as we move to higher levels of consciousness. Eventually, you can't call it a sound at all, because it appears to be a personality, a being. Ultimately, you find the soul itself is that sound. That sound which can create consciousness or be consciousness, be represented...representation of consciousness, what kind of sound will it be? It's an amazing sound.

Now, if you can catch hold of that sound, somehow, if you can catch hold of that sound, you've solved all your problems of spiritual journeys. Because the sound will pull you to itself. You don't have to search who the self is, where the self is, because the sound is coming from the self. And if you can catch that sound, the sound—and travel with the sound—the sound pulls you back to the self at every level. As we see different levels of creation and different levels of consciousness, we found the sound is a link between each level. It's the sound that gives you the feeling “I am.” You won't have this feeling if the sound were not there. You would not know, “I am, I exist, I know it, nobody can challenge it.” You can't say that. The sound makes that happen.

The sound leads you to every kind of experience, including the experience of your own totality. It's unbroken link. Everything else is broken. Every level that you move to from the dream state to the wakeful state, wakeful to super-wakeful, astral state to the super-super-wakeful state, causal state, or even discovering of your soul are all separated from each other. The sound is not. The sound is a connecting link between all of them. The sound is sustaining all universes. The sound is sustaining itself. It feeds upon itself. It's a food for the soul. It makes sure that all experiences remain within total consciousness. It makes sure that no matter how much space and time we create, no matter how vast the vastness goes, the sound holds everything together.

Such a remarkable sound can be heard at the threshold of the higher consciousness behind the eyes. The moment you leave that threshold and come to the outer part of the eyes it disappears. When you concentrate on the inner part of the eyes, it reappears. Therefore, the difference between the outer part of the eyes and the inner part has been emphasized by the mystics to say: the two routes originating from the same point are different. One, that is from the outer part of the eyes takes you immediately down in an energy circuit, starts all over again from the bottom and goes into the eyes and goes down. It's a circuit that moves downwards. The inner circuit behind the eyes goes backwards and moves another circuit. The different centers of experience which you can contact through meditation lie in both these areas, but these are areas of energy, as I explained, and those are areas of awareness. You can have experience of both.

You are actually having experience of all centers at the same time, right now. But we muffle some of them, we hide some of them, and therefore, at one time the attention is held in one center. If all the energy centers in the body were not functioning at the same time, the body would die, would collapse. All centers function. Our attention is not on those. They function autonomously. All functions behind the eyes right up to our true reality, totality of consciousness, function autonomously. They're working all the time. If they didn't, we would collapse, and we'd know no more here. So, our life... When people say, "There's a life force," what is life force? What is that vital force, the life force we talk of which make people alive?

It's that sound, that consciousness. The sound is the real life force. It puts life into this body, it puts life into astral bodies, puts life into causal mind, it puts life into the soul and represents life in the totality. That's the true nature of life. That life wouldn't be there if we didn't have a soul. Life wouldn't be there if the soul was not part of the creative process, and life wouldn't be there as a human being if the other covers were not there. You can't break some and keep some. They all remain intact—integrated and together. That such a beautiful thing exists in us, enables us to have any kind of experience while still in a human body. An experience, external experience

through sense perceptions, an external experience created through the sensory systems operating through the body.

This body is a filter. Physical body is a filter over the astral body. It filters what can go through and what can be received. So, when we interact with the world here, we are using the astral body. It's... Don't think that we have to meditate to go and find where the astral body is. You're using it right now! If you were not using the astral body, you wouldn't be able to see, wouldn't be able to touch, have no sensory perception. You're using it right now! You don't have to go to the causal plane to make the mind function. Mind is functioning now! You don't have to go anywhere because all the systems function all the time.

What differentiates one experience from another is the attention you place upon it. You can put your attention on one thing, and that becomes manifest for you, the others remain hidden but working. They work autonomously. That this life force, the sound of consciousness, can be heard as a resonance and as a sound, is a very great, useful tool, the best tool for discovering your self, better than any other tool that I have known of. That the sound of the soul can be heard by a human being, and by listening to it you can be drawn to your soul and discover who you are, is the greatest miracle available to us. It's available to everybody. It's lying inside each one of us.

There's a little catch: that the sound is not imminent or immediately available because the attention has been scattered. If our attention were not scattered, was held in the head, you will hear the sound. The sound was there. Before we were born the sound was there. As the attention scattered, it disappeared. The more we have lived in this life, the further the sound has gone away from us, because we've scattered ourselves. When I say "scattered," I mean scattered attention. The attention gets scattered when we get attached to something. The attention gets scattered when we desire something. Anything we desire pulls our attention there.

