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Om Shri Shivabalayogi Maharajaya Namaha

TRANSCRIPT of CONVERSATION
with
His Holiness Shri Shri Shri Shivabalayogi Maharaj

SEATTLE, 1990

Four different conversations tape recorded during Swamiji's ten-day stay in Seattle, 1990. Each was recorded at the house of Maisie Carlisle. Each Seattle visit except the last, Swamiji stayed at Maisie's house. He often praised her hospitality and hard work.

The first conversation was tape recorded on May 31, 1990.

SBY refers to Shivabalayogi, as translated by his interpreter, Bheemaraj Allaka.

"B" refers to Bheemaraju's own comments.

Comments by Swamiji himself are in **bold italics**.

Comments of the transcriber, Tom Palotas, are in brackets [].

Retranslations by Bheemaraju (using the tape recording) are in braces {}.

- D [question not on tape]
- SBY Swamiji is asking, can you see Swamiji coming down?
He says he's down.
- D He's down?
- B Yeah. Can you find anything down in him?
- D I know he's gone up. [laughter, including Swamiji]
Can only see the good is by looking back. We can't look up and find him, sorry.
- SBY Swami says you all are high and he will bring you up always. {That is how Swamiji will bring you up.}
"Swamiji blessings."
- D Then why were we all down yesterday?
- SBY Think, he says, because the weather was bad. There was a lot of rain yesterday, so you got down.
- D When you are over in India, and we're over here, and you're there on the other side of the world, when you talk about that your darshan will be with us, do you actually live inside us? Like when he's living over in India, is he living inside us?
- SBY Just like airplane flying from India to America, just like astral body or something, just like airplane flying from India to America. Just like that. He flies from there to you heart, or _____[inaudible] {will be in front of you}.
- D So is he there all the time or just when we . . .
- SBY [without waiting for translation] Whenever you people pray for Swamiji, he just comes to you and holds you in his arms. {Or for whomever you pray, they come to you, solve your problems, and then leave.}
- D But can he see what we're doing, over here?
- SBY he'll be moving in an astral body and he will know everything what's going on here.
- D he always says I'm cleaning clean [?]
- SBY Even then he will be with you, he says. [laughter]
- D I think you've mentioned several times how important your work is here. And I'm wondering if our part of that is cleansing ourselves or if there is something we should be doing more overtly.
- SBY Swami says you have nothing to do. You have to just pray {meditate} and he will do everything.
- D And what do we do if we are getting desperate?
- SBY So you have to just think of Swamiji. Think of that.
[Someone comes in] **"Hi."**
- D So whenever we call your name, he always comes, he's always there.
- SBY he'll be always traveling. And he has millions of devotees. He has to be with everyone. So he has no time [stay ?] with just one devotee. So he will be going around and around. Whenever you ask for him he will be with you.
If you ask for his darshan he will come to you. If not he will just be going by another devotee.
- D Call the *omkara*? [Swamiji emphasized "*Omkara*" when he was answering in Telugu]
- SBY He will just be saying Om and just be moving.
- B Just like a sadhu, you know?
- SBY And whoever calls Om, suddenly he goes there. If ten people call, he just goes in ten astral bodies. . . .
[inaudible] {fulfill their desires or answer their questions and move from there to another person.}



- D So he's always moving, but anytime we call him he comes . . .
- B Yeah
- D . . . and then of course he is gone.
- B Uhum.
- D I have a question Swamiji. What is the value to the devotee to perform service for the guru?
- SBY If you keep meditating, you will come to know what all to do. So you being Swamiji's devotee, you are doing as much as you can. That's all it is.
- D Now suppose someone wants to become a yogi. What do you advise us to do? Is there some place around town?
- SBY Swamiji says he is ready to make anyone as a yogi, but they have to get trained a little bit before they sit in tapas. He is ready to train anyone. And there are lots of places. He says there are lots of places. If you are interested in being a yogi, you have lots of places, and he will train you.
- D Is there a Shivalinga here in this area?
- SBY There are many but you don't know where it is. There's one in Swamiji's room right now. [Swamiji and everyone laughs.] There's one small Ganesha in his room. In a picnic, he was in a picnic while coming back from Portland, he got one Ganesha.
- D He got it on the picnic?
- SBY [without translation] "Yes." He found it somewhere.
- D He found it? He found a Ganesha in the wood?
- SBY [without translation] "Yes." Jagadish will show you.
[A devotee talks about a Shivalinga; Swamiji picks up on the words "Shivalinga" and "last time" and says . . .] Last time he installed a Shivalinga in Italy.
- D But Swamiji said that man-made lingas are not good. It has to be natural from a certain river?
- SBY It depends upon who installs it. Doesn't matter if its hand-made or natural.
- D Would it be like a Shivalinga — we've heard that there's power centers, for example in Egypt in the pyramids, or different places — is that something like a Shivalinga?
- SBY He says it depends upon who installs. Doesn't matter where it is . . . [inaudible], {in Egypt or here.}
- D Well, who would have installed a Shivalinga here, that there might be one here?
- SBY There were lots of *maharishis* around [inaudible] {the world}. They used to go around the world [inaudible]. So they had installed some here.
- [The Ganesha was produced, a palm sized, somewhat irregular but well water worn rock. There's nothing about its looks that would make it out of the ordinary.]
- D What is the meaning of this Ganesha?
- B Meaning of Ganesha?
- D Of this rock. Can you explain it? To Swami, what is the meaning of it?
- SBY Whatever you face means, the same meaning it has, he says. Whatever shape you have in your face, the same face, the same meaning it has it that, he says.
- [The Ganesha rock is being passed around.]
- D So that is shaped like Ganesha's face?
- B Ganesha's face.
- D Ganesha is the remover of obstacles, is that correct?
- B Yeah
- SBY "Two faces."
- D Seattle needs a Ganesha.
- SBY [before translation] "Huh?" [translation] So if you can arrange for a program like that, he can install a Ganesha here.
- D Install a Ganesha here?
- B Yeah. Anywhere, you can find a place.
- D What would we need to do for him to install a Ganesha?
- B You have to find a place. You have to find a Ganesha. And then he can install it.
- D How will we know a rock from a Ganesha?
- SBY He can bring it from India. He can bring a Ganesha from India, if you can find a place. He can even install there this Ganesha. He can just powers for that.
- D I have a quick question. I was just wondering. After meditating for a while, like sometimes during the day if I'm not meditating, sometimes if you turn your head or something, I get like this knot feeling. I was wondering what that would mean? The neck, makes like a noise.
- B It makes a noise?
- D Yeah, it's a noise. It seems so strange. It's only happened ever since, yeah, I've been meditating.
- B So for how long do you meditate?
- D Well just for, like an hour a day.



