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Om Shri Shivabalayogi Maharajaya Namaha

TRANSCRIPT of CONVERSATION
with
His Holiness Shri Shri Shri Shivabalayogi Maharaj

New York 1990 Video Taped Interview

*“Q” refers to the video host, Jack Lenchne,
“SBY” to the response of Shivabalayogi as translated by D. Jagadish Jumar,
“DJK” to comments by Jagadish, and “D” to other devotees present.
Comments by Swamiji himself are in bold italics.
Comments of the transcriber, Tom Palotas, are in brackets [].
Underlined headings by Tom Palotas and intended for the convenience of the reader.*

Q. We are here today in New York sitting on the Hudson River with our visitor from Bangalore, India, Swami Shivabalayogi Maharaj. Welcome Swamiji.

SBY **“Blessing.”**

Q We also have with us a gentleman who is translating for Swamiji and his name is

DJK Jagadish Kumar

Q Welcome Jagadish Kumar.

DJK Thank you.

Meditation

Q Swamiji, it’s often . . . in America we have many different teachers that tell us about meditation and the many different forms of meditation. Would you share with us a technique of meditation that a seemingly busy American might consider for use in a city like New York.

SBY **“Yes.”** Yes. He can, he says.

Q Now, what would you proceed, please?

SBY He says, out of the twenty-four hours that you have, choose just one hour and do the meditation. If you do this meditation, the tension in your minds will come down, and there is a chance of creating an atmosphere of peace around you.

Q Are there many forms of meditation? Specifically, what would you recommend how that hour should be spent?

SBY Whatever my guru has taught me, I am going to teach you the same technique of meditation. If you practice that for one hour every day, it will help you in creating a very calm and peaceful atmosphere.

That’s exactly what he is teaching in the meditation classes that we have at the programs in the evenings. So anybody who is interested in the meditation, anyone who is interested in learning this technique of meditation, he can come and attend the program that

Swamiji holds, generally in the evenings, whenever he is in the city, or any of the programs.

Wherever he is in the world, every day in the evening he has a program where he teaches the meditation for one hour.

Americans & Tension

Q During your visits to America, Swamiji, what are some of the observations that you have made that you may wish to comment on, in the busy American lifestyle?

SBY He says you Americans are not really busy. But you are wasting a lot of your time.

He says if you can set aside one hour out of the twenty-four hours and do the meditation, it will help you in bringing down the tension in your minds. Now this is the third time that the Swamiji is in the U.S., touring around the States, then to whichever state he goes in all these three trips, he finds that there is a lot of tension in the minds of people. So he says if you start doing this meditation for one hour a day, you can reduce this tension and you can help yourself a lot.

Liberation & God Realization

Q There’s a lot of thought of, Swamiji, of the idea of liberation. We hear these words often. Really, the meaning of liberation for me, that I have been able to understand is to be free from my rambling mind that prevents me from enjoying whatever is in front of me. Would you comment on liberation?

SBY He has talked about liberation. What he says is if you want liberation, you will have to practice a lot. You will have to practice doing meditation. If you start doing meditation, you will get a lot of happiness, a lot of bliss in the meditation. From that bliss you will become unconscious of your body and go into a state of samadhi. So if you remain in samadhi for a long time and keep continuing it for days together, then you can see God. God will appear in front of you. Then you will have to ask God to give you the liberation.



This is the only way of obtaining liberation. It won't come to you automatically. Whereas by all the other practices that you are doing now, all that you can get is a better life the next time. But if you want liberation, you have to do meditation. You have to see God and ask Him for liberation. Only He can give you the liberation.

DJK What he exactly means by "liberation" here is the release from the cycle of birth and death. The release from this is what he calls liberation.

Q Many times, I think for much of our Western audience, the idea of liberation may be pretty far away. The question might be really to live one's life fully and totally might be more practical.

Diet & Milk

Q One of your talks recently was on diet and environmental pollution with reference to milk. [That] it's not particularly bad if it's in its pure state, but it's the ingredients, I understand? That it's the way products are raised today that is making things that were wholesome at one time, [but] less wholesome. Might Swamiji comment on food?

SBY He says yes, that's what he has actually spoken. He says milk is a very good food for us to drink. There is nothing wrong in drinking milk. Only now we are feeding all kinds of different things to the cows to give us better milk -- or more milk. But the feed that the cows are having now, that is grown using artificial manure, fertilizer. So these are actually chemicals. Now the feed that is being fed to the cows, that has the chemicals in that, and whatever the cow eats, that comes out in the milk. So when we drink this milk we get affected. But as such, if you feed the cow with good feed, then you will get good milk. And if you drink that milk it's very good for the body.