We desire so many things in our life, and each one brings a strand, like a rope-like thing, like a string, and attaches us there. If you could see the attachments—we don't see them because they're invisible—but supposing they were real strings, colorful little threads going out, supposing...you'd be surprised at the maze of strings going out from your head, all over—people, things, problems, everything pulling your attention. When we meditate, all these strings are still there. So, to meditate and break each string, one by one, very hard job. It can take lifetime after lifetime, because we have so many of these strings stretching out from our consciousness into things that have been created outside and to which we are attached.

The attachment, and the desire which causes more attachment—every desire leads to another attachment—this functions all the time in us, and the scattered nature of the attention means that the available attention to focus inside becomes very limited. When we meditate, you will notice that most of our attention is scattered. Very little is available which we use to meditate. With practice, we get more and more of the attention back. With practice, things become different. Things look like a movie, things look like a play, like a stage. That's good to know that! Because when we go and see a movie, and while the movie is going on, our attention is on what the characters are doing, what's happening. But the movie is over, it's all come back. We don't leave it in the theater hall.

In this movie, the bigger movie around us, we leave our attention attached right there. The desires and the attachment of this world, which is a much bigger theatre we leave there, and therefore, very little remains for us to concentrate on. These things one can see with deeper meditation. You can see where the attention is pulling you. How do you find out the attention is pulling you? When you meditate, you remember the very things to which you're attached. They come up in front of you. Pictures come in front of you. Problems come in front of you. Thoughts are... Thoughts in language are spoken in your head, all related to your attention and where it is focused because of attachments.

Now, the problem with attachments is that there is no known way to cut them quickly. If you want to cut one attachment at a time, it's a very, very difficult task. Masters explain it like walking in a forest full of thorns, and your clothes, your body gets all trapped in those thorns that are hurting. You try to take out each thorn, one by one, but there's so many. You take a long time to take the thorns off. So, they have recommended a different way to take the thorns off. That's called "wearing thick boots." If you wear thick boots and wearing a thick leather jacket, walk right through the thorns! Now, what is that big omnibus method by which we can do it in the...in meditation?

You do not try to detach yourself from any attachment. If you try to do one by one, one by one, first of all, it's almost impossible. Secondly, the attempt to detach yourself from an attachment often leads to more attachment to the same thing. I came to this country, and I loved a pizza called Shakey's pizza, Ye Olde Shakey's Pizza." Some of you might have heard of it. And I said, "Am I getting attached to pizza now having come to this country?" So, I said, "No more Shakey's pizza! No more Shakey!" The more I said, "No more Shakey's pizza," the more of the pizza came in front of me. That's what happens when we try to detach. Whenever we try to force detachment, it never works. In fact, you get more attached.

How does detachment come? Detachment cannot come by practicing detachment. Detachment cannot come by saying to yourself, "I am detached." The mind is still running right after that. Actually, a thought created in us can be a seed which creates an attachment that doesn't go away. There was a... There's a story of a seeker from the United States of America who heard that there is a swami in India sitting up in the Himalayas. He's a very magical swami, because he gives a mantra, he gives some special words. If you repeat them, you get enlightened. He said, "That's the kind of stuff I was looking for." So, he makes all the journey into India, travels up by bus and other routes to the Himalayas and finds the swami is hiding inside a cave. He waits for the swami to come out, and the swami comes out, and he says, "Swami, I've come from a very far-off place because I understand you have a mantra. You have a special set of words. If one repeats those words, one gets enlightened." Swami said, "Yes, I have." "Swami Ji, will you give me those words?" He said, "You've come from such a long distance, I will surely give you those words. Come close to me!" So, he came close. He said, "The words are," and he whispered into his ears, "words are: Abracadabra." (laughter) He says, "Have I come all this way just to hear 'Abracadabra' from you?" He says, "No, there's a catch with it. There's some condition attached to this. The condition is: when you say, 'Abracadabra,' don't think of bananas!" (laughter) He said, "Thank you!" Every time he wanted to just say "Abracadabra," bananas would come in front of him. (laughter) That's the nature of our attachments, that we cannot disassociate an attachment easily.

So, the...what is the boots that we can wear to avoid the thorns? What is that great means by which we can really enjoy detachment without bothering about it? That's called creating another attachment. That's the way! If you create a bigger attachment, the smaller attachments go away. Therefore, you see these children growing up, little girls playing with dolls, and they enjoy. They're so attached to the dolls they cry if the dolls are taken away. They feel their life is not there without those little dolls. They grow up and they get married and they fall in love with their husband, they fall in love with other people, they forget the dolls. If they said, "We are..." If a parent were to say to his daughter, "Look, I'm going to get you married, forget the dolls," the child can never forget the dolls. But, by creating another attachment, a bigger attachment, the dolls are forgotten. The same principle.