- B Does it come after ten minutes or twenty minutes or something?
- D Yeah. [The rest probably not heard by Bheemaraju] Just during the day without meditating.
- SBY There's no need to worry about that. It will automatically stop. So if you do your meditation [inaudible] {with concentration between your eyebrows}, without any problems . . . So if you have some currents {or energy} passing through. So then you might have some {knot feeling} noises.
- D Noises. So those are currents?
- B Yeah.
- D Tell Swamiji that Lon was responsible for teaching us our bhajans. There he is! Take a bow.
- SBY **“Oh. Blessings. Very good singing.”** It was good, he says. You have good music. **“ . . . correct music.”** It's really perfect.
- So if you have a little bit loud[?] wise, a little bit energy, it will be a little bit good. So you have to have a little bit of rhythm or . . . You got to go fast, you got to go slow, you have that he can show you what astral bodies are, and what bhava . . . **“Bhava samadhi.”**
- D Good. [What?]
- B Bhava
- SBY If Swamiji gives a trance to Maisie, like Hanuman, you know, Hanuman trance. She will climb any tree. [laughter]
- D Ask Swamiji to tell us how he performs *samyama* [spelling?].
- B *Samyama*?
- D *Samyama*, on an object. High concentration for a yogi. *Samyama*.
- B *Samyama*? [then translates; some puzzling about the word; Bheemaraju tries again and says “high concentration.”]
- SBY **“No, no . . . shut-up . . .”** If it's . . . *saudam* [spelling?] means its shut-up. Shut-up? In Sanskrit it is *saundam*, it's shut-up. That means be careful. That's what it means.
- If you pronounce it well he can tell you the meaning. Where did you get that word?
- D It comes from Patanjali's *Yoga Sutras*. After the *prana*, after the senses are controlled, that you can leave the consciousness, senses, then you can try to practice this.
- SBY If he can see the word then . . . [inaudible] {he can answer the question}
- Any questions?
- D Is Swamiji related to the four, one of the four Shankaracharyas in India? I know that there are four Shankaracharyas. What is his relationship?
- [Shankaracharya was an nineteenth century Indian yogi. He was a Tamil born in the vicinity of Madras, but traveled throughout India. He completed tapas in the Himalayas. He passed his powers to certain devotees who also became known as Shankaracharya, which is why the original Shankaracharya is called Adishankaracharya. Adi means first. Today there are many followers in India, mostly in the south. They maintain *maths*, which are residences of the gurus in which only Brahmins are allowed. Adishankaracharya was a true yogi who did not distinguish among castes.]
- SBY He is not related to anyone. They have one {religious} feelings. They have separate relations {religions}. He says he is not that. He is for everyone. They come to Swamiji, sometimes. Adishankaracharya also has. **“Good yogi.”** he was a good yogi. Right now, the people who are right now, those are just spiritual leaders, but not yogis.
- D What do we need to do to install this Ganesha. I am very curious about it. I mean, do we need to find a special place for it or does it need to be in . . .
- B You have to have a place and you should be able to do *pujas* [worship] every day, or twice a day.
- D So do we need like a center for it or . . . temple of some sort . . . Does it need to have a temple?
- SBY So you can even install it in your house. But you have to do puja every day. If you bless that, he can give it to you and you can take it to your house. . . . you have to do puja . . .
- When he was walking in the woods he found it. [inaudible]
- D What would happen if you did not do puja to it twice a day?
- SBY You'll have to at least pray. If you don't do pujas at least you have to pray. **“No trouble.”**
- D What is the advantage of having a Ganesha in your house?
- SBY So if you stay in your house, what happens? You take care of your house. So you have lots of different spiritual things with you. So what's that spirit[ual things] you have in that house? You have like some beads . . . He says you have lots of beads and different kind of things like *rudrakshas* and those things. You have those?
- D Well, I have spiritual things, yes.



- B OK, well do you have any experiences with those?
- SBY So if you have Ganesha you will have lots of peace of mind, and peace in your house, and peace in all of your duties every day. [to another devotee] You have a Shivalinga with you. So what are you doing with it? Are you doing puja to it every day?
- D It's in Portland in the trailer.
- SBY So why do you have that Shivalinga with you now? Why do you have it, he is asking.
- D In meditation we were told to get one and have it and Swami blessed it.
- SBY It's just like that. You have to [inaudible]. You have a Shivalinga with you.
- D That's Terry Cook's. He is a devotee and he's giving your room.
- SBY It's a nice Shivalinga, he says. It was from Narmada River in India. **"Very good linga."**
- D Doing puja to a Shivalinga or a Ganesha . . . is there a special thing you have to do or can you do your own, write your own?
- SBY It doesn't matter what you chant in front of it.
- D So if we have a Shivalinga — like I was given one, I think it's man-made. Ivy gave me one last year, and I haven't had Swamiji bless it or anything. I haven't been doing anything with that. I just kept it in my home. But if Swamiji were to bless it should I then do puja to it?
- SBY So there is no need of doing exact puja. You can even pray for it, and that would be fine.
- D What is exact puja?
- B Puja? You know like burning incense and there's doing *arthi* [offering camphor light] and flowers, and washing it every day.
- SBY The people who have interest in that. They will do it. If not you can just pray.
- D I noticed in Bangalore that they'll come along the street and jump down and go into where the little Shiva is in a nave in the wall and make some puja or maybe a garland of flowers. And then they turn all the way around. Then why is it that they turn all the way around?
- B Three times?
- SBY That means after everything is done you go three times, that is saying that I surrender to you.
- D Any way of knowing you've really done it? Do they have some really way to find out if you have really surrendered? How can you tell if you really did?
- SBY So, why should they go around? So why can't we just stand in front of him and say I am done? Why do they go just three rounds and [inaudible]? Why should they go three rounds. If they have to surrender they have to go three rounds. If not they've not gone.
- D If we say we've surrendered and then we go around the block and there is some desire that there's something we want and, then the senses have taken over and we have not surrendered.
- SBY So being as a human being, it's natural, he says. So in India we believe if we take bath in Ganges all our sins will wash away in Ganges. After we come out from the Ganges we do believe that we get those sins back. [laughter, including Swamiji]
- D Even yogis?
- SBY Sometimes yogis go there and they pray for Ganga to purify. And even the Ganges pray, they call yogis. They call yogis and say please make our water, purify our water. So Swamiji says you might have read in Patanjali's book about this Ganges.
- D So if we want and Swamiji isn't here then and we — I don't know if this is on the subject but — if Swamiji isn't here and we want him to bless some food or some prashad, if we put that before the altar and then ask about, will he then make that prashad, even when he is in India and we're here in Seattle?
- SBY **"Yes."** Yes, it is. He comes in astral body. You can find the difference between the food, you know, and the utensils there and the food here which is blessed. You feel the difference. The taste, it tastes different.
- D So we could even put our own plate up there for a while before we eat it and . . .
- B Yeah. You can taste the difference between this and that.
- D So does Swamiji then send his astral body to our bhajans?
- SBY So in bhajans when you get astral bodies, like bhava sometimes, he has astral bodies in them, so he will be in front of you.
- D Swamiji I've heard that, stories when people do tapas and the throne of Vishnu gets so hot that Vishnu has to grant a boon. Is that Vishnu?
- SBY So for whomever you pray for, you know when you sit in meditation or tapas, he comes to you and fulfills your desires. He gives you the boon.
- D I was wondering whether the throne getting hot has anything to do with the kundalini.
- SBY **"No."** No when the current passes through your body then the kundalini shakti becomes small. Then you get



into samadhi. So the more you get, the better it gets, he says. Before you get into samadhi, if you get the kundalini powers . . . The kundalini powers will automatically come. There's no need to try for that.

D And Swamiji, if a person is having many unpleasant physical manifestations from kundalini, what is the best way to proceed?

SBY He says the guy who doesn't know, he teach you and if you go to that guy, he teach you bad things. Not bad things, he doesn't know how to teach you. And teach you in the wrong way. So if I don't know and if I teach you, you get nothing. I don't have anything. Kundalini shakti, that is power, that will automatically come. There is nothing to try about that. There is no special training for that. The guy who trains you, even he doesn't know what kundalini or kundalini power is. So you can't get anything from him.

B [inaudible] your question was answered.

D I'm thing of a person who is sort of tormented by the kundalini power. I don't know how this person . . .

SBY For what do you want those kundalini powers?

D I don't know if this person wants them. They came unasked.

SBY So when that kundalini power comes, if you sit in a perfect posture or perfect meditation, you get into samadhi.

There are two kinds of kundalini, *atma kundalini* and *hatha kundalini*. So *atma kundalini* is to get into samadhi and get into samadhi stage. And *hatha kundalini*, if you don't do it well you will lose everything in the body.