A Macrobiotic Aversion to Milk

Q There's a school of macrobiotics. They say completely eliminate dairy. In Japan. Michio Kushi and macrobiotic. They suggest that no dairy has . . . that fact that dairy causes mucous and that is a breeding ground for bacteria. I'm a little confused if that, what Swamiji feels about the formation of mucous from dairy products versus, even in the purest form.

SBY He says this milk, we have been drinking milk for hundreds of thousands of years. So just because now somebody comes and tells us that milk is bad . . . it's not going to be really bad.

He says the other thing is, the breast milk from the mother, that's very good for the child. Since generations, it is the breast milk from which the

children are fed. It's not something new that we have started now. It's happening since generations.

He says that if the food that is being fed to the mother, I mean the feeding mother, and also to the cows, if the food that is being fed to these persons, if that is changed, then there is no other food as good as milk.

Q It's often . . . as one said, it's more important what comes out of the mouth than what goes into it. I am reminded that a lot of the worries about food . . . It's often when we go around labeling things that this is good and this is bad . . . constantly with the mind. It's almost . . . That to me is a little off balance. I don't know. My experience is that the body seems to put up with an awful lot. Of course we want to go towards pure foods as much as we can, but also to . . . If you eat something that isn't so perfect, our attitude is less critical. I think our body will take what is good and discard what is bad, in my . . .

Cool & Hot Foods

SBY He says if you take good food, then it's always good for the body. But sometimes if you take food that creates heat in the body, sometimes you take food that creates cold in the body. So depending upon what you have eaten earlier. Let us say you have taken some food and that has created a lot of heat in the body. Next you should take something to cool it down. If you find that the food that you have taken has cooled the body too much, you take something that heats up again and that creates the balance.

Sometimes, he says, the acid in the body increases, the amount of acid increases. So to reduce that you have to take some sort of solution to reduce the acid in the body, to reduce the heat in the body. That's why, he says, everything depends upon the food and not really on the bodies.

How Swamiji Sat in Tapas

Q [Holding up copy of *Spiritual Ministrations*] *Shri Shri Shri Shivabalayogi Maharaj Life and Spiritual Ministration*. This is a book that was written about Swamiji?

DJK Yes.

A And his incredible life. I understand that . . . Perhaps you will give us just a few words about what brought you to your state of wisdom, knowing, of being?

SBY He has told us how he was initiated into this line and how he was made into a yogi. What happened was on the 7th of August, 1949, this man, who was then a boy named Sathyaraju, he along with a few friends of his had gone to the canal of the River Godavari, to bathe there, to swim there in the canal. After the swim there



they came out of the canal. They wanted to have some fruit. So they went near the palmyra tree. Then the fruit fell down from the tree. They parted up the fruit. The fruit that had come to his hand, he tried squeezing it to get the juice out of that.

At that moment, his body started trembling a lot. Then he saw a big light, a very bright light emanating from that, emanating from the fruit. He also heard a sound, the Om, the Omkara sound emanating from the fruit. After a few moments, he saw that there was a Shivalinga in the fruit in his hand. Later the lingam split into half and out of that emerged a handsome, tall, well built person.

Now this person, he came out of the fruit of the linga and then he asked to sit, the boy Sathyaraju, to sit. So then the boy asked him back, "Why should I sit?"

He says, "No, you sit down first and then I'll let you know." Then when he sat down, he asked him to put the *padmasana*, to put the feet in the *padmasana*.

He said, "Why should I be in the *padmasana*? I don't know what is *padmasana*."

Then the same person who appeared to him, he made him sit in the *padmasana*. He told him how to do that and made him sit in that. And he asked him to close the eyes. After he closed the eyes, he touched him on the forehead in between the eyebrows and then he hit him on the head like this. [Jagadish uses his fist to hit his forehead.] And that's when Shri Swamiji went into an unconscious state, into samadhi.

After that he didn't know anything. He has become unconscious. So that was how it has happened.

Q So the unconsciousness really, what we call the unconscious is to be present where we really are?

DJK He was not aware of the external world after that moment.

SBY That's called samadhi, he says.

Samadhi

Q I mean today, to reach the samadhi state, to be unconscious, how long lasting is the samadhi state? Is there a short period of samadhi? Is there a long period of samadhi?

