

## **Mind Creates Mental Games**

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Welcome, friends, to this afternoon session. Earlier I spoke to you about friendship and how important it is in our life. If we have one real good friend, life becomes heaven. But if we have no friends, we make a hell out of it. Our mind makes it like that. We create our heavens and hells right here on this Physical plane. The same experiences which create heaven and hell here are the experiences that create heaven and hell in the Astral plane also.

I am going to share something very interesting with you today. Because most people don't know about it. By experience, you will know. That when you go to the next higher level of awakening, you lose your free will because you can see what's going to happen. The element of surprise is lost. Whatever has to happen, you can see it's already been dictated, and you'll be surprised to find at the first level above this physical level, what is being created is being created by you here right now. Most people don't realize that what your thoughts are today, here, what your wishes are, what your desires are, are what will create experiences in the Astral plane. Because you don't have the experience of free will there, the free will that operates to create experiences there is the one you have here. There's no place you have free will except in the top and over here in the Physical plane, as a human being. Only a human being, one singular species, has the experience of free will, the experience of making choices, the experience of saying, "I want to do this or not want to do this." And once you make a decision, "I don't like it," it operates right there. You say, "I hate that person," the hatred travels up there. You say, "I need something," you get it there.

The Pharaohs were enlightened people. They had found a way to go up to the stage of the sun, where the sunlight prevails all the time, 24 hours. That's a stage slightly above the mind, what we call the lower part of ParBrahm, where the sun never sets and shines bright white, unlike the Causal plane, where it's a setting sun. It's an orange-colored sky. But even when you go to any of these stages, you find that free will does not exist because you know what's going to happen. You know all events are predetermined, laid out, in advance, at the time of creation, and that you just travel on them from one event to another. People say they could do time travel. You are doing time travel right now. You are traveling from event to event. You are traveling from one moment to another. Time is not traveling - you are traveling. Your experience is traveling. You are moving on time. Time is static. Time does not move. Time is already there. You are moving on time. Events have been placed on time in advance. You move from event to event. The Egyptian Pharaohs could time travel, but they could also know that what they will decide here will decide what will happen in the Astral plane after death. The after-life was more important for them than this life. We think that Tutankhamun, who collected so much gold around him, around his grave, was a fool, thinking that he will carry the gold into the next stage. He indeed

did carry it with him. Only when you have something like that happening here, you carry it also to the next plane, and he knew it! Those people knew it, that whatever actions you do here, they translate out there in the higher plane. So that's why don't think that is independent life there. The life that is there is also being created here. This is a great place to create things, to create karma, to create lives, to create consequences, and we feel them. We experience them right here, so, therefore, remember that when in the Physical plane, in the physical body, you have the most power. In others, you become robots and go through experiences created by you already.

Of course, this is a different set of experiences at every level. On the Physical plane, you get the feeling that some things are destined for you. You can't do anything about it. For example, where will you be born? You had no choice in that. You are born in a location, with parents, for which you have no choice. Where you will die... no choice. In between, you run into accidents, you meet people accidentally... no choice. You fall sick... no choice. You move locations, you look for jobs... no choice. If you look at the area of life in which you made choices, it's a very limited area. It is less than 30% of your life. Seventy percent you have no choice, even in this current life. So the experience of making choices is very limited. It's confined to that 20% or 30% of your life, that you have an experience of making choices. But that 20% or 30% of life can generate enough experience for several lifetimes. We are so quick in making choices. We are so preoccupied with making choices, and our mind is constantly making choices, creating a series of events being stored into our own memory, being stored into our own mind, and that generates future experiences for us - here, in dreams, in Astral plane, and everywhere else.

It looks like we are the creator of our entire destiny here, and that's true. Speaking from the physical point of view, we are creating our own destiny because we are making choices and making decisions what to do. When we go to the Astral plane, we found that the Astral plane and Causal plane are so interconnected that the choices we made in the Physical plane are affecting our experience right there, and we have no choice there. But then with more advanced meditation, you can go to a still higher stage and reverse this whole process. You can go to what is called the Karan Sharir, or Causal plane and Causal body, which is nothing. There's no body. It's just the mind. The mind is the body. When we talk of a Causal body, it is not a real body - it's just the mind. The mind is like a body. The thinking machine is like a body.

But when you reach to that stage where the mind itself can absorb all perceptions at once, does not need to separate them into five senses, it is still absorbing experience, but that experience is generated in a way that you can take the whole of it in without having to split it into seeing, touching, tasting, smelling. But the other more interesting thing there, in the Causal plane, is that you find that the choices you made, which affected your life in the Physical plane and in the Astral plane, were predetermined already there. All of them. All of them. The way it was written up, your destiny was written up in the Causal plane, was, "You will have so many choices to make, you will have these options open, you will think like this, you will decide like this, and

you will make that choice.” Even the process of how you will make choices is prerecorded, and then you find everything was predetermined anyway, so you had no choice. Then you go one step just at the top of Trikuti, they say, the top of the three worlds - Trikuti means three worlds - top of three worlds, and you watch from there, and you find you made the choice which package to pick up for all the choices. So you did make a choice.