So there is no need to try for kundalini powers. It will automatically come if you sit in meditation. So if you powerfully want, sometimes you don't get and you want it badly, you can't get it. Even if you get it you will be in trouble. The guy who teaches you, if it's not perfect . . . There are lots of persons like this, what you have. And there are lots of you in trouble and [inaudible]. Even today there were lots of questions about this. "**Same question.**" They forcefully try to open this kundalini powers, and they are in trouble he says.

D So this person already having this experience, who should they see to teach them, to help them understand it?

SBY So if you get such kind of powers you will automatically find a guru. He will come to you. The guru will automatically come to you. There is no need of you trying for anything at all once you get the kundalini powers.

Kundalini is just to get your body strong. Once if you get that kundalini powers and if you don't meditate the body will be in trouble. Kundalini powers, it's different than. Once if you don't make it you lose it, you lose your body powers.

Vasishtha and Vishwamitra in Indian history, those two guys they couldn't go to God because. Vasishtha was *aham brahmanrisha* and even he couldn't go to God. He thought he is just God and he couldn't go to God. So even Vishwamitra thought he was God because he prayed a lot. "**Hatha yogi.**" he was a hatha yogi. He had lots of kundalini powers. So they had lots of ego and they thought themselves are God, and finally they had to go to God, and do tapas. They had to do tapas for thousands of years. Even after so many thousands of years [inaudible; Swamiji talking simultaneously] because they had so much of ego. Hatha yoga and ***aham brahmanrisha, aham brahmasya*** [as corrected by Swamiji] . . .

Even Shankaracharya had problems, Adishankaracharya [as corrected by Swamiji] had a problem. Adishankaracharya thought he was *aham brahman*, he thought he was God and sometimes Shiva used to come and thrash him on his face and [tell him] not so. Finally he came to know he was not God and he started [inaudible] {to pray to God}. If you read the book of Shankaracharya you will come to know. "**Adishankaracharya.**" Adishankaracharya.

D If these great yogis had such a difficult time. I mean, what chance do we have if these great yogis had problems after thousands of years of tapas?

SBY So those guys are doing this for we people, not for themselves. Those people are doing for the world, human beings, not for themselves, not for their own powers.

D So it's more difficult to do it for the world?

B Yeah.

D It seems that many of the great yogis have reincarnated again and again, so that leaves very few people that we know about that become enlightened. What happens if we get enlightened? Do we go to another planet or something?

SBY Yogis are God's agent. Whatever God says they have to do it. They might send to some other planet, some other time, or they might send to some other planet. So it differs different times. Every incarnation will be in a different planet.

D If a yogi incarnates does the yogi have to start again? For example, Swamiji has done tapas in other lifetimes and he had to do it again this time. Do you have to start again when you incarnate?



SBY So whatever duty he has been set. This time God sent him to be as a yogi. So he is as a yogi. The next time if he is sent for some other duty, he will be for that. Whatever God says he has to do that. It's called {*karna jnanma*; meaning the cycles of birth, literally ancient ways or cycles.}

D It's called what?

B Karna. Not karma, karna.

SBY "*Karna, karna, karna.*" Karna. K-a-r-n-a.

Just like you [one of the devotees] being a lawyer and being an advocate, going to a lawyer, just like that Swamiji is just like advocate going to God, and asking him for suggestions and coming back. So you are doing for the human beings he is doing for God.

D So in that way all of us when we incarnate are carrying out some duty of God?

SBY Yeah. "*Duty, duty, duty.*" Yes, it's a duty. When he sends certain duties, whatever problems you get you have to go through those.

D Those are the tests, maybe?

SBY If you read Swamiji's autobiography [sic] you will come to know.

D I want to know why Swamiji did tapas to the four directions.

SBY "*Guru order.*" It was guru's order. [Swamiji chuckles] he didn't do as his wishes. Whatever his guru said, he did it. He didn't do anything for his benefit.

D But when he said to meditate in all four directions he didn't ask what the reason was.

B Because he trusted his guru and he just didn't want to ask any questions.

D So is that the nature then of the guru-disciple relationship is when the complete trust in the guru and just doing as the guru asks?

SBY Sometimes . . . But Swamiji he listens to his guru's words. But if you guys want to, you know, just ask questions, if he says something and if you want to ask why should we do this, we can ask. It depends upon you interests. he is following his guru's orders. Swamiji is following his guru's orders, that's what he is just [inaudible] {Swamiji will follow his guru's orders until the end of his life, or until he leaves his body.}

D Then if Swamiji is the guru and he was to give us orders, he'd have to give different orders to every single one of us, right?

SBY Swamiji says he personally doesn't give any directions. When you meditate he will just send some instructions. You will follow the instructions in meditation, whatever you get. Swamiji will personally not tell and he will tell you in meditation what to do. He gives just one order saying that meditate well. And if you mediate well all your desires will be fulfilled. That's what he wants.

D How do we tell the true guru? What tests should we use? How does one recognize a true guru?

SBY If you meditate well you will come to know.

D Isn't the guru-disciple relationship a very special one and not everybody is a disciple just because they need a guru? Is that true?

SBY Swami says whenever he takes birth all his devotees and disciples take birth. Those will be for ever and ever and ever. Some devotees or some disciples come late and some come a little bit earlier.

D Are we initiating that now or has that always been, we're just repeating a cycle that's always been in existence, right now?

SBY Right now he says he is a yogi and you are [inaudible, Swamiji talked over]. So in next incarnation he doesn't know what he is, but even then you will be following him. But there's no [?] of initiation then. Wherever he goes, all the devotees or disciples will be following him there. Same planet.

{Once in one's lifetime [he initiates people]. In this life he is a yogi. [The next lifetime he doesn't know, but] wherever he goes in different incarnations, devotees will follow him.}

D How do we know when we have been accepted as a disciple as opposed to just being a devotee?

SBY So when you get hungry, do you eat food? How do you know you got hungry?

D It's an inner feeling.

SBY That's how you will know. [laughter]

D So if there's doubt then, if a person has doubt, does that mean that -- I'm not asking for myself, I just . . . [laughter] . . . I forgot what my question was. Does the existence of doubt indicate that you are not . . .

Oh, thank you.

SBY [before translation] "*Thank you*" [laughter]

D What is the purpose of it?

B What is?

D The continuing cycle that goes on and on and on. What is the purpose of it?



