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Om Shri Shivabalayogi Maharajaya Namaha

**TRANSCRIPT of CONVERSATION**  
with  
**His Holiness Shri Shri Shri Shivabalayogi Maharaj**

**SYNERGY**  
**Cable Television Program Interview**  
**Seattle, June 25th, 1990**

*Transcript of the Synergy television program interview of Sri Swamiji by Charlene Ryan and interpreted by D. Jagadish Kumar. Q refers to the interviewer, SBY to Shivabalayogi's responses as interpreted by Jagadish, and J refers to comments by Jagadish himself. Comments by Swamiji himself are in **bold italics**. Comments of the transcriber, Tom Palotas, are in brackets [].*

Q Good evening, welcome to *Synergy*. Tonight we have a special treat for you. We have a guest from India. His name is Shiva Bala Yogi Maharishi [sic]. And I had to say that real slow. With him is Jagadish, his interpreter.

But before we have this special time together, I'd like to read something to you. "Know truth through meditation. Then you will yourself know why you are, your religion, your caste, and your nature. Do not believe what others say and become a slave to religious prejudices."

The Maharishi is here to teach us about meditation. So this hour will be questions about meditation. So I hope you will enjoy this experience as we do here. So, shall we begin? Welcome, welcome.

Please tell us about your earlier experiences that transcended you into becoming a guru, if I may call you that.

SBY He has told about it. He says when he was a boy, that is a boy about thirteen years, he was playing along with his friends on the banks of the canal, the canal of the River Godavari. So they had a small swim, a little swim, and then they came out and they wanted to have some fruit. It's the palmyra fruit, the long trees. OK so that fruit, he had taken all the people, all the children, they were playing around with him. They distributed the fruit among themselves. And then he started to squeeze the fruit to get out the juice.

There was a sound that they call Omkara emerging out of the fruit. Then his body started shaking, shivering. Then he saw a light coming out of that. Out of the light he saw a Shivalinga there. Then the Shivalinga split into half, and out of that emerged a well built person. It was he who made Swamiji sit in tapas.

Q Please explain tapas to us.

SBY He tells you what exactly happened and how he was made to sit in tapas. He says that person who came out and he asked Swamiji to sit. Swamiji at that time a child. He asks, "You sit down."

And then he asks, "Why should I sit?"

"Just shut your mouth and sit down."

"After that, after sitting down, then what should I do?"

"First you sit. Then I will let you know." After he was made to sit, he asked him to close his eyes.

Swamiji asked then, "What should I do closing the eyes?"

"You first close your eyes." After Swamiji closed his eyes, he touched Swamiji in between the eyebrows, in this point, with his hand. And also hit him on the head. That's the way he was made to sit in tapas. Then he lost his consciousness. He went into samadhi. After that he didn't know what happened.

Q And he stayed in samadhi for twelve years?

SBY Well, he says he was awakened after a little while. After three hours, the people of that village, they came there and then -- actually, if you read the book you will come to know -- another child, another person, he hit him at the same point [pointing again to between the eyebrows] with an instrument, what you call a mace. With that he hit him on the forehead. So his samadhi was disturbed.

Q And when, then, did he go back in?

SBY He says, well, after that every now and then he would go into samadhi and come out. But for two months or three months he was disturbed because of this incident. After that, he could continue his samadhi well.

Q And he did that for twelve years?

SBY Yes. After that he continued for twelve years. He used to do meditation, he used to be in samadhi for twenty-three hours a day. For one hour he would get up, he would bathe, and he would have little fruit or milk.

Q It is very difficult for me to imagine one to sit that long in meditation. How is it that he could do that?

SBY Once you are in samadhi, you go in samadhi, you wouldn't know it. You wouldn't feel it. You can do it for as long as you want. You wouldn't have a sense of time, either.



Q In this time of samadhi then, in the spirit, that the body was neglected, who took care of his body?

SBY It was his mother who took care of his body. She was always with him.

Q And from that experience then, his body has become fragile. Is that correct?

SBY All his nerves, muscles, everything, they became stiff like that, the position in which he was sitting.

Q Tapas, then, would be considered a meditation. So he was in meditation for twelve years.