It's so strange that we alternate all this. Do we make our own destiny, or we don't? And here we feel, yes, we are making part of our destiny. Some is uncontrollable. It's 70% we don't have any choice, 30% we have. We are making our destiny. In the Astral plane we find we made all our destiny from here. In the Causal plane we find, no, nothing was made by us, it was prewritten. A little up we find we wrote it. We didn't write it, we picked up. So, therefore, it alternates. Then we go little step higher and leave the mind, and we find choices were all a mental game. That destiny was a mental game. Life was a mental game. Physical life, Astral life, Causal life - was all just a mental game. The mind created all these and that you had nothing to do with it except write power to it to experience, to generate, and to experience. The role of Consciousness is to put life into experience, make it a conscious experience, and then consciously absorb it and experience it. You create and experience at the same time.

There's an old question being asked by philosophers. “When you look at a tree, is the tree there before you look at it, or when you look at it, it comes into being?” Which means, does the looking at the tree create the tree, or the tree makes you look at it? Is the material world real, that you experience through sensory perceptions or the sensory perceptions create the perception, and it looks like it's the real thing. Good question. The people who believe the material world must exist prior to your experiencing it in consciousness are called the materialists. Those who say, “No, it's only perception.” You have no knowledge what's outside of your perception. You can only see what you can perceive. Therefore, if you perceive a tree, your perception is creating it, and, therefore, you feel there's a tree. The tree becomes real because you double check it with the remaining sense perceptions. “Oh, I can touch it, so it's real. I can see it, it's real. I can smell it, it's real.” You are applying the rule of other senses to corroborate something while all the senses are working on the same principal. Are they creating the experience? Or there is something outside which is creating the experience of the consciousness? So this question, “Who creates what?” was tried to be answered by scientific minds by saying that all events are placed in cause and effect relationship. If there is no tree in front of us, we won't see a tree. If we put a tree, we see it, the tree comes first and then we see it, so tree is before we see it. So they examined whether the tree and the seeing of the tree takes place, which takes place first? If I saw a tree first, obviously my seeing it is creating the tree. If the tree is coming first, then the tree is real - I am just seeing it. They found out that it was simultaneous! There is no time lag at all between the two. The time of the tree being there, and you're seeing the tree, is identical at the same time. There's no time lag, so you can't know which is the cause, which is the effect.

In the Causal plane, you can find that the cause can be placed after the event. That's terrible to think in this physical world that you can have an event first and then you can have the cause. I mean, until recently, nobody could imagine this. Till one clever physicist was able to push a particle, a photon. He could push a photon through an accelerator, beyond the velocity of light, which Einstein said is not possible, but he did it. Doing it, he came to this... It was all being photographed, all being filmed... He found the strange result that the particle reached the destination before it left. It doesn't make sense to our minds today because we put cause and effect in a certain order. How can the effect be there before the cause? In the Causal plane, you find that, since all of them are placed at once, not that one is placed before and the other is placed later, you can look at them either way. You can see the cause first or the effect first, and then see the cause. Because of that nature of perception in the Causal plane, time takes a very different form. Time becomes visible as a static entity on which events have been placed, but you can't see it here. Here, you cannot see it, what is going to happen five minutes later. You can't see what is happening tomorrow. We only conjecture what can happen - we can't see it. Of course, some people can. Not many. Some people can.

There was a lady living in DeKalb, here, in Illinois, who I met in Spiritual Frontiers Fellowship, and she could tell one week earlier what will happen to you. And she didn't practice it, it came natural to her. She would have a vision, and she could see something, and then record it in a journal and one week later it would happen. I met her there. She came to Chicago. Some of my friends are sitting here who also met her. And she... I had come to work with two black guys - I see one of them here somewhere - to work for them, from India. And they had given me a little job, and had given me a good fat salary, compared to India, and then I was very happy at the new opportunity I had gotten in America, a new world, and then we went to Spiritual Frontiers Fellowship meeting, and there I met this lady, and the lady said, "I want to come and talk to you more." I said, "Come to Chicago" and she said, "Poor Indian immigrant has come and I will go and see him." We said, "We have a small little office. You can meet there." But before she could meet me on the date fixed, one week earlier, she had a vision. In the vision she saw that I was sitting in the lounge of a big five star hotel. No... she was sitting in the big five star hotel... and a big stretch limousine came, a long limousine came, and I stepped out of it and I asked her, "Hello, how are you?" She said, "That's not possible! For once I am going to be wrong." All the other journal entries were right. But she recorded in her journal, this experience, this dream of hers. It is called a dream. She used to call them dreams. She recorded the dream and before she could come, my partners, who lived in the ghettos on the south side of Chicago, became a little rich, and they bought a big stretch limousine, and that very day they decided to change the location of the meeting to a five star hotel here, and they drove me in that limousine, and she was told just before she came to meet us, in that limousine, which surprised her, in that hotel, which surprised her, and as the limousine drove up and I came out of it, she was sitting there. She opened the journal and said, "I wrote this one week earlier." That means she could see what's

going to happen one week later, which she couldn't imagine will be happening. She thought "It is unlikely." It happened exactly as she had seen. It not only shows that she had the power to see things in future, it means future was already there! People forget that part, that you could never see something in the future if it's not already there. All events are already there and we move towards the events. The events don't come to us. We are doing time travel all the time. In every stage we are doing time travel, so long as we are in the realm of the three worlds of the mind.