- SBY That is called the relationship between guru and disciple. That's called atma relationship, the soul relationship. Just like you or your husband, or something, your children like that. Just like for Swamiji you all are children. You have to be the family always. **"Atma relationship."** It's called the soul relation.
- D What is the meaning of the, the meaning behind it, or the reason for it, the purpose of it, the, sort of like the why?
- SBY Why did you take birth in this time? . . .
- D I don't know.
- SBY . . . That is the meaning. Why did you get tears at the airport?
- D Because I knew there was something that I wanted to ask but I didn't know what to ask.
- SBY Is that why you got tears?
- D Because there was something that I knew I wanted, there was something to ask. But I didn't know what it was. But I knew that there was something to ask.
- SBY That's called the soul relationship. **"You understand?"**
- D I guess no.
- SBY When you get connected like that you will not know what's happening. Then you get tears. So after that, after getting tears, you automatically came here, to Portland, and you just followed him.
- D And now I get more tears. [laughter, including Swamiji] And I still don't know why I'm here.
- SBY Even he didn't know when he sat in tapas what it was. He was forcefully sat by Shiva. **"Guru, guru."**
- D Does he know now?
- SBY He knows now. He understands now. That's why he is explaining everything to you. He is much stronger than you people, he says, or was. Even when he was a kid.
- D Yeah, he was. He stayed in the samadhi. He wouldn't let anybody take him out of it.
- SBY Only his mother [inaudible] and his grandfather accepted and supported him [barely audible; then interrupted by devotee].
- D Of course he had *sakshatkara* of his guru.
- SBY [Bheemaraju and Swamiji talk back and forth; problem with the word?] He selected him. He had twelve more friends with him. Then he was walking. He just selected him because [inaudible — Swamiji talked over Bheemaraju, then devotee interrupts].
- {He had twelve friends with him [while by the Godavari canal]. He [Shiva] did not select any one of them because I [Swamiji] had *sakshatkara* [the guru's presence in the body; qualifications to become a yogi]. He selected me even though I was naughty.}
- D Because he had good qualities.
- SBY He was, when he was young, he used to be very naughty.
- D [interrupting] He came from many lifetimes of good qualities.
- SBY That's why he was so naughty. {He [Swamiji] didn't care about anybody [he only cared about what was right]}. He had good qualities, and he was so naughty. So [Swamiji interrupts]. Even today he is like that. [all laugh] Sometimes people get sad when he gives a hard {straight and forthright} reply. But it's just because of their benefit, he says. After some time they will come to understand why [inaudible, interrupted by devotee]
- D Now you're not telling us that Shiva chose him just for fun out of the naughty boys.
- SBY **"Huh?"** Even Shiva was a naughty guy. Shiva was real naughty.
- D How was he naughty?
- SBY If someone comes too powerful to him and he [interrupted by Swamiji]. So naughty boy means, . . . In your country you are making those nuclear bombs. That is through his, Shiva's blessings. He made it. To get rid of it, Swamiji has come. He has sent Swamiji. He spoiled their minds, the people who made it. He spoiled those minds. Shiva.
- D Shiva did?
- B Yeah. Because he was naughty. He didn't know what to do. They just came and asked him. He said OK, you can do it. So he doesn't know how to get rid of that boon. They asked for a boon. He gave it. So now he sent an agent to clear that. Just as you guys know the story of some dancer
- SBY If he doesn't control the tension, then this country will be in trouble. The whole of America will be ashes, he says. He has come here to bring down the tensions.
- D It's yogis who take care of the world and God is somewhat passive?
- SBY He sends yogis, too. You know Ramayana, the history of Ravanna and Rama? Just like that. Shiva gave the boon to Ravanna. Finally he sent Rama. He sent some maharishis to give training for Rama and Rama killed Ravanna. Actually Shiva gave powers to Ravanna. And Ravanna was misusing those powers. And so Shiva didn't know what to do and he sent some



- maharishis*. And he trained Rama and Rama killed Ravanna. So there are different times, different *maharishis*. So it doesn't matter which planet it is. *Maharishis* should go there, in the time when the trouble is.
- D And when the *maharishi* comes his devotees are with him, so the devotees would be part of the work?
- SBY Yes. That's right. Even the devotees don't know who their guru is. They just pass by and they have some feelings and they just come and [Swamiji interrupts]. When he came to Seattle there was just Maisie [Swamiji interrupts]
- D [Maisie] Accident.
- SBY When he got in here, he just wanted to stay just one day, here. And he was going to Portland. And suddenly he was stopped here for just a day. And there were just few people. And right now there are many people.
- D One day? I thought it was a week.
- SBY **"Week the second time, third time."** First time just a day.
- D First time just a day? I thought it was a week.
- SBY [to Maisie] How many days was **"first time?"**
- [Maisie] Well, it was two trips. I don't know. I remember that night, you know. That first night, Swamiji. And you didn't smile at anybody; only two people you smiled. [all laugh] I know you saw everybody, see. Wasn't happy. And then this winter, one of them you smiled at went to a cave and took a lotus position. And they found him seven hours later and he had gone into samadhi, in Hawaii. [The man was found dead.] So you must have seen this glorious future he was going to have.
- SBY So didn't have dreams of Swamiji coming here and you becoming devotees of his? It automatically happened. Because this is the previous lives' connection.
- D It's probably true that many of us have been waiting all our lives for something. We just didn't know what it was. [wasn't translated]
- SBY [Addressing that devotee talking] When you asked the question in the car, **"first time"** first time, you were asking some questions **"Second time Swamiji . . . Portland . . ."** The question you were asking. If you want to be a devotee what do you have to do, and how you come to know about it. He says you'll be, you can just watch, you will come to know. Right now you have a guru, you do bhajans, and you do everything. That's how it happens.
- There are lots of millions of people in America, and in other countries.
- D Swamiji said half the population in this country were devotees.
- SBY Whatever, population, the children, the whole children will be his devotees he says. **"Lot of people . . . Swamiji . . ."** Lots of people and lots of children, he says, all will become.
- D Is the pope considered a guru, or what is he considered?
- SBY **"Spiritual leader."** he is a spiritual leader. **"Christ yogi."** Christ is yogi. Jesus Christ was a yogi and the pope is a spiritual leader.
- D I had one dream. Two clouds coming together. Lightening come straight at me. What is this happening, I wonder, in my dream?
- SBY So if you meditate, you will know. That is how Jesus Christ came, actually, just like that. There was lights flash. Light came out. **"You understand?"**
- D I don't know.
- SBY If you meditate well you will see Jesus Christ, he says.
- D When a yogi creates energy, like if Swamiji blesses something, does that energy over time dissipate, get less, or does it stay the same?
- SBY So as you are a lawyer right now. You studied well and you came out. If you have an opposite advocate, when you go to the court and you have an opposite advocate, if he starts arguing, and if you just keep quiet you'll come down. That's how his blessings are. You have to develop this. You have to have faith in it. **"You understand now?"**
- D I understand.
- SBY **"Simple understand . . ."** So he is telling you in your own language because you are a lawyer, so he is putting an example as a lawyer.
- D So if we lose faith, we lose the blessing then.
- SBY So he says even if you lose faith, it doesn't matter. He has his blessings always. Again, you will come to know, why did I lose the faith. You will come back.
- D What are all the other people in the world doing here?
- SBY {There is no need of me explaining.} There's lots of people doing different things.
- D No wonder there's a population explosion.
- SBY There will be no explosion of population. There's God to control that. There's not yet. If we use our intelligence there will be no much population, he says.



D Swamiji, last year you talked about the Kalki Avatar. Is the Kalki Avatar still on his way?

SBY He is there. He will come out in few days, or few years. [laughter]

D What is this Kalki Avatar that they're talking about?

SBY There is a guy coming [laughter, at Bheemaraju's choice of words] who wants to do good things for the world. That's called the Kalki Avatar. So Christ came as a yogi and he just went away. He taught different than [inaudible] and even though he is not here, you know about him a lot. Even if he loses body, even if he lost his body, he got you in shape. So that's called the avatar. Just like Christ, someone is going to take his place. That's called Kalki Avatar.

{Kalki Avatar means a man will be coming. Christ came, he became a yogi, and people killed him. He became an avatar without his body and taught you a lesson. Just like Christ, someone will come. He is called Kalki Avatar.}

D So Christ became an avatar?

SBY "Yes, yogi, yogi, yogi, yogi." After he is in his body, after he left his body, he became an avatar.

D The Kalki Avatar, will that the same as the second coming of Christ?

SBY So whomever God is sending, he will be coming. The *mahararishis* will protect Kalki Avatar. Whomever God sends. If he sends Christ, Christ will be coming. If he sends some other one, . . . For Kalki Avatar all the *maharishis* will be here in support.

D Swamiji has said the yogi empowers the avatar. That's correct?

SBY So yogi gives blessings. He gives powers. Rama, all these *Vasishta* and all the *maharishis*, they give powers to him, and they put him into avatar.

D All of the yogis now will be giving power to the Kalki Avatar?

SBY All the *maharishis* will support [Swamiji interrupts] All the planet will support the Kalki Avatar. All the rest because of public life. "Public service."