SBY He says if you are in samadhi, it's called tapas. Whereas if you know your body, if you're conscious of your body, then it's called dhyana, meditation. That's the difference.

Q Then what is *kirtan*, and are there not stage of that?

SBY Well, we [in South India] call it *bhajan*. We don't call it *kirtan* in our area. So if you do that . . . *Kirtan* is a word used by the Indians of north India, whose language is Hindi. Our language, the language that we speak is Telugu. In that Telugu language, we call it *bhajan*.

Q And is [sic] there not stages? Did he move through something specific or did he instantly go into this realm of meditation?

J You mean the samadhi or the meditation?

Q The samadhi.

SBY He says no. He never had any of those stages. Once he closed his eyes, he used to be in samadhi within five minutes. He says when he closed his eyes he used to get the sound Omkara. It's the sound Om. You just get that sound and from that sound you go into samadhi. The next time you will again listen to the sound Om, and then he would come out of samadhi. That's how he knew about it.

Q Forgive me if I make an assumption. It seems that there was ease, although there were challenges, the people disrupting. Yet there seems to have been an ease, almost as if he were destined. I like astrology. So was he destined?

SBY He says he didn't care about the difficulties, the trouble he was given, the way he was challenged. He didn't keep that in mind. That was the reason it was simple and easy for him. He says whenever they used to come and create trouble like that for him, he never used to take it serious. He just used to close his eyes and go into samadhi.

Q As a beginner, and perhaps speaking for my audience, what is that I need to know to first start to meditate?

SBY Now Swamiji himself is conducting the classes in meditation. So you will have to attend one of those

classes. And whatever you are asked to do that, you should keep doing that. He says whatever his guru, his master has taught him, he's also teaching the same thing.

Q And why is meditation so beneficial? Why is it so important?

SBY He says the meditation, first it reduces the tension in you. Then it reduces the blood pressure in you, so the health becomes all right. And later on it helps you achieve the self-realization. It makes you, it makes it easier for you to understand the man whom you are dealing with. I mean the other people you are dealing with. It makes it easier for you to understand. If they are planning to harm you, you come to know of it ahead of time.

Q So would that make us much more sensitive to what is psychically available?

J Sensitive in what sense?

Q Sensitive or more aware. Does that make us more aware so we can have better vision or better understanding?

SBY He says not only does it make you more aware and sensitive to circumstances, but you can even change the other people, the people with whom you are interacting. It will give you the power to change them also.

Q When people go in to study, are there stages that they must develop through?

J Do you mean study meditation?

Q If I were to study under his tutelage, are there stages of development?

SBY He says all that the student needs to do is just do the meditation for one hour a day. All the rest is in his hands. He'll take care of that. You will not be aware of the stages, nothing of the kind. He will take care of it. Your duty is to perform meditation for one hour a day. The rest of it, he'll take care. The way he brings you up, or whether he takes you up or not is all in his hands.

Q Forgive me. I don't understand why I would bring a guru into my life to take on these tasks now. Why was I not born with it? Does that make sense?

J Not very much.

Q He says that we don't have to worry about the stages, just be in meditation and he will take care of the rest. And I find it curious. Our culture does not teach that. Why would he take on something for another person?

SBY He says it's his duty. He has come here for that. That's why he does it.

Q So it's his mission.