So the fact that at the Causal plane... In Trikuti you find that we picked up our destiny... Now that's an interesting phase, also. How do we pick up our destiny? And why do we pick it up? The answer is we pick up the destiny because we want experience. The whole idea of consciousness, devolving into so many levels, and creating covers upon itself for different kinds of experiences, and very well-crafted covers, like the mind, and sense perceptions, and body, and so on, the whole purpose was to have generate new experiences - for Consciousness. Consciousness will cease to exist if there is nothing to be conscious of. It has to generate an experience all the time. So it's a permanent thing. Don't think Creator was sitting one day and He said, "Let me create," because if He was sitting without a creation, He couldn't be a Creator. Creator/creation are simultaneous and have existed at all times, both of them. So the Consciousness creates these levels for experiences and generates instruments for a variety of experiences. So when the experiences are generated and, let's say, as an analogy, that the soul comes to step into the world of mind, and says, "Okay, now I have to pick up my destiny, forever, while I am in this experience, till I go back home." The soul goes and says, in the Universal Mind, "What choices do I have to create experiences?" Well, you have some trillion choices. They are all packed here in DVDs. You can pick up any DVD you like. "What will the DVD do?" When you play the DVD, you will live. You have a life. You will have an Astral life, and you will have a Physical life, and you will have dream lives, all fit into that one DVD. "Does the DVD create one life or more than one life?" Well, DVD will create one life, which is good enough, but that life cannot be created unless there is a past life because we are going to create this destiny on the basis of cause and effect, through time. Therefore, you will be given one life, which you choose, but that life will be dependent on a past life, which you will never have lived, but it'll have the events to create this life. You can't have any life without a cause in a previous life, so we attach to it a past life so that you can have one life. The past life cannot exist unless there is another past life, so we'll attach a series of past lives. "How many?" Infinite. "Do we go on?" Infinite means... Infinite really is not infinity. Infinite means you can keep on going as far as you can, but you can't go on forever in time. Therefore, infinite means a limited number till you can go on. So you go into infinite number of past lives and keep on checking. This caused this, this caused this, and everything fits into one life that you come for. Wonderful! We are going only for one life and then you come for one life, but that life has events packed into it which you can see before you come. You are at a point when you are making a selection. You say, "Let me see what happens

next if I get into that.” Well, if you get into that, then a next life follows from that. “How many lives follow from that?” Infinite. Every life will create a new one.

“What about getting out of this? Is there no escape mechanism?” Yeah, there is an escape mechanism. You can check out the number of DVDs, whichever has an escape mechanism. “What is the escape mechanism?” And that is, after several lifetimes, you can have a lifetime where you will meet an agency, prepared by you now, before you get into it, which will take you back to above the mind, and take you back home. “Okay.. If I am just an adventurer... I don’t care what happens. I’ll go in and take my chance, then I can be stuck forever. If I’m careful... No, I don’t want to get troubled by if I get caught forever - I should look at a series of lives where I have one life at least, in the future, where I can get out.” And you check the lives, which you can do very rapidly there - you can see a million lives per second or something - so you go in rapid scanning and you say, “That’s good enough. I’ll take so many, 20 lives or so, and then I find a life that I can go back. Because I’ll meet an agency called a Perfect Living Master in that life, who will appear by destiny, the same process. He’ll appear by the same process. I’ll get there. He’ll initiate me, and He will explain to me, ‘You have to go home,’ and I’ll accept it.” This whole thing is being done before you ever enter the three worlds of the mind. So you will notice that this question of, “Do we make our destiny or not?” can be yes and no all the time, depending on where you are talking from. Every level will change the answer.

People say there are contradictions in spiritual books. Of course there are, because the statements made in spiritual books are of different levels of consciousness. And there are controversies and there are contradictions, and there are difficulties to explain some things just because of that reason. But if we stick to one level, there is no contradiction. If you stick to any one level, there's no contradiction in any of these scriptures that I have seen. So that's why it's interesting to know these facts. Some people are interested to know who made our destinies. Did we make our destinies? When did we make it? OK, now that's great. Great show that we should come and pick up our DVD of our destiny. Why not go above and see what happened when it was totality of consciousness? Now we go even higher. We have gone higher where there's no split soul. There's not even a soul because all souls have been contracted into one. Totality of Consciousness, whirls within itself, this whole show. It's all taking place within that show. Nothing was created ever outside. The whole thing was through the process of Consciousness saying, “I am conscious of it” or, “We are conscious” or, “She is conscious”... or whatever.

Consciousness generated experience within itself, and there was nothing outside of it. People think that if the soul goes back home, to its true home in Totality of Consciousness, it will say, “Thank God, I have arrived.” No. It will say, “I never left.” The experience is not that you came back home. You never left. What you had was a series of experiences created by Consciousness, for Consciousness. So this whole experience is so startling for a mind used to looking at things so differently in this Physical plane. So if somebody says, “I can explain what happens in the

spiritual journey,” it's very difficult. You can't even utter a single word to describe something beyond time and space, at all. More than half the journey we are talking of which is not in time and space. There is no description available. No words are available. What is available? Stories, parables, analogies, comparisons. Just tell stories, and that's all we can do. So different mystics have come and made different stories, but the meaning is still the same behind that, they mean the same, but we can sometimes take a story very literally and say, “Well, was God and His son sitting on the right side or left side?” There was no place to sit there, by the way, and there was no right and left, and they couldn't sit at all anyway! So we are making stories about situations which cannot be described. So, therefore, this is just to give an analogy, just to make it an incentive for a seeker to step up. When a Perfect Living Master comes here, 'tis a prearranged thing which seeker He will take up. It's not that He has come on a wide net, “Let me see how many people I can net.” Those are different kind of masters who net people, and those are different kinds of masters who will say, “Okay, I want more people to come.” Perfect Living Masters don't come like that. They don't come to enlarge their group or area. They come for specific souls whose turn has come, who they promised, at the inception of creation, at the very beginning, that if they get trapped, as individuated souls, if they get trapped, will they get back? "Yes. Promise. Have a good time. We'll take you back." The idea was that we come for a good time and go back.