D So is this the heralding of a new golden age, is that what we have to look forward to? Is the coming of this heralding a new golden age? Taking care of all the misery that has been plaguing the world?

SBY He is coming to take care of all this. So whenever there is a problem in the world, some or the other avatar will be coming to protect it.

So right now this country is in trouble, like not having [patience? inaudible]. If somebody gets mentally ill or something, in that project. If he just pushes the button

the whole country will be closed [finished], ashes. Just to protect that, yogis will come. After that [inaudible]. And there will be no more cracks or mentally retarded persons. So if someone gets mentally ill or is fully drunk or whatever, and if he just pushes the button [?] the bomb or whatever, what will happen to your country? Your country knows how to put the bombs but they don't know how to take it back. So what will happen to you? That is what Swamiji is asking. What will happen to you if the bombs fall?

D We will all die.

SBY Just to prevent that, Kalki Avatar will be coming.

D How well known then will the Kalki Avatar be?

SBY They will automatically know. He will be coming out soon.

D [inaudible]

SBY This is not the first time, making bombs or something. This is from many thousands of years. Millions of years ago. If you know the history you will come to know about that. If you read the *Yoga Vasishta* you will come to know about that. Bomb is not new to the world. It's really old. In the olden times they even know how to take it back. Once they put a bomb they know how to put it back. But nowadays they don't know how to take it back. That's the only danger we have in the world.

If something is leaking, like some gas or something is leaking, he says, how many people are affected by that? Lots of people are affected by that. He says just by looking at that you can understand how much problem you will have in this country. That's how the tension is getting more and more.

D What difference does it make if the world is destroyed?

SBY If this is destroyed there is another planet coming down. There are people in their world . . . So all these people who are destroyed here they will go to another planet, and other people will be coming here, from the different planet. That should not happen. He says you know what the pollution is, and you can understand what the pollution is in your country. Wherever he goes there is the same problem. Everyone is asking him. From the whole month he has seen the same whole problems asked him. He is getting the same questions from everyone.

D So what happens on the earth here will unintentionally affect other planets?

SBY {Nothing will happen to other planets. If something happens to this planet, those people from other planets will come.}



- “ . . . Prashad, prashad? Coming coming prashad.”
[prashad is handed out.] “Time?”
- D Twenty past twelve. [Swamiji continues to hand out prashad to everyone. Dinner is readied for everyone.]
- D Bheemaraju, would you ask Swamiji. Somebody brought a salad with seafood in it. Is that appropriate for prashad?
- SBY You can serve it, no problem.
Swamiji would like to have sleep. He likes to take leave.
B [Somebody gets up to stand.] You can sit, you can sit.
SBY Actually, you all get prashad and then he will leave.
[Dinner continues to be served.]

SEATTLE
June, 1990

SBY refers to Shivabalayogi, as translated by Bheemaraju Allaka or D. Jagadish Kumar. D refers to a devotee. B refers to comments by Bheemaraju and J to comments by Jagadish. Retranslations by Bheemaraju are in braces {}.

- . . . Radhakrishna; Swamiji eats lightly
- SBY [Bheemaraju translating] . . . Even he had a ___ from Radhakrishna. Even he had written a book. Gopal Krishnachari and Radhakrishna . . . Radhakrishna was a philosopher. He used to be philosopher. He had written books.
- “Weight, weight? Tom” It’s heavy.
- D No, not at all. Very light. Need to eat more.
- SBY “Huh?”
- D Eat more.
- SBY “Eat more?”
- D Yeah.
- SBY If he eats a lot of food, there will be no service. He says he’ll get lazy. So he has to get up about four o’clock and he has to leave by seven. If he eats well he will sleep until seven and leave at ten.
- D We could skip morning meditation for Swamiji if he wants to sleep in.
- SBY “No.” [laughter]
- D Explain about bhajans. Why do we have to sing them so fast?
- SBY He says you are going on the road and suddenly you want to stop the car and start climbing steps. [The comparison is to going through the gears of a car to accelerate. See below.]
- D I’m going along a road. Why do I stop driving and go up steps?
- B Yes. You know, start climbing steps.
- D That’s a good question. I have no idea.
- SBY He says if the energy wants to rise, you have to. He says you go slowly, and then go faster so that the energy rises up. He says you have three steps: one slow, one medium fast, and then faster.
- D Could you speak a little bit louder.
- B He says the people who do bhajans, he [D] is asking about bhajans, and he [Swamiji] says there are three steps: slow, medium fast, and fast. That’s how the energy rises up. Just like a car, one two three gears.
- D Is that the same energy that rises in meditation?
- SBY “Ah yes, yes.” Both energies the same. And you will have good meditation. You should have the same music and song, same music for playing . . .
- D Same music as what?
- SBY Your song should suit the harmonium, or tablas [drums], and things. The same music should be . . . The song as well as the music should be the same. It should suit the song. Everything, the harmonium, tablas, and cymbals. So when you are singing slow, the tablas should be slow, the harmonium should be slow, the cymbals should be slow. And you are going to medium fast, even this should go medium fast, faster, and faster. Everything should go faster.
- D If Swamiji teaches.
- SBY [Before any translation] “No, Swamiji no teaching . . .” Swamiji says he is Guru for you. He will just bless you. “Teacher, no teacher.” He is not teaching. “No master.” He is not master in that. Lon [another devotee] is your master and he can teach you music. Because he taught you, he can be master. If you go faster and you go higher, the energy level will be higher, he says. It goes faster. He says you sung well today and even Lon sung well today. Today was good. That’s how you have to sing every day.
- D Is it that Swamiji creates all this energy and we just tap into it, with the music?
- SBY “Yes.” Yes. You shouldn’t get down. You have to keep the same . . . In India, actually, if you go down you get banged by the [people in] bhava samadhi. They’ll come and . . . They hit you, you know. The bhava samadhis they come and hit you. If the bhajans goes wrong, or goes a bit slow, or something. Because he has not started yet giving bhava samadhi in



- America. If he starts giving them it will be really good.
- D So he has not started yet.
- B He has not started.
- SBY So once he starts, then the bhajans should be good. If something goes wrong with the bhajans then . . . So whichever way you think, slow or fast, the same music should go. If you are singing slow, the music should not be fast. It should be correct. It should not be out of order like slow and fast. Have control.
- D Control.
- SBY “Yes.”
- D Practice.
- SBY “No practice, buddhi.”
- D Buddhi?
- SBY “Yes.”
- D Intellect.
- SBY It doesn’t matter how much you practice, if you don’t use your proper mind at that time. Control . . . Have to be in balance.
- D Is there a reason we can understand why we do bhajans after meditation? In other traditions they do it the other way around. First they sing the bhajans and then they meditate.
- SBY Those people are not meditating. They do *japa* [repetition of mantra]. “No meditation.”
- D So with Swamiji we reach a certain level of energy meditating, and then we take that . . .
- SBY He says after meditation, bhajans will have lots of bliss. So even while doing bhajans, still you can meditate. Once you start bhajans then you can meditate. Some people will be meditating even after meditation classes. Once you start bhajans, they don’t like to meditate first. They like to meditate after. They will be waiting for that particular time. He says after bhajan you get tired and when you sit in meditation everything goes to sleep. Your legs, even your head goes to sleep. That’s what he says. You will be tired and you can’t get good meditation.
- D That makes sense. Good buddhi. [Swamiji chuckles]
- D In India we didn’t have a silent meditation time. We had this thing the tape recorded . . ., meditation, bhajans. [? barely audible]
- B Where was that?
- D In Bangalore and Dehradun [Swamiji’s ashrams].
- SBY Usually there is first bhajans and then starts . . . Only on Sundays they have that music. If not they don’t have music every day. First you have meditation, then the music, then starts bhajans. Swamiji doesn’t come out for meditation in India. Here it’s still new. Swamiji will be sitting in front of you in meditation. Actually, he sends one guy, like Singh, or Jagadish, or anyone like that. He just puts the vibhuti.
- D I noticed this evening Swamiji wanted no exceptions to people who have not been initiated sitting separately. Like a mother was with her child. So we should have no exceptions.
- SBY They have to sit in the same place.
- D They have to sit in the same place; the people who have not been initiated?
- B Yes.
- D In this case it was a person who had been initiated but was in the group.
- SBY He can. His father can sit with his child.
- D What’s the role of effort [in mediation]. Should we be trying to be as passive and silent as possible, or is there some way of using our will when we meditate?
- SBY So it’s just the will, you know. It doesn’t matter what’s happening around. You have to sit and meditate. Once if you get into meditation, you will not be aware of what’s happening around. So keep your mind here [pointing between the eyebrows] not everywhere.
- D And that’s an effort of will, to keep the mind here then?
- SBY [without waiting for any translation] You have to just concentrate here, not the other place. If the disturbance is somewhere else, if you think of that disturbance your mind will be disturbed. So not to concentrate on that. Just concentrate here.
- D Swamiji, why do people in India worship so many gods, and in our tradition we have so few gods?
- SBY In the past, maybe a few centuries ago, there were lots of people here, lots of gods here. But you people driven them away, because you are changing a lot. Slowly you are changing . . . The kings change. Because you had kings before, the kings change. And after that you change. Even in India if the kings change, people doesn’t change. They don’t change. They have their own lines. If they want to meditate, they meditate.
- D In the future, in this country will we become more like India, where we have respect for the different gods?
- SBY It’s people’s interest. [Swamiji chuckles]