Therefore, if you have a bigger attachment, and there is no better and bigger attachment than attachment with the unconditional love of a Perfect Living Master, that's the solution to this problem. When you get attached to that and begin to experience the unconditional love within you, all attachments become detachments. So, the key to detachment is not practicing of detachment, practicing of a bigger attachment and getting detached. So, therefore, the solution has been given: The Perfect Living Master and the sound current available to us after initiation

are the same! Looks funny that a sound and a person should be the same, but we will discover they are the same.

It is the sound that is this manifestation of consciousness that personifies and becomes a Perfect Living Master. The real form of a Perfect Living Master is the audible sound current which is within us. But we don't recognize the sound, we recognize somebody like us, so it's personified like a human being like ourselves. As we proceed further on the spiritual path, you will find there was no difference between the Perfect Living Master and the ultimate nature of the sound current. It's the same thing. They both represent our own consciousness. They both represent the power of the soul and the power of totality of consciousness.

So, this sound that can be heard with the love and devotion for a Perfect Living Master in meditation—if you start getting a great experience of the love and devotion of a Master within your meditation—detachment becomes very easy. And that's the way to go about it. Now, therefore, there are two... two important things in great meditation: One, to catch hold of that sound; two, to build up love and devotion for the Master. "How do we build up love and devotion?" is a common question people ask me. They say, "You talk about love and devotion, but we can't just create it." I say, "Sure, you can! What...how do you have love and devotion for people in the world? You miss them, think about them, you constantly remember them. You remember the time you had with them. You remember the pictures of what they were doing, what you were doing. If they helped you in any way, if any miracles have happened, how did it happen?"

Thinking about all these things, remembering them develops love and devotion. Like any love and devotion, it develops in you. The more experiences you have with a Perfect Living Master in person the more you have the means to develop love and devotion." That is why there's the importance of meeting physically a physical form of a Perfect Living Master as often as we can. There was a American disciple who asked Great Master, "How often should one attend Satsang? How often is it necessary to attend Satsang to be able to make a good progress inside?" He said, "Really speaking, one should attend Satsang every day." Says, "Master, we can't attend every day! You are not even available!" "Okay, that case once a week would be all right." He says, "Master, what about people living far away?" "Let's say a month, once a month." He said, "Master, once a month to travel from a long distance, from United States to India is very difficult." (It's the conversation between an American disciple and Great Master.) He said, "It's such a long journey to take." He said, "Okay, for people living far away, but if they think of the Master all the time, once a year would be good." Said, "Master, if somebody cannot come even once a year to see a Master?" He said, "Then you say good-bye."

He made such a simple thing. And they said, “What is the importance of this?” The importance is: if you do not meet regularly and interact with the Master physically, you do not develop love and devotion. Same problem, same point again. You do not have enough, enough material to go over in order to have the love and devotion. Therefore, Satsang or the company of the truth, company of the Master... Supposing you cannot have the company of the Master, you can have the company of someone else who loves the Master. Then you can...if two people sit together and they talk about the Master and both remember, it’s like Satsang.

Satsang is not necessarily a discourse. Satsang is important but it is not a discourse. Satsang is an association with the truth. *Sat sang*. “Sat” is truth, “sang” is company, companionship of the truth. If two people sit together and talk of the truth, talk of the Master, it is Satsang. If you can have this kind of Satsang, still builds up love and devotion. So, in many steps, even in love and devotion, but the best is, when in meditation you can have the experience of the radiant form, you don’t need anything more, love and devotion is automatic.

All these means are only to go to what we call the “railroad station.” Great Master used to call it the “railroad station” to which you have to come. Master is waiting there with your tickets, travel tickets. “So, you come by yourself up to the railroad station, there we travel together.” In more modern times we began to say, “Come to the airport, we’ll fly together, airplane.” Or we can even say, “You come together to the third-eye center behind the two eyes, and we’ll fly together to all the regions.”

So, the part that is the responsibility of a disciple is to reach the railroad station, is to reach the radiant form. After that, love and devotion is automatic because you have daily Satsang, hourly Satsang, minute by minute Satsang, you’re in the company of the Master all the time. Whatever you are doing you are doing together. Imagine—if you haven’t had that experience— imagine having a friend with you in all your business. You are working, friend is there. You talk and whisper and...and the friend helps you, in your business. You’re cooking food, helps you. “Master, will you taste it little and see it’s good?” “Oh, wonderful!” And love gets filled up into the food. Whoever tastes it, “This is extraordinary food!”