What happened to the good time? It wasn't so good as we thought. How come that we thought it will be a good time and we made it a hell of a time! What happened? Boy we messed up something. Something went wrong somewhere. Let's try to see what went wrong, that we came for a show. We came for created experiences. We said, “Let's have a created experience and go back again and then we'll have another created experience.” What happened? We got... First of all, we got so much imprisoned in that. We got caught up in that. And then, secondly, that we didn't have a good time. I know people go to see a movie. When they see a movie, horrible things happen there. You pay for seeing them, seven dollar ticket. Who would go pay seven dollars to see horrible things happening in a movie? You go there because it's a just a movie. Supposing it was real, you would never pay anything. If it was a real act of horror, who would pay for it? You would run away from it! But just because it's a movie, you know it's just an entertainment, and the high and low has been created, good and evil has been created, the hero and the villain both exist in the movie, and the movie, the more dramatic you want to make it, the more wide apart the hero and the villain are. And the worse it gets on both sides, then it's a good drama. We go to see a movie or a play or a drama because of the drama in it. We don't go to see if it is real or unreal, and yet, when we go to see a movie, a touching scene comes, and we start crying. Then we forget it's a movie.

What a funny thing that we go and pay the ticketed price for the movie to say it's not real. It's a movie we are going to see. It's a horror movie, but we like to see. It's not real. And when we are watching it, we cry and we laugh. Something happens.. and we jump up in our chairs. What's

going to happen? Fortunately, nobody runs up to the screen to say, "Let me mess up this and correct it." Because we still know it's a movie. If you had to see a movie first time, came from a country which has no movies, and when the first time you heard that you could go and see something happening on a stage, you would take it far more real than you do it now. I know this because there was a young man in a village in India, and he was taken to a movie for the first time. He had never seen any movie. In that particular movie, there was a scene where a girl takes off her clothes and jumps into a pool. And young girl... young boy was watching the movie and he wants to see her nude. But when she takes off her clothes, just when she is taking off the clothes, a train passes in front, so he can't see. By the time the train goes, she is already in the pool. That guy went 20 times to that movie hoping one day the train will be late. [Laughter]

This is what we are doing right now here! We forgot it's a movie. We are taking it too real. We are taking the whole experience of life so real that we... Question is, "Why did we make it so real?" We could have kept it as a movie and just had a good time and gone back. The reason was, even a movie we like, a drama we like, which is as real as possible.

There was a movie shot called "Gandhi." Ben Kingsley, a British actor, acted as Gandhi in that movie. He was interviewed in New Delhi for his acting. He said, "I did not allow any shooting to take place on that movie for six months till I could think day and night that I am Gandhi. When I felt I am Gandhi, I said, 'Now shoot.'" Because we liked the movie because it was so real. We want real movies. Here, in this case, we designed several things to make this experience real. One was: to cut off the source where the movie is coming from. In a movie hall, when you go there, you know that the light is coming from behind you, and is going through some film which is in the projector. The light is behind the film in the projector behind you. The shadow is falling on the screen in front of you. You are not looking behind where the movie is actually being played. You are looking in front. At the front you see the play going on, on the screen, little realizing that there is no play going on there - the play is going on behind. The play is going on behind in the projector. There is nothing happening on the screen except a shadow of it. What's happening is already in the film. The film cannot be changed. It's the same film, will run no matter how many times you run it, if it is the same film. And, therefore, we know the movie is just a reflection of something that's behind us and that is being created by the light.

You know, the same situation is here. We use our eyes to see, use our sense perceptions to see, little realizing that the light of consciousness, which is creating this, is inside. It's behind the eyes, not in front of it. There is nothing in front. The entire thing we are seeing outside is all packed right inside, and the light of consciousness is behind that. Behind that DVD we picked up, the light of consciousness sits behind it and throws the image outside. We see just because the image is three dimensional, four dimensional, 11 dimensional, we think it's real. Just because



we can cross-check one sense perception with another, it is not merely visual. There are other senses. We think it's real?

I went to Disneyland in Orlando, Disneyland, and they had a little show there. They have a 3-D movie where they give you glasses. They used to give red and green glasses, now they give Polaroid glasses, so that things on the screen, which are two shows going on, they merge and they look like things are happening right in front of you. In that particular show there are some rats captured from some place, put in a truck, and they are being taken, but in the middle, the truck door opens by accident, and all the rats escape and go into the audience. So people are screaming, "Rats are coming!" And they had a clever design that when they came in the feet, you could feel the rats in the feet, and everybody picked up their feet. It was all happening on the screen, but they had put air pumps in the seats at the bottom, so when the air came, it looked like rats were moving in your feet. And on top of that, they made a big stink, which was also in the chairs, and people took it so real that they screamed and some ran out - that "These are real rats come out!" It was just a movie. So even a little demonstration of this kind fools us so much, imagine how well designed this particular show is, in which we are watching now, that we take it as real. And we cannot possibly think... the other feature, that is not there in the other movie, is, that in the other movie, we sit in the audience and watch the show on the screen or on the stage. In this, we are participating in the movie. We are one of the actors. Actually we are not the actor - we think we are the actors. We are still watching the movie inside the head. We never watch outside. But this body of ours we take to be the self. If we remove that misconception, misidentification, if we know we are not the body, just a cover, and we are sitting inside the body, watching on a chair, in the audience, and the movie is being projected, and this body of ours is one of the actors of the movie, everything makes sense. Then you can see that what you think is yourself watching a movie... No, this is body not watching the movie. The body is an actor in the movie and participating in the same act, same script, already given to everybody, including yourself. So, therefore, the movie is more entertaining and more realistic by making you sit inside one of the characters, and then watch from there, and think you are the character, and make it all so real.