- D I was interested in the Swami's insights on Jesus Christ. I was talking to one of His devotees here, and he said that Christ meditated, did tapas for twelve years in the Himalayas. And if he did do that, my question is why didn't he mention meditation in our Gospels?
- SBY The Bible started after he died, not before. So people have written different kinds, and they didn't write meditation.
- D I'm sorry, what?
- B After he died the Bible came out, not before death. If he had written the Bible, then there was meditation there. Because he didn't write it So after he died, all the records of His, all His experiences were burned.
- D Were burned?
- SBY "Yes. *The king.*" The king burned everything.
- D Did he teach it and they took it out?
- SBY Just like here people that . . . like Rajneesh, like Rajneesh was thrown out. "*Same.*" Just like that Jesus was thrown out. "*Same, same.*" They took out and they crucified him and burned His belongings.
- D Did Jesus get *shaktipat* [initiation; transmission of *shakti*, spiritual power] from John the Baptist?
- B John the Baptist?
- D Yeah. Jesus went to the guru who ducked him in a river. Was that *shaktipat*?
- SBY He was the one who made him sit in meditation, it seems. Or whoever the Gospel was . . . the Baptist? It was in the Himalayas that that took place.
- D Not the River Jordan in Israel, then? Because the Gospels say St. John taught in Israel.
- B In Israel?
- D Yeah. John the Baptist.
- SBY He says even he can write different things. [laughter] He says he can write something else.
- D But the point is that Jesus did teach meditation?
- SBY He taught meditation for everyone. So he taught meditation for everyone. Just one lady stood in front of him when he was dying. She requested the king and everyone not to kill him. But all His devotees — "*Ah, all devotees get out.*" — they ran away from that place. They didn't even want to stop . . . "*Same, Rajneesh . . .*" Just like Rajneesh position.
- D Who was the one woman?
- SBY She washed Jesus' feet with her tears.
- D Mary Magdalene.
- D Is he saying then that our Gospel is a significant distortion . . . I just wanted to make sure that's what he is saying . . . of Jesus' teaching?
- SBY He says it's not his duty to tell.
- D It's not what?
- B It's not His duty to tell that. He doesn't know what's happened.
- SBY You have to ask the Gospels. He doesn't want to talk about those things. If you ask about Christ he can tell you the answers. Not about anything else. If you want to know about books and things, you can ask the authors who have written them. [laughter] Because there are lots of people who have different experiences. Those people have written different kinds. "*Understand now?*" Did you understand, he is asking.
- D [negative response]
- SBY "*No.*" Jesus had devotees like this. You got some experience, he got some experience, he got some experience. So everyone started writing books. So that's how And all these experiences became one book called Bible. "*Same Mahabharata, same Ramayana.*" Just like Mahabharata and Ramayana, the two epics in India. Ramayana and Mahabharata was not really before the story of Christ [?]. So after, in Indian story, after Ravana, in Ramayana, after Ravana died the story came out. All his friends, or whomever, they wrote all bad things on him. Before that they didn't write at all.
- D So Ravana got a bad story?
- B Uhum.
- SBY Actually, he was a real good {great} devotee. But all his friends and devotees, or whomever, everyone started writing bad things about him.
- D Was there the combat, the fight between Rama and Ravana?
- SBY It happened. Because he had to die in the hands of Rama. He had taken a boon from the God that he has to die in the hands of Vishnu. Because Rama was Vishnu. He asked a boon like Vishnu has to come and, —
- B just like man or something I don't know what — {in the form of a human being}
- D Was Ravana misusing his powers?
- SBY No, he didn't misuse. He was really good {great} devotee and a strong man.
- D Is Hanuman the same as Shiva?
- SBY Hanuman was blessed by everyone. All these three. Everyone blessed him. 'cause he was called *chiranjivi*.



- He is always a small child like. {or, he had a blessing to be as a small child forever}
- D Is Hanuman the monkey?
- B Yeah.
- SBY “*No monkey.*” He was human being. He just had a head of a monkey.
- D He just had a what?
- B He had just monkey head, that’s all. He was human being.
- SBY His mother was Anjana Devi. She was ordinary human being. She got some kind of _____ [?] {Upon retranslation, delete the last partial sentence.}
- D Wasn’t his father the wind?
- B Yes.
- SBY His father was Kasari. Actually, he came through astral body. So that’s how this guy came out, like Hanuman.
- D Incarnation of Shiva?
- B It’s not incarnation.
- SBY Ganesha was *manasikaputra* it seems. {*putra* is child and *manasik* is brain or intelligence, so *manasikaputra* would mean child of intelligence.} Because Ganesha, you know, done by mother. “*Mother.*” By clay.
- D Is it true that when the Ramayana is recited that Hanuman is there? I’ve heard that that’s a common belief in India.
- SBY “Yes.” It is.
- D He must be able to make many astral bodies.
- SBY Hanuman had lots of blessings from all the gods. Everyone blessed him so he had lots of powers. “*Very strong man.*” He was a very strong man. He had no ego, no politics on his mind. He didn’t have any ego. He didn’t have any politics minds. He just had a [love?] to Rama. He didn’t have a ruling mind. He didn’t want to rule anyone.
- If he wanted to rule, he could have kicked Rama, and he could have taken that place. He was so powerful. He could have gone to Ravana and he could have just squeezed him away, and he could have got that place, too. But he didn’t do that. He just surrendered to Rama. Hanuman was very good man. He doesn’t have ego. He doesn’t have any politics. He just want to serve public {the people}.
- D . . . I found out that whatever I considered my mind or eye to be ended up being non-existent. And whatever this great being was what was playing my eye. Instead of I having an eye it was a great being playing an eye.
- SBY He says if you forget that you are I . . .
- [aside] Do you have that book, that radio conversation interview [article from Santa Fe].
- His answer was that if you forget me, you know, you as I, like what you are talking with. If you forget about that. Don’t think you are I. Ego will reduce. Whatever you have, that will no more existence.
- D And what is that called?
- SBY {*aham brahmasya*} He says, would you please read?
- [At that time, Swamiji stopped the questioning by having a devotee read the entire article from Santa Fe.]
- D [How do we elect good people?]
- SBY Did you look people, or do you look for the party? He is asking, when you have elected, when you put your vote. Do you think of people, or do you think of the party?
- D Well we try to. Often we don’t know much about people. And often good people go into politics and then they have to compromise, to succeed. So it makes no difference.
- SBY Until now, whoever are in politics, no one is good. The people who come into politics are people not good.
- D So how do we elect good leaders?
- SBY We have to just think. We have to use our intelligence. Before you elect you have to think. Because you will be selecting them for four years. You have to think and think and think and then elect them.
- D What good people be coming into politics?
- SBY There are people like good people and bad people. It depends upon the public. Before you elect anybody you have to ask them what are things you are going to do. And then elect. There’s no use asking Swamiji. You have to ask him. So you have to ask him before electing him what all he is going to do. What are the good things he is going to do and what bad. So if you talk to him before then -- not only he talking about one guy he is talking about the whole group -- you have to think before you do it.
- D Will we be having a world government?
- SBY If we have any fight, like any war or something, then one country can take over. But if you put lots of bombs on all the countries then just one country will survive. “*Interested, interested?*” Are the people interested in putting bombs? Do you know that?
- D Are we? No we are not interested.