- SBY It's his duty. He has been asked to do that by his master. He has come here to this world to reduce our tension.
- Q So he teaches us how to meditate, how to reduce our tensions. What else does he do?
- SBY He'll save you, he'll protect you from all sorts of difficulties, all sorts of troubles. Mental illness, health, body health. "Tension." And also tension. He will help you attain the self-realization, to go nearer to God. With all these things in mind he has come to us. So much of duty to perform he has come to us.
- Q Tell him thank you.
- SBY He has not come here for himself. He has not come here for his sake. It's for us.
- Q Thank you. I'm going to ask some questions that have already been asked.
- SBY "Yes, yes."
- Q There was a blessing with the ash. What is the name of the ash and how can it be used for us on a daily practice?
- J That ash is called vibhuti. We also call it *asma*. *Asma* is nothing but ash in Sanskrit.
- SBY He says that ash, that vibhuti, Swamiji will bless it and give it to us. That, we should apply it on our forehead, in between the eyebrows, and do meditation. Also, to cure our health, again he has blessed the vibhuti and give it to you. At that time he will give you instructions on how to use it. You should use it as he instructs you. For your mental illness, for your health, for all this he blesses the vibhuti and gives it to you. And if you use it you will be cured of all diseases. The blood pressure, the tension, everything will come down if you use the vibhuti as he instructs you to do it.
- Q When one in his presence, there's singing, and then there's meditation, and there's music, and questions, and answers, is that correct?
- SBY "Yes." Yes. He repeated the same thing . . . [indecipherable]. There is this thing called the bhajan. People do come and ask him about their health. They ask him to heal them. Then you have the bhava samadhi, which in English it is called trance. You have that. Now this is all in his program. Anybody can come and see that, he says. Still the program here is for another ten days. So if any of you want to come . . . The same thing continues all over the world.
- Q And there is no charge to be with him?
- SBY He says well if the devotees will pay for him and so he comes here. Well there's no charge for people to come to him or to be in his presence or to speak to him. Well, the earlier answer that he gave was for him to come here, he says the devotees pay for it, pay for him. That's why he is here, that's all.
- Q Is there any question one could not ask?
- SBY He says he has been asked a lot of questions like that. "*Ten thousand questions . . . Swamiji . . .*" He has replied that around ten thousand questions. So he wonders if there are any more questions at all to ask him. You have new questions to ask him, that's all.
- Q I'm trying. Tell me what he would say about astrology. Cause I like that so much.
- SBY Do you know astrology?
- Q Yes.
- SBY [Puts out his right palm to be read.]
- J You can see his hand?
- Q [Examines Swamiji's hand.] I see things that I better not say.
- SBY You should say. All that you see here, he says, you should say it.
- Q The first thing that I saw was that he is an ancient one and he has a connection with the beings from Sirius.
- J Beings?
- Q Intelligence on Sirius. It's a star, a star system. The triangle is the pyramids for earth and it is the symbol for Sirius, one of the major star systems that were said to be advanced beings.
- SBY He says well, he has come here from Sirius. Or whatever you are calling Sirius, he has come here from there.
- Q [Continuing to read Swamiji's right palm.] Advanced being. He is a — I don't know what words to use — but like an advanced being or indeed a master. He has the markings of a master. Much travel, much travel on the globe. And of course we know much travel out of body.
- SBY "*Astral body.*" That would be in the astral body.
- Q Yes, yes. Lots of right through here. [laughs] I'm doing a whole show.
- SBY He says well if you say now the people will come to know of it. That's why he is asking you to speak.
- Q [Continuing to read the palm.] Much wisdom, much wisdom, deep wisdom. Another kind of physical transcendence, without dying. [Jagadish translates and Swamiji responds "*samadhi.*"] Another awakening, another level.
- SBY He says he is not going to die. It will be in samadhi. He will go of in samadhi.
- Q Yes, I don't know your words.



SBY That's called *jivan samadhi* in our language.

Q Much, the life extends for . . . [Swamiji speaks]

SBY He has a question for you, he says. What service is he going to do for your country?

Q What is the . . .

J Service

Q . . . service he's going to do for our country. The first thing that comes to me is that we have not awakened the feminine, the intuitive, the quiet side of ourselves, the receptive side. And he has come to show us how to be quiet, to balance and to bring in the feminine, the receptive, the meditative side of ourselves.

SBY In astrology . . . In the state of North Carolina, he had been interviewed for the radio by the station director there. So he also said the same thing about Swamiji. He was also an astrologer.

Q For me, the encouragement, so it's also encouragement for someone who has an overload of feminine to bring more male. I bring the more male in when I am with him.

J I couldn't get you.

Q I need more male energy, the more action energy. And I receive that from him, more action energy, rather than the receptive energy. Does that make sense?

J Yeah. The receptive you are calling the feminine and the action you are calling the . . .

Q the male. One definition.

SBY He says well, when you have his darshan, that is when you look at him, just the look itself will give you that energy, he says.

Q Yes, I feel it.