SBY He says the first time he was put into samadhi like this, he remained in samadhi for three hours. Then he woke up from the samadhi, he was up from the samadhi, and after that he continued the state of samadhi for twelve years. He used to be in the state of samadhi for twenty-three hours a day. He used to get one hour a day to take rest, to take his bath, or to have some milk, to drink some milk. the rest of the twenty-three hours he used to remain in samadhi.

Swamiji's Message (Reduce Tension)

Q What message would Swamiji like to give to those who are hearing him, perhaps for the first time?

SBY First he wants to convey his blessings to all the people who are listening to him, all the people of this country and the country itself. And he advises you to practice meditation to reduce the tension in your mind and also to have a control of your mind.

Inner & Outer Reality

Q Swamiji, one of the things that I have experienced living on the water, in a boat, is an abundance of peaceful thoughts. Sometimes it's difficult to go into the world and work to serve. How does one break through that to serve?

SBY He says automatically you can go out into the world and start doing the work that you referred earlier to. You can again keep coming back to the calm and peaceful atmosphere that you have here, start doing your practice of meditation, and then go out and work in the world. That's not difficult, he says. You'll have to control your mind. That is all that's needed.

Q Meditation. When I reach that peaceful state then I want to remain in that peaceful state. So having reached the peaceful state and wanting to maintain it, and then to break it to go out into the world . . . How does one control one's mind? What is the trick that allows you to break that so that one goes into the world? I don't always find that easy. I have a very peaceful surrounding. Whoever comes spends with that peace.

SBY He says you will have to do you duty, go out into the world, do your duty. Then you will have to come back and do the meditation. You should not bring the matters of the outside world into this practice. That is what is called control of mind. You should not allow that to come in and disturb you.

Boundaries

Q In America we have a man who talks about dysfunctional families by the name of John Bradshaw. He talks about how many of the problems people have have to do with boundaries. They don't know where one thing ends and another begins. One experience ends and another begins. So the work is to do as Swamiji says, is to separate the world, as it appears, from our inner work and our home environment, as it appears. Now that is my understanding, too.

I find it that when I have many visitors to this boat. I ask them to leave judgments outside the boat and just bring themselves. They find it difficult not to bring in judgments and questions and problems. And I feel that



they are to be solved in the time and place they are to be solved, but when one's here, it's okay to let them go.

And so I bring in John Bradshaw who talks about boundaries and dysfunctional families. I think that one of the most difficulties we have is distinguishing between sacred space . . . everything is sacred, but distinguishing between what is sacred in each place we are at.

So, I've spoken. But my question is, how can we help people realize the importance of separating our experiences and not bringing the world into at shanti nilayam, our abode of peace, or whatever it may be. Whether it is an apartment or it's a village in India or a skyscraper in New York. How can we distinguish between these two illusions, Swamiji?

SBY He says it's not difficult to separate the boundaries between the external world, the worldly life, and the internal life. Once you start practicing meditation, it will be easy for you to separate the two. the outside world is the society, he says. The internal world that you are talking about, the practice of meditation, is philosophy. So, once you start doing meditation, it will be very clear to separate the two from each other.

He is giving us another example, another way of separating them. What he says is the outside world has got everything to do with our body. What you are talking about, the internal world, the practice of meditation, that has got everything to do with the spirit, the atma. So that's the difference between the two, he says.

Contacting Swamiji

Q Swamiji, how can we people watching the show reach you and find out about your book? Jagadish, would you give us the address.

DJK Those who are interested in getting this book, they can write to an address that I will dictate to you now. If you write to the address there, it's an address in Bangalore in India, they will send you the book. The address is Shri Shivabalayogi Maharaj Trust, 1/A J. P. Nagar, 3rd Phase, Bangalore 560 078. If you write to this address, you can write a letter there, you can ask for the vibhuti there, or if you want the book also you can write there and they will send you the book by post.

SBY If you have any doubts, also, like the questions he is asking now, if you have any questions and if you have any doubts, you can write them in a letter to him and he will answer your questions and he will also clarify your doubts.

He talked about the person from Japan who told us that we should not take any milk or any milk products at all . . .

Q Many people follow. Macrobiotics.

SBY He says if you can write questions to him on that subject, he will answer all those questions.

Q Well it's now thirty minutes. Thank you Swamiji. Thank you Jagadish . . .

SBY "Blessings."

Q For coming and visiting us here. And if you write to the address in Bangalore you will be able to find out about . . . also Shivabalayogi's visit to America, when he is coming next.

SBY "Correct." This is the third time, and he plans to visit the U.S. again on the 3rd of April., 1991.