There are many other things that have been added to this movie to make it more and more real. They used to have some plays in old days in the villages, where you could get a seat for a quarter. But the more realistic plays, you have to put fifty dollars, seventy dollars, now they have one hundred fifty dollars in Broadway, you go and see a show. What's the difference between the two? A slap-dash comedy – not real. And that's very real, those plays. The more real they are, the higher the price of the ticket. And look how real this one is. And we paid a huge price for this movie. We are still paying the big price. What price are we paying to see this movie? By taking the law of karma as real. By thinking it's our karma that we have created and we have to be punished and rewarded for it.

We forget that soul has no karma. Karma is an introduction in the script, in the DVD. Karma was created as a cause and effect - means of experience. If you rise above this, you will see the movie without karma. Karma is never carried by the soul, unless the soul identifies itself with the body or with the mind. Then it suffers along with it.

You will note that the spiritual path does not consist of going anywhere. It is not a journey. The spiritual path is a path of realization. It is a path of realizing who you really are. It's a path of discovering that you are not the body. It's a path of discovering that you are not the sense perceptions. It's a path to know that you are not the mind. That you are the powerhouse that makes all these alive, and you are sitting inside these covers. And everything that is being created is sitting inside. The Creator, the creative power that creates the Creator, is also sitting inside. We don't know what word to use to describe that creative power that will create a Creator. For lack of any word, we have been using the word "Word." "In the beginning there was a Word, and the Word was with God, and the Word was God." We can't say this about any word that we know of in any dictionary, and yet that's the creative power. In every language of every scripture, the description says it's something like a word, something that's a sound. A word is an audible thing, can be heard. Why use the word "Word"? Why not say, "Power"? Why not say, "XYZ"? Why was the word "Word" used for this creative thing that created even the Creator? The reason was very simple. The reason was that that creative power, in devolving through all these different levels of creation, of creating different experiences, still retained its identity. Never lost its identity. The identity of the Self permeates every level. You go into sleep and have a dream and you say, "Who was moving in the dream?" Did you see somebody moving or you were moving? The same Self is moving that fell into the sleep and then a dream. You go into a higher level of consciousness, your body changes. It is still the same Self. You go into the Causal plane with no body and it is still the same Self that is saying, "I was that person. I was that." There's no change in that.

You go to the top in Totality of Consciousness in the same Self. This identification of the Self at every level, and this consistency, makes the Self the only reality because it never changes. Everything else changes! The Self never changes. Then how do we call it "Word"? Why not call it "Self"? Why not call it the "Real Self," the "Ultimate Self"? It's called the "Self" because here, where we misidentified ourselves with the body as the "Self", that "Self" can still be heard, can still be audible, even in the Physical plane. It's audible here. It's audible in the Astral plane, and it changes into a resonance in the Causal plane and becomes something that cannot be described in the higher planes, yet it's the same thing. Because it is audible in the Physical plane, we call it "Word." We call it "Shabd." We call it "Sound." We call it the "Ultimate Sound." We call it "Nad." We call it "Kalma." We call it different names in different languages. The same thing. But that gives us a great key, that if this Totality of Consciousness is still connected with us and operating to create all experiences, the route back, a natural route back, should be very

easy. Catch the sound. Catch what is audible right here, and if you can catch that, travel on it, you'll go back home.

And that is exactly what is taught by Perfect Living Masters, that to reach to the state of Totality of Consciousness, all you need to do is look at that part of your Self which is audible. A sound that occurs within you, coming from nowhere outside, not heard by these ears, heard by your Self, generated by your Self, the sound that comes from the Self within your Self, that sound is audible. It resembles sounds that we know. At least in the beginning, it resembles sounds. You can see it sounds like a bell. It's like a powerful bell, and the peal of the bell pulls you up. It's that kind of a bell. It's in every one of us. Nobody can be alive without it. It does not belong to any particular race, any community, any group. It belongs to every human being who is conscious. This Consciousness is coming through the form of a sound is a great benefit to us, that we can travel on the sound and go to different levels of experiences that I have been talking about. And that's called the "Surat Shabd Yoga," Yoga of the Sound and the Current. Sound Current and the Attention."Surat" means "Attention." "Shabd" means "Sound." It's a process of "putting Attention on the Sound." Perfect Living Masters teach us simple ways of doing it. They teach us all different ways to reach that area, reach that point, and then how to tag onto that Sound and travel on the Sound. This is so wonderful, that such a thing is available, that anybody who has got access to that, I congratulate them that they found reality, ultimate reality, while they were sitting in this illusion. It is so amazing! I hope many of you will get in an opportunity to get to that Word, to that Sound that'll take you back home.