There’s so many changes that take place. This one single event of seeing the radiant form of a Master within alters our life forever, here and hereafter. It’s such an important step! That’s the only step we can take. The rest is Master’s job. To take us back home is his job. Our job is to reach the railroad station, to reach the airport, to reach the third-eye center behind the eyes.

I have emphasized the importance of the sound which really represents the essence of our self, the essence of consciousness, the essence of a Master. That’s what it is. Master is that sound

made manifest into a human body. It's the Word made flesh, that's very quietly said. The Word made flesh. How can a word become flesh? Through a Master. Therefore, I would recommend to you: Do any kind of meditation to draw your attention behind the eyes. After that, pick up the sound. You are on the right track. Any kind of meditation, any kind of method which brings your attention back behind the eyes leading to the sound is good enough. After that the sound will take care of you and take care of your journey.

That sound is very powerful. It's not like ordinary sounds. Ordinary sounds can be attractive. Ordinary sounds can be pleasant. Ordinary sound can put you into rhythm. But this sound pulls you. The nature of the sound is, it resembles the sound of a bell, of a big bell. It resembles like it's a big gong with a resonance in it, with a big peal in it: *boonnngg*. It is not connected with the heartbeat. It's not connected with the pulse. And I'm saying this because many other sounds are connected with them. The flow of blood through the arteries itself creates a sound when you concentrate attention. The breathing becomes a sound. Many other kinds of sounds are there in the body which are just sounds. But not the kind of sound that'll pull us.

The kind of sound that pulls us is a bell sound with a...its very *gong*, it's very power which you hear it: *Gooooong*. Your attention is pulled out from the body like nobody's business. You can try as hard as you like with Simran, it's a very slow process, it's like crawling of hands. And this sound that pulls you is like a bird flying up. So, the system of sound, of going within and to our destination to total consciousness through sound is a very great system, the best...out of all the Yogas, methods of union with the totality, methods of union with your true self, this the highest Yoga. It's been called Surat Shabd Yoga. "Surat" means attention; "Shabd" means sound; "Yoga" means union. It is this practice of the Surat Shabd Yoga, the practice of the attention and sound system of union that takes you the highest.

It occurs within. The less attached you are the more readily the sound is available. The more you are in love and devotion with your Master, the more readily it is available. You are a gauge. You can judge how quickly the sound comes and does not count. It's based on these two factors. There is a special method. We tell people to practice listening to the sound. I tell them to listen to any sound, just for practice. Because even other sounds that come in the head at least they give you a chance to know how to feel you are inside the head and listening to a sound. So I call other sounds as practice sounds. They are good, too. The practice sounds themselves vary from one to the other.

The practice sounds that are like just a roaring sound—we're used to it—a roaring sound, you block your ears, you can see if it...they say that when you hear the sound of the sea in the shell, the sound of the ocean, they call it "the sound of the ocean." It's not sound of the ocean. It's

sound of the air striking the shell and then being heard. Those are sounds which are—even without the shell you can hear them. There sounds like crickets chirping. There are sounds like a thunder...thunderstorm comes up. Sound like chirping of birds. Sound like little bells: “Ding, ding, ding, ding.” Very small bells. There are so many sounds that come up. But they don’t have the pull of the big bell sound. Therefore, you keep on listening to the practice sounds.

The practice sounds also help you to hold your attention inside. But the real sound of the big bell which pulls—*zooooom*—like it’s, like it’s pulling you off your feet, that kind of sound, when that comes and you hold onto it, you’ve done it. You’ve made a very big leap in your meditation practice. I’d like you to listen to the sound, all of you. Some of you have asked for initiation. If they get initiation, they may hear the sounds, some sounds, more sounds. Each one will be hearing according to their past work done on this path.

We have been traveling on the spiritual path for a long time. We have not come suddenly upon it. It may look like that. But we have done work in the past. It’s all accumulated to give us a little jump start on the spiritual path. So, when we practice, we can find how quickly we move based on all the previous work we have done, though we may have forgotten the events which happened, which cause the accumulation of our good work towards the spiritual path. I’d like you to practice sitting behind the eyes with love and devotion and try to see if there’s a sound. Would you like to do it now? Let’s try.

Put your body in the right position, which means upright, not so upright and tight that your attention goes into the body, not so relaxed that you go to sleep. It’s midway. The right asana, right posture of the body for good meditation is one in which it is not so tight as to cause aches and pains in the body which would draw the attention away nor so relaxed that it’s a tendency to sleep. To keep awake and not...and still be relaxed, that’s the common feature of a good, upright position. People sit on the floor, they feel comfortable. People sit on chairs, it doesn’t matter. Don’t put too much attention on the position of the body, so long as you think the body is still, it’s upright and the head is upright, not sleeping, not lying down, and you are able to feel that there’s an upward pull when you’re inside behind. The sound that pulls upwards actually feels like it’s being pulling you upwards, though it may be just pulling you behind. The feeling is like you’re being pulled upwards.