SBY So how can the whole world be one country? How can just one ruler control the whole [world] country? **“OK now? Understand now?”**

D Swamiji doesn't advise us to get into politics? Because I've heard him say that people on the spiritual path should stay out of politics.

SBY He doesn't like when people come into politics. Even he doesn't come into politics. Swamiji has lots of political people with him, but he never advises them. So whatever they do, he just sits quiet. They just come to Swamiji and ask blessings. They don't talk to him about anything. And they don't ask him advice. Even if they ask, he doesn't give them advice. He doesn't even advise them. His line is just to initiate you people. {Treat people equally}

D Does Swamiji vote at elections?

SBY No. When he was small boy he came into meditation from then on. He didn't go for any elections.

D I heard that Swamiji was involved with the Congress party before he started his tapas?

SBY When he was young, there was British ruler. We had British rulers. We didn't have Congress then. He used to be with the kids' congress. [laughter] He used to be with kids and kids' congress. People like you they come and start fighting with him. He used to kick them. [laughter]

D We are having a lot of these international peace conferences and things now. And various spiritual leaders and things are attending those. If Swamiji was invited to one of those would he go?

SBY **“Nonsense.”** It's just politics. They just invite lots of politics. They just show off but they are not serving public. They are not serving people. He just wants to teach public, like devotees, but not show off in the whole public, like coming in papers and doing that kind of stuff. That is big politics, bad politics. He says spiritual politics is much more, you know worse, than the . . . He says he can help devotees and teach meditation and things. But he will not go to such kind of kind of meetings.

There are lots of invitations from lots of regions and lots of people, lot of political people too. There are lots of invitations for this kind of activity. And he says no, he will not. They ask him at least to sign on some papers. You know, for peace talks or whatever. He didn't sign. **“Not good.”**

He has seen lots of spiritual leaders getting into these peace talks. Spiritual teachers, they just advise them, to advise people to just pray for one god {my god or religion}. They don't know which god. Because of that the people who come to that meetings, they get

upset. Because lots of different regions come. He says they have to serve people but not put them in one different god or something.

There are lots of people coming and asking Swamiji. They are inviting Swamiji but he is not agreeing to that. He says they are coming to Swamiji's close devotees who can recommend. But he never even cares about his close devotees in this kind of situation comes. He says there is no use in such kind of meetings. He serves for all religions. There is no one religion for him. He serves for everyone, like Christians, Muslims and Hindus. He doesn't care who they are.

D Will Swamiji do tapas again for peace as he has done. Since he came out of his penance, he has done tapas twice.

B He did once again for one year, in '67.

D Does he know if he will be doing that in the future to help with the war?

SBY He thinks. It's his wish. If he wants to do it he will do it. If he is interested then he will do it. He says if he wants to serve people, and if he wants the world to survive then he will. There is lots of danger in the country, or in the world, then he will sit in tapas.

D Swamiji has devotees in India who have completed tapas as Swamiji has? I believe I've read that. Is that true? And then the question is if so are they of the same consciousness as Swamiji as a yogi?

SBY **“Yes.”** There is, there are yogi like that. His devotees, his disciples. Even if you do tapas he will give you all the powers. You get all the powers.

D Therefore if I wanted to also do what Swamiji is doing, I could do it?

SBY Swamiji will be ordering you. Because you are his disciple, and you are meditating. When you finish your tapas then he will give you all the powers. **“You understand?”** Did you understand.

D Would that be enlightened? You see I have this term enlightenment on my mind from my prior teachings. And I wonder. Now my concept of enlightenment is changing. I'm not sure what it is. And I wonder if that means that you are enlightened. How the term enlightenment fits into what Swamiji was just describing.

SBY He says you practice meditation well, you will come to know and it will grow more, you will be enlightened much. You will have peace of mind. You will clear the obstructions what you have. He will bring up to enlightenment.

Swamiji wants to leave, any questions?



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Om Shri Shivabalayogi Maharajaya Namaha

TRANSCRIPT of CONVERSATION
with
His Holiness Shri Shri Shri Shivabalayogi Maharaj

SEATTLE
June, 1990 (another conversation)

Translation by D. Jagadish Kumar.

- SBY . . . So the Seattle group is all right. He never develops like that. **“Portland group, no, go pani go pani go.”** {pani means work.} [laughter]
- J You understand that.
- D Well I didn’t understand that.
- J Portland still keep fighting. I am greater, I am great.
- D It was what [RE] taught us to do the bhajans. Anybody who wants to sing, just sing.
- SBY He says if the melody is good, if the music is good, then the public will enjoy it. First if you get trained, he says. If you get the good training then it will be all right. He says now these people were told only last year, when Swamiji was about to leave Seattle. At that time he told these people to get trained well. Now look in a year they are trained, they are doing it well. Only, he says, at times they go out of pace, then a little hurried or something like that. You don’t follow the rhythm properly. Sometimes. If you practice well, he says, that will go away.
- D How does Swamiji know if he is in samadhi?
- SBY He says even in samadhi, even meditation, all your stories he will come to know.
- D All my stories?
- SBY **“Yes.”**
- J All that you do that, everything he knows.
- D What does Swamiji think about Seattle and Portland getting together on an occasional basis for joint bhajan sessions?
- SBY He says the astral body which gets you the energy, when you are doing the bhajans. You get the energy through the astral body. So it is his astral body who brings you that energy. Through that he comes to know what is happening. You know Terry, who is staying here? Now he got the trance. He tried to control it a lot but he could not. He came and told Swamiji. Swamiji told him that he should not try to control it. So there was no need to control it.
- D It was fun tonight. I don’t know whether people were in trance or not, but I saw some people in trance. And
- it was a privilege to play the music for them. You know it was fun to play the music for them.
- SBY He is letting us know how to differentiate between people who are in trance and who aren’t. He says those who are really in trance, who are in bhava samadhi, their face will glow. You can easily see a glow in their face. Their face becomes bright. Whereas those who are not in trance, who are just playing a drama, acting, their face becomes dark, without light. If you just look at the person you will come to know whether it is true trance or whether it is just drama.
- D Well, Swamiji may see light. I see faces. I’ll just play the music.
- SBY He says everybody will come to know whether the person is really in trance or not. All the public comes to know of it, because of the glow that they have in the face.
- D How does Swamiji feel about . . .
- J I have not asked him the question.
- SBY You can do it he says. Nobody is going to stop you. He says all of you who are here — probably he means all over America — You always ask whether you can do the bhajan, and he is going to do the same thing about it. You take a chance. One sound for each of you, then you do the bhajan. He doesn’t have . . . You should have a good, healthy competition among yourselves. One should sing better than the other. But there should be melody, there should be music. The rule and pitch, about which you should sing properly. If you go out of the melody, if you leave the rule of the music, then it’s of no use.
- D In Las Vegas it’s such a rudimentary, basic . . . we have no experience. . . .
- SBY He is talking of Tim, who comes from Santa Barbara. He came to Las Vegas, and then he did music there. That boy is very good. He did very good bhajans.
- D So in other words, invite him to help us learn.
- SBY Yes, you can invite him, and you can learn from him. He plays very good music, Swamiji says.