SBY That's what he says, that's what is called the philosophical current, the currents of philosophy. He gives you those currents.

So that's the way he wants to serve the people. That's the way he wants to change the people. That's what is called the power attained through tapas. It's called tapas shakti.

Q What I feel is that whatever is out of balance, being in his presence is an invitation to come into balance.

SBY He says yes. He says automatically you will come to balance.

Q In our country, in the United States, we are very much action oriented and we have forgotten the spiritual side of ourselves. And we need to be reminded not of the religious side but of the spiritual side. So thank him for coming.

SBY He says only when you will come into the spiritual side that your tension will reduce.

Now he tells you that you are wasting a lot of your time. Instead of wasting your time, if you spend one hour of that in meditation, your mind will come into control, the tension will reduce.

You talked about spirituality and not religion. He says that is his policy, too. He says he has come here to protect all of us, but not to start a religion.

Q Is there a special time to meditate? Is there a special posture one must be in to meditate?

SBY You can do it at any time. You can do it in any posture you like.

Q Some people might not be as willing to dedicate their lives as he has to meditation. Can one continue with whatever it is they've come to do and incorporate that into their lives?

SBY "Yes, yes." He says yes, you can do that.

Q Yes. And the posture? Any special posture?

SBY There's no special posture at all. They can sit on a chair. They can sit on a bed. Or they can also sit on the floor like that. They can be in any asana. You know the asana? Asana is a sitting posture. You can be any of the sitting postures that you know of. There are no restrictions at all.

Q Is it necessary to do chanting or movement or music before meditation?

SBY He says it is up to their will and wish. They can do whatever they like. They can perform their prayers. They can offer their own prayers. He doesn't have any objection to that.

Q In the beginning of learning to meditate much business is in the mind. How can one still the mind?

J You say you are keeping a lot of thoughts in the mind without your willing, right?

Q Yes.

SBY He says once you start meditation, for the first twenty minutes your mind will remain busy. After that, around thirty or thirty-five minutes you'll start getting aches and pains in your legs, in your body. After forty minutes, then you'll get the real meditation. Now it is to help you in all of these that he gives you the blessed vibhuti, for doing meditation. You should apply it on your forehead and do meditation. So if you do it for one hour, it is just the last fifteen minutes that you really do good meditation.

Q Is it best to mediate with the clearing of the mind or meditate asking a question and looking for the answer?

SBY He says well you don't do anything at all. Just concentrate your sight at this point [pointing to the spot



in between the eyebrows] and everything will happen by itself.

Q There is, we talked about astrology. And in our country psychics and channelers — do you know what that is? — are very prevalent. What would he say about channeling and psychic?

SBY He says well, that's a stage.

Q So that's neither good nor bad.

SBY Well, you'll come to a stage. Lots of such people are coming to him.

Q In our culture, the American tradition is coming alive again as a ritual. What would he respond to us doing rituals, and is that not a part of what happens with him is ritual?

SBY He also didn't understand the question.

Q Part of when I was with the initiation the other night, the singing and the music was a ritual. Like it felt like a ritual. Do you understand the word ritual?

J I understand the word ritual very much.

Q So what our culture has done is bring in the American Indian ritual and practice back again. And how does he feel about that? And am I correct in saying that part of ceremony with him is ritual?

SBY He says well, if you mix up with the Indians here, the American Indians, the red Indians, and then you exchange your culture with them, you should also learn from them. And if you are together, you can come up well, he says. then you will have a lot of peace.

Q It seems that meditation and prayer has moved away in our culture and in some — we're trying desperately to bring that back in to our culture.

SBY He says well, you will get that back. If you remain united with the Indians here, the traditional red Indians here, you can easily bring that back, he says.

Q So it's not something that's lost. We can bring it back in very easily, very quickly.

SBY Yes. He says well you take this flower. It just swells [?] and it falls down like this. If you again keep it up like this, it can stand up OK. How in then you will get people, you'll get a person here, he will again make it up right for you.

Q So there's hope.

SBY "No trouble." You need not have doubt regarding that. Swamiji himself will bring it up.

Q We have much concern about Mother Earth and our not caring about Mother Earth. How will mediation turn around our abuse of Mother Earth?