I am very happy that you could join me here today and I could share some of these thoughts and experiences with you. I don't read too many books. Some people say, "In which book did you see this?" Then I am nonplussed because I didn't read. By the way, I didn't read any spiritual book until I came to this country, which was in 1962. Many years later, after I had gone through college and all that, then I came to this country to study more, to study at Harvard University and people began to ask questions. "Where did you find that?" "Which book is saying that?" I did not know the name of any book even, not even a book written by my own Master or written by other Masters. So I said, "Do you have any books on this subject that you study?" "Yes." So I said, "Can I borrow one?" I borrowed one and then, for the first time, I found everything was written there. They said, "You tell us that you have to sit behind the eyes in order to meditate. That if you are not already picturing yourself in the head behind the eyes, don't even meditate. Nobody says that. People say, 'Just close your eyes and meditate.' What is this new thing you are bringing up that, unless you sit behind the eyes, and figure out that you are there, and feel you are there, don't even meditate?" They gave me a book called "Spiritual Gems," letters written by my Master to disciples in this country, the United States. I picked up that book and took it home. Sixteen places in that book He says the same thing. I marked them and showed them next day. "He is saying the same thing 16 times, that unless you first sit yourself behind the eyes, meditation will not take you anywhere." "Oh, we didn't read that." Then I came to the

realization: when people read books, they don't read what is in the book. They read what they like to read in the book. And the books mean different things to us at different times.

When I was in Cambridge, near Boston, a man came to me, a friend, who became a friend, and he said people told him there is a book called "The Path of the Masters" by an American surgeon called Julian Johnson, "And it's called 'The Path of the Masters.' I read the book, and I think it is all nonsense. It's all based upon hearsay of Indian yogis and swamis, and I don't know how he picked it up," and he threw it away. I said, "Sorry to hear that." Then many years later he met me again. He said, "I got the real stuff!" "Where did you get it from?" A book called 'The Path of the Masters.'" I said, "That's the same book you threw away." He said, "Exactly! I read it again now." "What happened between then and now that the book made no sense to you at that time, and the book makes sense to you today, was your own development, your own seeking and your own experiences in this world. They are all bringing about the changes required in you to read that part of the book which you wanted to read now." So we go to discourses. I can check. Today, if I took a vote from you, not a vote - but if I took it on who heard what, you will see 100 different answers. Everybody will give a different answer to that.

I once was in civil service in India where we were trained to be very careful what you listen to people, and we were in a police academy. The police officer was specially trained not to pass a message verbally because it gets distorted - so send written messages. So they said, "Because verbal messages, no matter how careful you are, will get distorted." So we were about 20 officers sitting there, and they sent a little message on one side. They said, "A harmless package has been found near the tower." And each person had to just pass it on verbally in the ear of the other person. So the first person read, "The package has been sent," and the other person whispered in the other. At the end, the last person said, "What I heard was 'an atomic bomb has blown up the tower.'" It said, "A harmless package was found outside the tower," became an atomic bomb by the past 20 trained hands, trained to listen very carefully. So they said that "this is very difficult. You should send messages in writing so people do not..." I am only saying we are hearing stories, Buddha stories or Jatakas traveling by mouth. Every time it's different. The Bible was written, the Christian Bible was written 200 years after the crucifixion of Jesus Christ and amended several times after that. A seventh century ecumenical conference deleted many gospels out of it and put some new ones, and a king of England kept on saying, "I will only authorize what you can read," and that authorized version of King James of England is accepted as word of God today when we read. Can you imagine how many distortions there can be in this kind of travel? And therefore, there is a problem in this. Therefore, they say even written material undergoes a big change because of the interpretation of it. During the same police academy... I am just giving you a lighter side of my talk now because I have given you very heavy stuff, I believe... the police academy taught me that you should use the fewest possible

words, and convey, especially in wireless messages because there is too much traffic on wireless messages. For example, the instructor gave an example to us....

I'll tell you something else then. I sometimes say inappropriate things and they are all being recorded here, by Mark. So we can't tell that kind of jokes. [Laughter]

I'll tell you some other kind of lighter ... (It depends. I mean he was using just a few words to describe that happening.)

I learned new words when I came to this country, and the language you speak here is not true English, because true English would be what they speak in England. The British English is very different from American English, and people don't realize. They think that it is the same English we are speaking. Many words that we use here are quite different, pronunciations are different, and so when we come from outside and we hear certain words, we don't know how to interpret them properly. So that's why we had a little language barrier when I came in. I couldn't understand the language of the people here. I had used a different kind of British English and British accent and so on. So I decided that the best way to handle this is to say 'yes' to everything. It was a very terrible thing I did! Because they asked me, "Oh, are you happy here?" I said, "Yes." "Are you going anywhere?" I said, "Yes." "Where are you going?" I said, "Yes." "Are you sure that you have no plans?" I said, "Yes." So I found that I was saying 'yes' because I couldn't understand, and that made the conversation very difficult. But then I learned that there are some good humorous stories that they have of different places. And people don't mind telling those stories in this country, and they are fit for recording by Mark, so I can tell you one of those Irish stories today.

The Irish story is that Paddy... that is a common name, I think... Paddy was going to attend a very important meeting and he was getting late, so when he reached the office, there was no parking spot. Many of us have had this problem, and we pray to God. I know disciples of Masters pray to Masters at that time, and they think Master is real if they find a parking spot. So this Paddy couldn't find a parking spot, so he prayed to God. "God, I promise, if I can find a parking space, I will go to mass every day, every Sunday, and I also promise I will give up my Irish whiskey also." A car pulled out and Paddy was able to park, and then he looked up and said, "God, never mind. I found one."