So, close your eyes! Think of the Master. If you have no Master, think of a beloved. And think of nothing else but being behind the eyes. And if any sound can be heard, listen to the sound sitting in the center without moving towards the sound. Don’t be swayed away this way, that way. Stay in the center. If the sound can be heard, put your attention on it and listen attentively and see what different kind of sounds you can hear. No other thought except the thought of the

beloved, the Master inside and the listening for the sound. Whichever comes, listen to it attentively and see how the attention is get pulling up, pulled up to third-eye-center.

Welcome back! How many of you were able to hear the sound during this exercise? That's pretty good, on a very...this attempt. How many of you could see the beloved, the Master? Very good. With practice you'll do more and more. It needs practice because as you must have noticed the mind still runs riot when you try to do this. How many of you had extraneous thoughts coming during this exercise? That's natural. So, with practice your concentration will improve, and you'll be able to get all the benefits of this.

Any questions?

Yes?

Q. When we die does the sound stay with you?

A. Yes. Once you get the sound it never goes.

Yes?

Q. If the sound comes from the left ear, is it hazardous or dangerous?

A. No. No. The only thing is that the left side of the head and the right side of the head behave differently. So, it's recommended to hear from the right side. But if you hear from the left side and there is no other sound, even that's useful for practice in the beginning, only in the beginning. But it should not be made a practice that you will get the real sound on the left side all the time.

Q. You should not be afraid of that sound?

A. No! You... Fear? You should not be afraid ever! Period! Once you are on this path, no place for fear in this path. Eventually, you will find, when the doubts disappear, fear will disappear. And people who are practicing this are without doubt and without fear.

Q. So, if it comes from the center, that's...

A. The real sound comes from the center.

Yes?

Q. I would like to ask you...between hearing the sound, keeping the Simran or thinking of the Master? If you walk outside and you hear the sound is it as best as keeping the Simran or thinking of the Master?

Q. Simran is the beginning, the first exercise. When you hear no sound, you only do Simran. And there also, you listen to the Simran. It's a sound. The sound of repetition of Simran is the first one that you have to listen to if there is no other sound. When any other sound comes, you can drop the Simran, listen to the sound. If the sound is faint or disappears, revert back to Simran. If the Master's image is needed, and it comes up by itself, repeat the Simran to make sure it's not your mind playing tricks. With initiation the Simran becomes empowered. They become charged words which, when you repeat them, the mind even cannot make up the face in imagination or a visualization of a Master. Therefore, if the image of the Master comes, use Simran. Just for trying to catch the sound, use Simran. When any sound appears, listen to the sound. If it does not make any progress, if it is sound that is not the real sound and after a while you find there's nothing happening, then switch over to Simran again. Okay?

Yes?

Q. I was asking you while you are outside, while you are walking or working outs...

A. When you are working out...when you are working outside, only Simran. Sound will come automatically all the time.

Q. If it is there...?

A. When you are walking around, sound will, if you have practiced the sound, sound will always be there.

Q. So, is it equivalent as doing Simran?

A. When the sound is strong, no Simran is needed.

Q. Okay, thank you.

Yes?

Q. (Question inaudible.)

A. No difference in the soul at the end, no difference in the soul here. Soul is all the same.

Q. All souls are me.

A. All souls are the same. All souls are just like one soul. And all minds are different. And all minds make the soul believe they are different. It's the mind that is different, not the soul.

Q. No difference in the quality at all?

A. No difference in the souls.

Yes?

Q. (Question cut from video.)

A. It's coming from somewhere else. Eardrums are not involved at all. Ear drums are not involved at all. Even when the sound is so strong, so loud inside, if you drop a pin you can hear the pin along with that sound. The eardrums hear the pin and the...and the attention hears the sound.

Q. That helps. Thank you.

Yes?

Q. (Question cut from video.)

A. That's good, good tip he is giving. The sound is the self, and therefore a knowledge, an awareness the sound is the self makes the sound more immanent. Correct.

Yes?