The Message: Reduce Tension

Q Any other in the West . . . I keep saying "West" as though the West is different from the East. When I go to India, it's as busy as it is in America. So I don't know why one says that. But what other thoughts would Swami like to share with the audience.

A continuing conversation with Swami Shivabalayogi and Jagadish from Bangalore. So welcome again. This could be a second show, even.

SBY The message that he has to give is here, people should come into the line of philosophy and they should make an attempt to understand each other well. They should try to understand the other people around them well. So by doing this, they can reduce the tension that is existing between the people. That will also help reduce the tension that is inside their minds. For this, Swamiji gives blessings for all the people in America. That's what he has to say.

On the 2nd of August, we are going back to India, Bangalore.

Tapas Skeptics

D The experience that you has as a child. Did everyone believe you or were there some people who said you were making it up?

SBY Swamiji had gone into the state of samadhi. He was not aware of what was going on around him. So at that time, the other people who were around him, they couldn't understand what was happening. So they lifted him by the hand. They hit him. They beat him up. And then they took him back to the house. All that he didn't know at that time.

All that is in the book, he says. The history. All that is described there.



Any more questions?

Sai Baba

Q You at Bangalore, you are so close to Sathya Sai Baba's ashram in Bangalore at Prashanti Nilayam. During the tour in the States you stayed at the home of some Sai Baba devotees. Might you share some of your thoughts about Sai Baba . . . and anything about Sathya Sai Baba . . . ?

SBY He says Sathya Sai Baba is an incarnation, avatar, of Shirdi Sai Baba. So he got all the powers of Shirdi Sai Baba, so he is doing his work.

Avatar, Meher Baba

Q Sometimes I am asked by Westerners what is an avatar. And one of the things that comes to mind is . . . [interrupted by Swamiji]

SBY Because you asked about the avatar, he is trying to explain another example. He gives the example of Meher Baba. Now this Meher Baba as a boy, he was blessed by [Hazrat Babajan], [Hazrat Tajuddin Baba of Nagpur], [Narayan Maharaj of Kedgaon], [Shirdi Sai Baba], and [Upasni Maharaj of Sakor]. When all these four [sic] sages, they blessed him (he means Meher Baba) he had become an avatar, and incarnation of God. In the same way, Sathya Sai was blessed by Shirdi Sai Baba so now he has become an avatar. He has become an incarnation of God.

So it is Shirdi Sai Baba who gave the powers to Sathya Sai Baba, he says.

Unhappiness: Tension

Q So Meher Baba is the one who said, "Don't worry. Be Happy"? In America, two years ago, last year, there was a song that won the Grammy Awards. It was called, "Don't worry. Be Happy". I believe that's what Meher Baba said after being silent for many, many years.

SBY He says Meher Baba has passed away happily. But the people are not happy.

Q What is the greatest cause of unhappiness?

SBY "Tension." It's the tension.

Q The tension prevents us from enjoying what is in front of us?

SBY [Without waiting for a translation] He says Meher Baba didn't have any tension. So he passed his life happily. Now the people who are now here, who are alive, they have got a lot of tension in their minds. So they will have to reduce the tension in their minds.

Q We mentioned something about food, something about environmental problems which the world is becoming more and more aware of. We talked about meditation. If someone is interested in contacting Swamiji while he is in America, you can call this program. I'll speak to you and we can pass on the address if you did not get it, and the phone number in Bangalore. We talked a little bit about boundaries, separating different worlds. I still see that as a great cause of tension, as long as we don't separate, as long as we don't realize our uniqueness and also our oneness.

Atma

Q Swamiji, question comes up. We're taught that there is only one. There is only one Atma. We are all part of that Atma. Everyone in the audience may not know what the word "atma" means. Why don't you comment on the meaning of "atma" and also how do we all distinguish between the limited physical body of the personality and the universal oneness of all life?

SBY He says, well, everything is one. But God is there. God who is superior to all of us. He does exist. he is there. And all the atmas are different.

He says when you do meditation, when you practice meditation, you all will understand. You really realize what is that atma, that spirit in you. And you will also realize the difference between this spirit and the existence of God. Once you do meditation you will come to know, he says.

Q That's humbling.

SBY He says, yes. That is the reduction of ego, the crushing down of the ego. And also you should not allow the mind to go out, he says. The mind is like a monkey. You should not allow it to dwell on all things. You can control it.