So, the Scottish have a different sense of humor. That's about stinginess and money. And there was a Scottish couple, Mr. and Mrs. McNabb, and they lived in England, and they had a friend who was in the flying club and had a small plane. A small plane where the pilot sat in front and two passengers could only sit at the back. So this guy was a neighbor so he said, "Tomorrow, McNabbs, I am going to take you for a ride of aerobatics." "What is aerobatics?" "Aerobatics means I'll take you in the plane, and turn it upside down, and make you scream." Mr. McNabb said, "I have never screamed in my life." He said, "Any bet? This time you will." He said,

“Okay, sixpence!” which is just a small currency in England. Sixpence bet that if he screams he has to pay sixpence. If not, the pilot has to pay sixpence to him. So the pilot went and they fastened their seatbelts and went up. And the plane went up and down and turned many times. No scream. So, ultimately they landed, and the pilot said, “You sure did not scream. I owe you sixpence,” so he gave him sixpence. He said, “Yes, I almost screamed when my wife fell out.” [Laughter] That is Scottish humor.

We have Indian humor also - we have Indian humor. They have recently installed in New Delhi, the capital city, they have installed a subway, an underground system of transportation, which never existed before. So, there's an escalator going down, and the escalator, of course, has the moving steps, as you know, and the escalator is run by electric power. An Indian family said, “We'll go and have a ride.” They went there, but, when they were on the escalator, the husband, the wife and his child, the power failed. They sat for 24 hours on that escalator waiting for the power to come back. They didn't know that they could move down the stairs. And that is a bit of ..... We call it PJ. We call it a “poor joke.” Anyway, I just... [laughter]

All right, let me tell you a German story. It's not really of Germany. It's of a German Pope, who recently resigned, left his papal position, and allowed another person, a South American, to take over, while he was still alive. This is a very new thing. It has happened only twice in history. And so this Pope, German Pope, he once traveled in his great big limousine car outside of the Vatican and, when he was there, he told the chauffeur, the driver of the car, “Look, you know I am German. I am used to driving these cars, and now I have to sit at the back and you drive. Why not give me a chance. I'll never get it again in the Vatican. Now we are outside. You give me a chance - I'll take the wheel.” And the driver, the chauffeur says, “Sorry, Sir. I'll lose my job if somebody finds out.” He says, “Who'll find out here? Nobody knows us here. We are out in the open.” So the driver, ultimately, was persuaded by the Pope to agree. The driver sat at the back and the Pope took the wheel, and as soon as he sat, he pressed the accelerator down to the steel, which was the German way of driving. And soon there were police cars and sirens behind him, and they stopped him. They stopped the big car, and an officer comes and looks at the driver, and calls the boss and he says, “Boss, there is a big guy I've got.” He says, “Who? Give him a big ticket. Give him a bigger ticket if he is a big guy.” He says, “No, he is too big for that.” He says, “What do you mean? Is he the mayor of a city?” “No, he is bigger than that.” “What? Is it the president of the country?” “No, bigger than that.” “What can be bigger than that?” He says, “He's God traveling in this.” “What do you mean God traveling?” He says, “I just saw the Pope is his chauffeur!” [Laughter]

So we make fun. In this country, we can make fun of anybody. They say that the Indian god Brahma, Brahma the Creator, sitting up in the heavens, he is living and he's a little bored because his job was to create. The two others gods will take over, Vishnu and Shiva. Brahma creates, Vishnu sustains, and Shiva destroys. So Brahma's job is one time. He created, now he is

sitting bored, "When will I create again?" And he has to wait for the others to operate. Vishnu to sustain, and then Shiva will destroy, and then Brahma's turn will come again. But time flows very slow over there. A worshipper of Brahma found out that Brahma has all the power to create anything, so he worshipped him, and he said, "Brahma Ji, I understand you have the power to create things in your realm. A million dollars here is like a few cents there." He said, "That is true." "It is also true that in your time a million years here is just a few moments there?" He said, "That is true." He said, "Brahma Ji, I have worked hard for you. Can you give me a few cents?" He said, "Can you wait for a few moments?" [Laughter]

We have these kinds of jokes and, they are just to the lighter side of life. Why I am telling you these jokes is that being on a spiritual path should not make you a serious-minded person, as if this is something that destroys your sense of humor. The Master, who initiated me, had the greatest sense of humor. He loved stories, loved these stories. I have traced the history of all these old Perfect Living Masters, and they loved the stories and they never lost their sense of humor. I almost came to the conclusion that we have eight senses, not five. The senses of perception are only five: touching, tasting, hearing, and all that. But the sixth sense is more important than these, and raises the level of a human being for a sixth sense. Sixth sense is intuition, and they say women have a lot of sixth sense. That's how they defeat the men in everything. Otherwise they are weaker as a sex, but they have this sixth sense that they can use. The seventh sense is even more important than the sixth and it's called common sense, and it's very uncommon. Common sense is the ability to know what is important and what is not. Common sense lays down our priorities in life. If you notice, on the spiritual path, nothing is needed but changing your priorities. Just make something more important than the others. We are making our worldly responsibility a higher priority than spiritual seeking. We just have to shift these and it changes our life. Common sense is very important.