Q. (Question cut from video.)

A. Simran can be given by a Master in any language. It's good to get it in a language that you don't...don't understand. The reason is...the reason is: most of the language we understand, most of the words that we know are related to things outside of ourselves. Supposing I got a Simran called "Shakey's Pizza" I can keep on repeating it. No matter how charged it may be, I'm thinking of the other pizza. Because the connection of that sound is with something outside. So, Masters, when they give words, they try to connect those words with what is inside. And therefore, it's only when we go within we find what the meaning of that word is. As I explained earlier, at the astral plane, just above the physical plane, language plays no role. All languages become unified, and you can speak in one language and understand another. So, languages are a physical means of communication. And people say telepathy is an astral experience. It is! In telepathy, if somebody thinks of a thing in a different language, you can understand in your own language. It's the same thing inside. So, the words Masters give, they are normally not related to anything outside. They are inner experiences. And when we reach those experiences, we understand why those words were given. So, it doesn't matter, and you... Of course, Masters can give in any language. But it helps not to associate those words with anything outside.

Yes?

Q. (Question cut from video.)

A. No, there have been Sufi Masters which gave different language words. There have been Indian Masters that gave different words. My own Master, Great Master, in some cases gave different words.

Q. Because I thought they were names as opposed to a word...

A. But you can have names in any language.

Q. Okay.

A. So, they...but the sound or the different languages they used did represent the same inner experiences.

Q. (Question cut from video.)

A. Those who want to practice slimming of the body, please hold the microphone.

Yes?

Q. (Question cut from video.)

A. The detachment is a permanent thing. It's not only for meditation. We... To be a spiritual being here we need to be detached with the world and yet love everything. Love and attachment are different. A person who is detached, it does not mean that person doesn't love. Love is something different from attachment. Love is to give the importance of...of things around you, even the beloved, without thinking of the "I," the ego. Attachment is built upon ego. "I love so and so" is attachment. But love itself is not attachment. So, therefore, when detachment comes, we get filled up with love for everybody unlike attachments which choose people who you are attached to, who you love. "I love *this* person and not that!" That's attachment. "I am feeling love for everybody" is love.

So, there is a qualitative difference in the two. When people have families, they raise their children, and they say, "Are you suggesting to us that we should be detached from our children and not bring them up with love and devo...love and care?" Of course not! I am saying, "Give all the love to everybody! And also, to your children! Take care of them. Do a very good beautiful duty of parenting, as a parent's duty! But don't get attached to such a point that you can't find your own self." So, there's a difference between loving and being attached. When you get detached, love does not stop. Okay?

Yes?

Q. (Question cut from video.)

A. Right there, in that corner!

Q. You said, "Imagine," and you said, "Imagine your beloved!" Now I don't have a beloved to imagine. I'm falling in love with you. So, can I imagine you?

A. I'll be very happy if that helps.

Q. Thank you! There's an unrelated question.

A. If it helps, it will help you.

Q. Thank you!

A. Okay.

Q. The other, unrelated question is (it's not related to meditation): Who built the Pyramids? (laughter)

A. There are many pyramids. Were you referring to the Pyramids in Egypt?

Q. Yes, sir.

A. These are pyramids, yes. They were built by the Egyptians. But they built it by technology which is not known to us. The technology they used to move things were different from the technology we use now. In a way, we have become more crude in our technology, though we think we have advanced a lot. We have not reached that point when we can move things without the use of other forces than gravity. You will find...it is going to come. You will see that same technology come back in this very civilization toward the end. The secret... (Now this is some different, unrelated question, please. It's...we're talking about technology now, all right?) The technology that will come which was used shows that you have means to reverse the flow of gravity to any direction you like. And that'll be used for all vehicular movement, it'll be used for all mobility. There'll be no need of petroleum, gasoline, this power, wind power, solar power—these will all become obsolete. Because the one power that exists, one energy that exists in abundance throughout creation is gravity. And gravity will be utilized.

There was a... Let me give an example, a little story. In Flagstaff, the Grand Canyon, near Grand Canyon, lived a farmer, and he...he had an experience with a strange kind of aircraft that landed on his field. Now, we don't know whether that was really what people are talking of but his experience I'm telling you. His experience was a bright, shining object, circular object, was shining on top of his farm and would disappear. Again, it would come after a few days and disappear. Finally, it came and came bigger and became very big and landed on his farm. This farmer is not highly educated. He doesn't know anything about technology. So, when he saw that big thing land, he said, "Must be a new kind of aircraft." Of course, aircraft are not built in that size nor in that shape. But he didn't know that. Then he saw there were windows, just circular thing, and there were windows which opened and closed like this (moves hands horizontally). Windows opened, and some beings, some persons wearing masks, grey masks, grey kind of thick masks, wearing them, were peeping outside and moving their heads like this

(left to right to left). He wondered what happened. They beckoned to him to come near him, near them, and he said, "This must be some new kind of show that has come up here. They're calling me." So, they opened a ladder like an aircraft and invited him in.