SBY He says whatever you have done to the planet now, to the earth now, it is only through meditation that you

can revive it back. If you can reduce the tension in your minds, automatically the earth will revive by itself. It will recover by itself. He says you can reduce the tensions of all the people. Then you people can talk to each other, once everybody's tension is reduced, they can talk to each other. Then they can avoid the calamities that they are creating for the planet. The dangers that the human beings are creating for the planet, once we will start talking to each other, they can avoid those things.

Q Some of the concerns that some people might have is that if I get into a meditative state I leave myself wide open for some soul taking me over or some energy taking me over. Ask him to respond to that.

SBY "No. No, no, no." He says well, no spirits will catch you. None of those can really come near you.

Q Again, in our culture we talk about saints, we talk about guides, we talk about angels. Why do we need those?

SBY He says it is only when you discuss about those things, the angels, the gods, it is only when you discuss about such things that you will get peace of mind. If you don't do that there's no chance for peace of mind.

Q Why focus on this part of the body [pointing to the forehead]? What is the significance of this part of the body?

SBY He says the teacher who taught me, he taught me to concentrate here and that's what I am teaching you all.

Q Since we are in the world and we're not saints, we have to be in the world and not of it. Is meditation gonna help us be in the world and not of it?

SBY "Yes." He says well, it helps you in being in this world also. It does help you. He says whatever you are doing now in the world, you will start doing it in the right way. And then he's put another word. He says, now you remain with one person for some time. You leave him and then go to another person. He is talking of marriage partners, right; partners in life, man and wife? So you remain with one person for a short time and then you change and go to other person again. You change like that. That will stop if you start doing meditation. Your relationship will improve. If that happens then you can progress a lot, he says. Because of that your life will be very correct. Your life will be very right. The tension also will reduce very much.

Q So how about to improve the quality of the lifestyle we chose?

SBY "Easy, very easy." It becomes easier for you, he says, very easy.

Q Why does it seem — it seems to me; I'll say it this way — it seems to me that it's important for us to raise our consciousness to be aware now. Why now? That



spirituality and raising your consciousness is so important . . .

J Why in this period of time, you mean, right? Probably in the eighties and nineties, why this time? That is what you are asking about?

Q Yes

SBY He says that in the history of life, every now and then, from time to time this keeps happening.

Q So does he feel we are in a period of raising our consciousness, the masses raising the consciousness?

SBY “Yes, yes.” Yes, this is the time, he says.

Q Will that bring all cultures together as one family?

SBY Yes, you’re right.

Q Is it possible that we can each maintain an individual practice of spirituality but have a global understanding?

SBY Yes, you can.

Q We have fifteen minutes left. So in the fifteen minutes can we talk about — there’s fruit here and there’s chocolate. Chocolate is one of my favorite. [“Yes, yes” says Swamiji.] And why does he with chocolate? What will happen with it?

SBY This we call it *prasadam*. *Prasadam* is what the guru gives to the devotees. The blessed food is called *prasadam*. When you go to your mother’s house, does not the mother feed you?

Q Yes.

SBY That’s what is called *prasadam*. So what the mother gives you is just food. Whereas what he gives you, what the guru gives you is *prasadam*.

Q So if one of my questions to Swamiji is that I want to heal on my body in a specific area. After the apple being blessed and I took it, then I could have a healing. Is that possible?

SBY “Yes.”

Q How he might expect a healing today?  
[Swamiji hands her an apple, then distributes *prasadam* to the others in the studio, including the two cameramen.]

Q In case the audience doesn’t know, we’re throwing blessed apples so . . . Our home audience doesn’t know.  
Also, your tradition is to, with the ash, is to bless. So to be in his presence means that they would be blessed? Before the meditation, with the ash, is that correct?

J I didn’t get your question.

Q When at the initiation the other night, you blessed with ash before we meditate. What does that do? It stimulates meditation?

SBY What actually happens is, first Swamiji applies the vibhuti to one of us. Either me or any other person who has come with him. So that way, Swamiji will be giving his power to us. Then I come in. I apply the vibhuti on you, her head. So the power that Swamiji has given to me, that comes to you. I am here to give you the power, what he has given to me. I take it and I give it to you, that’s why I [Swamiji] am here.