I will tell you a little story, to end the session today, I'll tell you a little story about common sense. The eighth sense is even more important than the seventh sense, and that's the sense of humor. The ability to laugh at things that are happening, the ability to take it as a movie, take it as a show, the ability to remember that we are sitting as an audience watching the show inside our head. Just because our body is also participating as an actor, does not make us the body, that we just watch the show. If we are able to have a sense of humor, you can laugh at anything. Which reminds me that the best mantra I ever heard, in order to live well in this world, is a two-word mantra in English. And the two words are "So What!" You can use this mantra in so many situations and say, "So What!" and move on instead of getting trapped into a little situation and going round and round, round and round about it. So these eight senses are what govern our life. A sense of humor should never be lost. We must keep up the spirit of laughter. They say laughter is the best medicine. Laughter is also a good way to meditate. When you meditate, don't become very serious. Have a smile on your face! Sit inside and smile inside also. Have a conversation with your Master, smiling, and you will see the Master laughing more than you

have ever imagined. Watch it inside and you will see these are things that come by experience that never lose your sense of humor.

Now, getting back to common sense, there was a sage, a yogi in India, who was teaching people spiritual truths, and he also advised that people should not lose their common sense. He said, “What kind of common sense is this to tell people ‘Oh, you can jump from a house and you will not fall’ or something? Stupid things like are against the laws of what is going to happen in this show anyway.” He said, “A disciple of another master from Bangalore came to me, and he said, ‘Master, your people have no faith in you. They don’t listen to you. If my Master told me to jump from this house, I will jump. Will any of your disciples do it?’” And this man said, “My disciples won’t do this. If I ask a disciple, ‘Jump from the house,’ he will say, ‘Master, you jump first.’” That's common sense not to say a thing like that.

There was a man walking out, not a follower of any master, and he saw a master teaching under a tent, giving a discourse to his disciples. It started raining, and it rained very heavily, so the man, just to save himself from the rain, went under the canopy, the tent under which the discourse was going on. He didn’t go to hear the discourse. He went to save himself from the rain. And when he went there, the master was telling his disciples, “And then I went into a forest, and there was a lion there.” And the whole audience would say, “Then what happened, Master?” “Then the lion came very close to me and began to look into my eyes.” “Master, then what happened?” “Then I stared into the eyes of that lion.” “Master, then what happened?” “The lion turned around and walked away.” “Master, then what happened?” “I followed the lion. I walked behind him.” “Then what happened, Master?” “After a hundred yards the lion turned around again.” “Then, Master, what happened?” “And the lion ate me up.” [Laughter] Now this man, who was just eavesdropping, “What is he saying?” he turns to him and says, “Master, I am not your disciple. I just want to know, if the lion ate you up that day, how are you sitting here today teaching us? How are you alive today if the lion ate you up, what you are reciting?” He said, “Do you think I’m alive?” Now the master was trying to make a point that we live life without being really alive, but to give the discourse in the form of a lion eating you up, he said this to mislead people, and does not follow the laws of common sense. The common sense should be to teach people in the language which makes sense to them, and that is why, when we rely upon a language that we don’t even understand, it becomes blind faith.

I find people saying, “Let us read old Sanskrit literature in order to be more spiritual.” “Do you understand the Sanskrit?” “No, but we’ve learned from a teacher how to pronounce it.” That doesn’t make any sense to me. Where has our common sense gone? We are reading a language that doesn’t make sense to us and we say, “Because it is in the Vedas, it is in the old scriptures, therefore, it will make us spiritual?”



First of all: reading does not make us spiritual at all, no matter what language it is. What makes you spiritual is to go towards the spirit. What makes you spiritual is to find your own self, your spiritual self. You can read all the books of the world, over and over again. You are not one step nearer spirituality unless you step inside and find where the spirit is. Reading a book doesn't give us the experience of spirituality. It's just like reading a little brochure on Hawaii and say, "Oh, there is a very nice Waikiki Beach, and you can do this and do that on that." You keep on reading every day. You say, "You know, I am reading about Waikiki Beach. I enjoy it." You have never been there! You are reading about it. You have to take a plane ticket and go there and see, then you say, "Oh, the book meant a lot to me." The book doesn't mean much unless you experience it. All the scriptures of the world will mean a lot if you have experience of it. So do what the book says. Don't just read the book.

So that is why I thought it will be a good idea to express this, that I didn't read books. Afterwards, I had to read books to point out where the book says something, and then they pointed out the book has contradictions. All books have contradictions. The biggest contradiction they pointed out was it says, "You must put in your best effort in meditation." Another part of the same book says, "Effort does nothing. It's all the grace of the Master that will do it." Which one is right? Is your effort going to work or your grace going to work? Sitting here reading the book, we can't determine. Something is wrong with it. There's a contradiction. When you go within, you find that, what looks like effort becomes grace, at the end. That, without grace, you wouldn't make that effort. This is revealed to you by experience, that these two words mean the same thing, but they can never mean the same thing sitting here, but they mean the same thing by experience inside. So that's why it's best to have the personal experience inside. Go within and you find everything. And don't think that any answers can be found outside. All the answers are also inside, to all your questions.

Mark has been working on this recording of talks, and so many people meet me now, and they say, "We only saw you on YouTube, and now we are seeing you personally." I am always a little afraid that maybe I'll mess up all their impressions that have been created by Mark through good YouTubes.

And then one man had written to me yesterday saying... No, you didn't know, Mark.

Saying that, in Punjabi, I said something about Mark... Did you read that, Mark?

He said, in Punjabi in one of the comments, I made a comment pointing out at you, and you didn't understand the words.

(Mark): Oh, I got it translated.

They said: “In Punjabi He said, \_\_\_\_.” Only Raj can understand it. That was... “He has created all this stuff.” Thank you very much, Mark, for your seva.

Thank you once again for your patience. I am very happy to meet all of you.

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