Controlling the Mind

Q In the West we have a course called Silva Mind Control which has brought many people to a form of meditation. And it seems that in the early stages of this mind control, people want to manipulate and control everything. And then eventually, I guess . . . How do we separate the idea that we are the do-er and that we are merely receiving the gifts of God, the prashad.

SBY He says a good example to understand this is the camera itself. Now the camera moves as you move it. In the same way you can control the mind, he says.

Q Unless you let the camera control you.

SBY "Yes." [chuckles]

Q Sometimes the technology, like this remote control, that makes the lens wider and narrower, and all these



things control us. One of the complaints that I have on a lot of television is that the art has gone out of it because the technician with equipment and the various fading and special effects and digital effects is so busy doing . . .

SBY [no translation] He says in the same way that you are learning all these techniques, all the technology, the same way if you practice meditation, you will get the control of mind. You will get peace and you will also understand what is God, who is God. You'll understand that, he says.

Guru Purnima, Mahashivaratri & Christmas

Q This July was Guru Purnima day.

SBY [no translation] "Yes, yes."

Q Every July.

SBY [no translation] For that day, the Guru Purnima day, we were at Columbus in the State of Indiana. That's near Indianapolis. We were there and we celebrated it there. On that day he [Swamiji] consecrated a statue of Nataraja in Columbus.

Q Columbus, Ohio?

DJK Indiana.

Q Indiana. Columbus. Christopher Columbus. Columbus, Indiana.

On the Guru Purnima day we opened another Sai Baba center in New Jersey. I am thinking about the guru, the day of the full moon. Guru Purnima day . . . [Purnima means full moon.]

SBY [interrupts]

Q . . . full moon and Shivaratri, no moon. Would Swamiji comment on the full moon on Guru Purnima day and maybe the no moon on Shivaratri?

SBY [no translation] "Mahashivaratri."

Q Mahashivaratri.

SBY He says the Shivaratri, it was the day on which Shankara Bhagavan, Shiva, he drank the poison. And the Guru Purnima is the day on which the Sage Vyasa was born. So we are remembering those events, and in remembrance of those events we perform these functions.

So on that day which is called Guru Purnima, all the disciples and devotees, they worship their own gurus.

"You understand?"

Q Yes.

SBY "Yes."

Q And the full moon, the significance of the full moon for one and no moon for the other?

SBY He says that on the day that Lord Shiva has drank the poison, that's called the Mahashivaratri. The real meaning of that is, just like we are doing now, we have made lots of atomic weapons and nuclear weapons, in the ancient times also the people had made such bombs, such weapons. And they left the weapons and they ran away from them because of the danger that they caused, that they put out. So when the people ran away from that. Lord Shiva had to come down and drink the poison and save us from that. So he did that on a day when there was no moon, on a new moon day. That's why we celebrate it now.

And then, coming to Guru Purnima, Sage Vyasa was born of a full moon day. So that's why it is called the Guru Purnima. In the same way we also have the Buddha Purnima. That is Budhha, he was born . . .

[Swamiji interrupts Jagadish]

He is talking about the Buddha Purnima. The Buddha himself was born on a full moon day. That's why we call it the Buddha Purnima.

[Swamiji interrupts Jagadish]

He says the devotees of these gurus, whenever these gurus were born, that day of the year, they perform that function for their guru.

On the 25th of December, Christmas, Christ was born. So the devotees of Christ, Christians, they celebrate the birthday of Christ every year.

In the same way, people of other religions, they celebrate the function on the birthday of their guru.

"Understand?"

Q [paying attention to the clock and the camera] Uh hum.

Miscellaneous & a Bhajan

Looks like we have about seven more minutes for the show.

[Cut. Then scene of Swamiji giving prashad to the people.]

SBY "Blessings."

D I hope you are here when I get back.

SBY We'll have to leave now. "Food. Prashad."

Q We are sitting here eating our oranges. Some of us are sitting here eating our oranges. Our camera lady who was here and watching the camera for us at the last minute had to leave to take care of something. And we are continuing here, sitting on this rocking boat, happy that Swamiji is with us. I do hope that if you are



interested in contacting him -- we will have a little name and address for you.

If you are interested in getting Swamiji's book, *Shri Shri Shri Shivabalayogi Maharaj Life and Spiritual Ministration*, that is certainly available to those who are interested in it.

Is there any chant that we might share at this point? Any chanting at all?

DJK I didn't get you.

Q Any chanting that we might do?

DJK Whom do you want? I mean we need a troupe for that. We need the instruments and the people and all. [Swamiji talks to Jagadish, suggests *balayogi shankara jaya abhayankara*.] I can just sing a song to give an example.