Q So that’s great. So maybe before we leave today we can all have blessings with vibhuti.

SBY Have you got the vibhuti here? “Yes, yes.” He will do that.

Q Thank you.

SBY “Chocolate?”

Q Thank you.

SBY “More?” [Swamiji throws chocolates to everyone in the studio.] “Coming.”

Q Those people that are viewing at home, consider yourself blessed and go to the meditation.  
I know of centers of the body called chakras. And you call them something different. (“Yes.”) So what are the seven points or chakras? What do you call those and do they represent the same thing as they do in our culture?

SBY Well, it’s all the same. The chakras, the body, they are all the same for all of us. The chakras what Swamiji has seen and what you have seen, they are all the same, he says.

Q OK. What you call the *panchabhuta* — how do you say that?

J The *panchabhuta*.

Q Tell me about that. What is that?

SBY Sky, the earth . . .

Q the elements

SBY “water” water, air, “agni” fire.

Q And those elements are located in the body?

SBY He says those five elements are there in the whole world, everywhere. He says all those five elements do exist in our eyes.

Q I never heard of that.

SBY He says the lids, they represent the air. The white part, that’s the sky. Black, that’s the earth. The red lines, the fire. “The water.” The water that comes from the eye, that is the water anyway. So this way the five elements exist in our own eyes. All of these five



elements in the eyes, whichever element lacks, we'll have problems, he says.

Q Just like in astrology. Some of those elements could be lacking in astrology. So we have to make up for that in some way. So you could see it in the eye and know where to compensate?

SBY Yes. By practice you can improve that. You can send them right.

Q When people are in his presence, does he see their auras? Can he see illnesses? What does he see?

SBY He says well, it's the other way around. All those that are in him, the people will see it, he says. The light, the aura in him, the power in him, the energy in him, it's we who see that. He need not see what is in us. He says well, he just sits there without doing anything. Then the current, the lighting and all, all those will go effect the people sitting there. If you inquire from the people you'll understand that.

Q So it seems in my experience that what he does is open up his heart and we take what we want.

SBY "Yes, correct."

Q Most of us now are aware of wanting to be spiritual. Will meditation speed up our spiritual progress?

SBY He says yes, it will have the new . . . . So if you practice more and more, you can go faster.

Q Can Swamiji notice the difference in the students as they are progressing?

SBY Yes, he comes to know of it. He says not only him, but the people who are doing the practice, they also know of it, they also come to know of it. And also the people who are watching them, the others will see them, they also will come to know of that.

Q We only have about four minutes left. I would like to spend this time in offering blessings to those viewers at home. And I would like to have you thank him for being here with us today. It is my pleasure.

SBY "Yes. Yes, yes. Blessings." For having made all these arrangements, Swamiji blesses you for that. For the

people of America, the men of America, he gives the blessings.

Q Thank you. We accept it.

SBY Well, he's blessing you so that your tensions would come down very fast.

Q [Laughing] It's all the hats. Take off a different hat and put on a different hat.

SBY "Yes." If you practice, as he says, . . . [indecipherable]

Q The vibhuti also can be put on the tongue?

SBY "Yes, yes, yes." [Swamiji blesses a plate of vibhuti.] You can make it and put it on your tongue.

Q So if I went like this.

SBY "All right."

Q In closing, is there any message he wants to leave for all of us?

SBY He says for having come here, he blesses you all. He gives you his blessings. And for all the viewers and for all you people to reduce your tensions and to be cured of your illnesses and to come into this line of spirituality, he is blessing you all.

Q Thank you.

SBY "Blessings, blessings." There are those who are inside [the control booth], they can also come out . . . [to get prasadam]

Q They will come out after the show?

SBY "Yes."

Q Unfortunately, you cannot be here to experience what we are experiencing. But I hope some of it transcends through electronics and reaches you in your own home. I guess I can say that know that you are blessed and know that you are in the right place at the right time. I'm glad that you're watching Synergy, and if you have any questions or want to suggest somebody to be on the show, please feel free to call. I answer all letters and telephone calls. And I thank you for watching Synergy and I'll see you next week. Bye, bye.

[the end]