Then they spoke. They spoke like a recorded voice. When you put on a radio there's a background noise to it, you know that, against that you hear the voice. If I'm talking to you, you don't see the background. If it's a recorded voice, there's a "shaaa," then "shaaa" behind that recorded voice. It looked like they were not speaking their voice. They were replaying some recorded voice. In the recorded voice they said that, "We are here in your farm because you are not a technology man, and we want to give this message to you that there are people living outside your universe. And we have just come to tell you that we will be making contact with you, that we fly in this kind of aircraft, and we are speaking to you through the recorded voice of other human beings like yourself. And that this aircraft which we are using will be the aircraft of your future also."

And then they began to explain three big boxes that were lying there inside that cockpit of that aircraft. They said, "These three boxes are the means by which we travel. All they contain are methods to create gravitational plates. We create electromagnetic plates." And they explained, and he tried to remember because he was not a scientist at all, that "What we do is, we create electromagnetic plates which help us to go anywhere we like." They gave an example. They said, "Have you seen a waterfall?" He said, "Yes." "If you put a plate under the water, do you know what is pulling the water down? It's gravity...the earth that's pulling the water down. If you put a plate under that, the same water hitting the plate goes upwards. What is taking the water upwards? The same gravity.

Supposing, you tilt that plate, and the water falls through gravity and hits the plate, it'll go this way. [Indicates sideways movement.] That means just by moving the angle of a plate you can create a direction of the use of a gravity that's only pulling in one direction. You can change the direction of this gravity wherever you like. We create through these three machines here enough electromagnetic plates which the gravity pulls us, and when we alter it we can fly anywhere in space we like." They said, "All other means, fuels, are limited everywhere in space except gravity. In gravity you can go to any part of the galaxies, any part of space. And one day, your people will be doing the same thing. But since, if we brought this experience to a technocrat, to a people who is a scientist, people will say he made it up, this story. You cannot make up this story."

This man, the farmer, told his neighbor, whose name was Vern Tyler, was a friend of mine. Vern Tyler narrated this story, but he was so fascinated, he also had experiences with those people

later. When I heard this story, it made great sense to me. Because, I have myself experimented and said that the magnetic forces can be created by electrical circular movement of electricity. Electricity can be created by magnetism, and electromagnetic forces are now recognized to be the single force, not two forces. And it can create a plate, we have created plates now. We are moving in that direction, but technology will come to this part many, many years later. And then, we will be able to use that device. When I heard this story, something very strange happened, which reminded me of a childhood experience.

When I was going to school, elementary school in town called Ludhiana in India, I used to carry my bag and go to school. On my way to the school there was an overhead railway track. I used to walk under the bridge to go to the school. One day, I was going to school with my bag, and I saw a train, coach of a train, looked like coach of a train to me, hanging up in the air. I had never seen that before. I said, "Very funny, how can a coach leave the tracks and be up, with nothing holding it there." I saw the space between the coach and the railway track. I was getting late for school, otherwise I would have watched more. But before I moved on, the windows of the coach opened, and I saw grey people with very grey costumes moving their heads like this (left to right to left). I had never told anybody.

In fact, when I told my parents that I saw that, they rebuked me for having such imaginative ideas. They said, "The train must have been *on* the track. Just because you were at the bottom and looked upwards, it looked like the train was hanging." I said, "I saw the space between the coach and the track." "No, no, no, you must've made a mistake." They made me look like a fool. So, I remained foolish and never talked to anybody. After I heard this story of a farmer in United States, it suddenly reminded me of my own experience. From then I began to believe there must be people beyond our universe. Why would there not be people living beyond our universe?

A calculation by the law of probability, just by a simple law which everybody accepts in mathematics today, a law of probability which makes millions of dollars for casinos in this country (laughter), that law which has been accepted by mathematicians and scientists says: considering the conditions of our planetary system which created an earth like this on which life exists as we know it, looking at the galaxies known to us, about a billion galaxies known to us, and examining them, the chances by the law of probability of having earths like ours is: there has to be at least 38,000 earths like ours in this huge space that we have. If that is the law of probability, why should we imagine we are the only ones living here?

So, I have begun to believe there must be other beings. And they have more advanced technology—we are little behind them. And one day, we'll catch up with them. Maybe by that

time they'll go further ahead. Interesting story. You all like the story? ["Yes" from audience] I am very happy, I'm a storyteller. (laughs)

Q. (Question cut from video.)

A. Yeah, we should be honest and accept we are dumb, because, there are two types of people: those we cannot see, which are disembodied spirits. They are like ourselves. They are operating around here. I would, I shouldn't say so, but I can tell you, they attend my lectures. We can't see them because they don't have a physical body. But they have an astral body. And they are beings like us, they like to be like us, they're in the astro-physical overlap, and they're spending time here, many of them are going to spend a certain number of years. They do their work. They've been assigned their work. They are operating different kinds of things right around us. And elsewhere also. So, I do not say that they don't exist.