[Jagadish sings *balayogi shankara jaya abhayankara*.]

Q Do we have any other question at this point?

The Best Time for Meditation

D Is there a best time to meditate?

SBY No there is nothing like a best time. People can do meditation, practice meditation whenever they find it convenient.

If Swamiji specifies a time and says that it is good for you to meditate at that time, you won't be able to do it at that time, he says. that's the reason you can practice meditation at any time that you want. Any time that is convenient for you, you can practice the meditation.

Meditation & Age

D Is there an age, or can one begin meditation at any age?

SBY He says right from the age of five until the age of ninety years, anybody, anyone can do . . . Even a man of a hundred years can do the meditation. Even a man of a thousand years can do the meditation.

He is talking about Ravana Asura, he had done the penance for a thousand years. Vishwamitra, another sage, he did the tapas for twelve thousand years. So from that we understand that there is no relation between age and meditation.

He is talking about another sage, a great sage, who started doing the meditation at the age of five. His name was Dhruva. "*Dhruva. Dhruva.*"

Diet

D Is there a diet that is healthier? There is a lot of interest in life extension. All these different fad diets. Is there any particular diet that is, Swamiji would comment?

SBY He says no. People can take any food that they are interested in, any food that they like. If they practice meditation every day for one hour, the meditation itself will let them know what kind of food is good for them.

Let us say that Swamiji tells them, that is a person, not to have a particular food, not to eat a particular type of food. Then whenever he tries to meditate, his mind will start dwelling on that kind of food alone. That's the reason he does not want to specify any kind of food.

Kaya Kalpa

Q Is there anything that Swamiji wants . . . I read years ago about kaya kalpa. Is that private or not? Not to be discussed or . . .

SBY That's not private. We can talk about it openly. He says he himself has done the kaya kalpa.

D And your master, teacher, he has not __ for many years?

SBY Tapaswiji Maharaj, he had done the kaya kalpa and Swamiji himself has done it twice. It was Tapaswiji Maharaj who taught Swamiji how to do the kaya kalpa. It was he who gave the training to Swamiji.

D Now that would be something. My birthday last year I asked you if I might, and you, "When ready." July 13th is my birthday and 14th last year is when I met you. So is there a preparation? Is there a long time for the procedure?

SBY It takes forty-five days to do that.

D So that would be done in Bangalore.

SBY It can be done anywhere, he says. But you should not be exposed to the wind, or the rain, or the sun, or even the light. You can do it anywhere. You should not take bath. For forty-five days you cannot take bath.

D Is there a special diet?

SBY there is a medicine specified for the kaya kalpa. If you feed that medicine and nothing else. You can have that medicine and milk. And you will have to drink water. "Water. Water."

D Is that an herbal medicine, ayurvedic medicine, or . . .

SBY He says yes. It is an ayurvedic medicine and Swamiji knows how to make it. Tapaswiji Maharaj, he has told his disciples how to do that and he made Swamiji do it twice. He has told Swamiji how to do it.

D How old was . . . Tapas

SBY Tapaswiji Maharaj lived until the age of hundred and eighty-seven years.

D Very fascinating.



SBY It isn't everybody that can do the kaya kalpa. But he has not started training people yet. It's not the question of the right time. He is not getting the time to do that. because he is having a lot of devotees. He is having to serve all of them. He is not getting the time to do the kaya kalpa. For forty-five days he will have to be with the trainees. The people who want to take the training, Swamiji will have to stay with them for all the forty-five days. So he is unable to do it right now, because of the tours.

He says if you start doing that, day by day your body becomes softer and softer. It will become like butter. It will become as soft as butter. At that time he has to look carefully after them.

D Is the care as exercise and diet?

SBY No. Swamiji will keep telling them how to take the medicine. You should not come out of the room, he says. You should stay in a dark room. It is very good for the health, for the health of the body, and it is also very good practice, he says. Kaya kalpa.

He says because of the penance that he has done, for the twelve long years, his body was deformed a little.

His muscles were all tight. The joints were all tight. Because of the penance. And after he did the kaya kalpa, he got them feeling, he got the joints feeling much better.

Kaya kalpa is very good, he says, for the health of the body.

Every time you do it, he says, your life will increase by ten years. Your mind comes to a control. And your face will look much younger than you are.

Q Well we went over a second show. It looks like we should stop and have some prashad, some refreshments.

Thank you very much.

SBY "*Blessings.*"

Q Blessings. Thank you Jagadish. Thanks to everyone else for making this possible.

THE END



[the end]