But the ones we were talking earlier are those which can manifest in the same material form. And those material forms will also become visible. People question who doubt the existence of UFOs—and there are lots of them who are skeptical that there are any UFOs—they try to explain away things like...just like she said they explain away near-death experiences with something, lack of oxygen in the brain, little realizing that lack...lack of oxygen in the brain is merely an accompaniment, is an accompaniment of a near-death experience. That experience that takes place does not take place because of lack of the oxygen, the lack of oxygen is at the same time as that experience.

This simultaneousness of things is messes them up. They can't say one happens first and one happens later. Similarly, when we have the disembodied spirits around us, we...they...they are operating. Now, we say "Masters." My Master physically is dead. How do I see him? You've seen him, too. You see the Master, I see the Master. Where do we see him? His physical body is gone, but he's still there. There are other bodies we have which are not visible to us. And therefore, not only one, several beings are around us, and they operate as best as they can in these circumstances. Anyway, I would like to close the session today.

Tomorrow is a big day for me. It's the Bhandara, abundance of grace. When they say, "It's a Bhandara," I saw... When my Master was alive and he celebrated the abundance of grace of his own Master, his own Master's Bhandara on 29th December every year, what a great day it was, what things happen! Tomorrow is that kind of a day for me. It's a day when I see such abundance of grace of my Master, Great Master Hazur Maharaj Baba Sawan Singh Ji, such great grace, that I always congratulate anybody who's around me at that time. All of you I congratulate you to be here tomorrow. Also today, I don't say, I don't say don't be here today, but tomorrow is a big day.

So, we'll have a celebration of Bhandara. What happens is, when Masters come—Perfect Living Masters come into this world and they are human beings like us and they perform such wonderful things for us, they sow the seed in us and make us grow in our faith, in our love and devotion which eventually takes us back home—when they do that work here and they die, people still want to follow them, and they are dead and is no good to follow a dead Master, because the dead Master means following your mind. What the dead Master is saying is what your mind is saying to you. There's no distinction. "Oh, Master spoke to me." He didn't speak. Your mind spoke.

Masters are at far-off distance. Some people say, "Is it okay to have a Master living thousands of miles away?" I said, "It's as okay as a Master living several thousand years away. What's the difference!" Master is one who is with you physically and manifests himself, physically, while he is here, and then he'll be there with you forever. But if he is not there physically, the mind becomes your master. So, that is why, when Masters die and go away, people still keep on saying, "There are successors of Master." There *can* be successors of Masters. And they keep on going the line—one-hundredth Master going on at some lines—and they say, "Oh, this is the Master belonging to *that* particular Master." The spirituality disap...disappeared long ago. Religions, rituals, ceremonies since still persist.

So, those things that happen after the going away of a Master, they create this problem that we don't know who the successor is. In my experience, whichever I have known Perfect Living Masters in history or contemporaneously in my life who died led to several people coming up and saying they are Masters. So, we can never know. Great Master once said, "Perfect Living Masters are very rare in this world. Masters are common. There are lots of masters." He used to crack a joke that in India there are more masters than disciples now.

But the Perfect Living Masters are so rare. Even when they are in the maximum number on this planet, they have never crossed the number of fingers on our two hands. Therefore, there's a limited number. "Very often," he says, "a Perfect Living Master *may* leave one successor, maybe two, very rarely three. But never in history," he says, "any Master's left a spiritual successor of his level for more than five successions." He said this. Therefore, masters keep on growing, and we don't even know who is a Master, who is not a Master. It's...and very hard to say who's a Master.

But, it's more difficult to find a Perfect Living Master who is totally human like us than to find a master who trumpets himself and says, "I am a master! Listen to me!" That's more easy. He claims to be a master, must be a master. But these Perfect Living Masters don't. So, it's not easy

to identify who is there. But Masters stay for those who they've initiated and in whom they have manifested. There they don't die. If they have died, we would not celebrate the death of a person. Second of April is the anniversary of the death of Great Master Sawan Singh in the physical body. Can you celebrate the death of a person?

We don't celebrate the death of a person. We celebrate the abundance of his grace and the fact that for his initiates he never died, that he became more manifest, more available to them than he was in the physical body. So, that's why, I agree [addressing a member of the audience]: you've seen Master in your house, you've seen them roaming around. So, Masters...you're right, there are lot of beings who are around us which you cannot see.

I'll continue your conversation with you tomorrow.