- D Some people asked us — we've had two or three meditation meetings, today was the fourth — to play English songs.
- SBY The same songs that we have now in Sanskrit, you can easily convert them into English. You can translate them into English and sing English songs, he says.
- D The same tune?
- J Yes.
- SBY **“No problem.”**
- D But often the meter is ruined. The Sanskrit meter, just the sound, is crisp, it's more fun to sing.
- SBY He says well, your English, it will be nice. It will be good. But only you will have to put it nicely.
- D We need a poet to do it. Maybe Swamiji can write some poetry, as he has in his past lives. He has much experience.
- SBY He says he doesn't have to write it. He will come to you in his astral body and he will make you write.
- D I feel as if Swamiji already has. There's a couple of songs I've translated that just kind of came out naturally. So I wondered about that even before.
- SBY He likes your music very much. The same thing you could change into English, it will be nice, he says, it will be good.
- D The changing the Sanskrit into English is favored as opposed to taking an English song. For example Cass, who sang a couple of English songs that he made up. Do not do that or?
- SBY He says if a person who knows Sanskrit and English, if he translates the Sanskrit songs into English, automatically he will get it and those will be nice, he says.
- D In Portland, a lot of the girls up there want to sing some devotional songs they know, their favorite songs. If we organize them with the group, are these good, too? As long as they're organized, and we get together on them, and every one knows them.
- SBY Well, he says they do well, he says. They do well. If you have a good knowledge of music, he says, in whichever language you sing, it doesn't matter to him. You should keep that music good. If the people who are doing the bhajans, they sing according to their own will and wish, as they like, out of their likes of music. Then both the bhajans also will get spoiled and the people they also will lose the interest in it.
- D One other question is with the speed. It seems to me smart to maybe do the slower things up front, and build and build and build.
- SBY First time — we do that at Bangalore also — the first one stanza or two we sing them at a very low, very comfortable, nice, melodious pace.
- D Get everybody into the mood.
- SBY Yes. The second time we sing it twice as fast. Third time we sing it almost thrice as fast, and then that's where we touch the peak. As we raise the pitch and as we raise the speed up. You get a very good energy out of that, he says.
- D Is that within one song?
- J It depends. If it is a very short song, we repeat the song twice, twice. If it is a big song, we sing a part of it at a lower speed . . .
- D My question is different. There are some songs that we want to sing perhaps that wouldn't do good at going fast, at all, never going fast. So should we put those slow songs at the beginning of the bhajan, so that by the end we don't throw in some song that slows the whole thing down again.
- SBY He says well there is an ocean here, there is a sea there. You go and get into that. You know why he is asking you to do that? If you get into the sea you will get a cold, and then you will sing faster. [laughter]
- He is asking you to do the bhajan well. Why should you ask now this question? [laughter]
- D Swamiji's biography says that if people ask for his blessings and then sing the bhajans, they can go into bhava samadhi. Is there any particular thing we should do to ask for Swamiji's blessings before bhajans?
- J I didn't understand.
- D When Swamiji is not here. Is there anything in particular we should do to ask for his blessings for the bhajans? Swamiji's biography says that everywhere where his blessings are invoked, then if the bhajans are good, there can be bhava samadhi. So what does his blessings . . . how do you get that?
- SBY He says you pray to Swamiji, you salute to Swamiji, you prostrate to Swamiji, and then you do the arthi to Swamiji's photograph, and then you start the bhajans.
- D After meditation and before bhajans?
- SBY [Before any translation] **“Yes.”**
- D In Las Vegas, as you know, the disciples . . . the people who come to meetings, a lot of them are still Ananda devotees, *et cetera*. And even the lady who has asked us to be selective with her meetings at her home — so for the second group that would be more serious — Haidakhan Baba is her guru. Therefore when we do the bhajans, I'd be very happy to prostrate before a



photo of Swamiji but I'm saying what's the delicacy with the different gurus in a situation like that?

SBY You will not have to have the bhajan there, with them. This bhajan that you do for Swamiji . . . Those who are not interested in the bhajans, you don't have to have the bhajans there along with them.

D She wants bhajans.

SBY He says it is a nonsense question. If she wants the bhajan then why does she have trouble with that?

D She prefers to sing them to someone else?

D We haven't had them yet, so I don't know.

SBY [there was no translation] If you start thinking and imagining of all these things, you need not have the bhajan at all. If you start the bhajan, automatically people will come and join you. They will get together. If you have all this in mind, if you think of all this and start the bhajans, you won't be able to get the bhajan properly. If you keep thinking well what does he feel about it and what does somebody else feel about it, then they go and run [?], it's of no use. There's no use in doing that.

OK, he gives you an example. Now there are so many people here. Each has his own interest, his own mind, his own liking, OK? But you are talking now and everybody is listening to you. You are not really bothered about whether somebody likes it or not, what you are talking. Still, you are talking, right? So are you really concerned about what they feel about it now?

J Pat, he is asking you for the prashad.

SBY He says there will be a lot of fighting. You are going to have the third world war.

D This year?

SBY "Yes." Not in this year but this coming year. If people are not careful about it, then they will be affected by it. It depends on the people. The war it depends on the people. The mind of the leaders — he means the political leaders now — they should be changed. They are not looking right now. He says if you can change their minds, well, the trouble will come down. We can avoid war.

D How can we change their minds?

SBY He says well, it is your own mind that you didn't use properly. You have selected by voting the wrong

people. That's how you have come to this place. You select good people, that's how you can solve the problem.

D Would it help to pray now, so that the President has good thoughts?

SBY By voting him to power now, what's the use of praying? It's like putting a lamp in the breeze, and then praying for it to be light. If we now show them the proper line — he means the political leaders — . . . The bad waste, the bad gasses — what he means with that is the radiation, what we call the radiation, from the nuclear weapons and the atomic weapons and all — so the poisonous gasses from that, the poisonous waste, so those are going to affect us whether we have the war or not. So it's important that we start stop using those weapons, everywhere in India, every weapon that we have in India. . . [inaudible] {Bheemaraju does not understand either.}

He says we also have put the dynamite inside our buildings. We don't know when it will explode. What exactly he is referring to is you have created a lot of nuclear weapons, right? And you have it on your own soil. You mean to use them a little later on. But who knows when they would explode. Who knows when they would get accident.

He says if the leaders are all right, if the leaders correct themselves, if the political leaders correct themselves, then it will be all right. Then the public won't have any trouble.

D How do you find the leaders?

SBY You will have to use your intellect. You select after thinking, before you put your vote down. After you have given the power to them, you won't be able to do anything about it. So before you give the power, before you vote them to power, you think very carefully and then vote.

He is asking you to do it [serve food] faster.

D Swamiji, we have heard stories that people from other planets are also helping prevent war here. Is that true?

SBY He says whether that is right or wrong, whether that news is right or wrong, it is our duty to protect all the planets. Else there's a result on other planets. Otherwise all the planets will turn to dust, they'll burn up. So if the earth goes then you have lost the planets. Can Swamiji go now?



SEATTLE
June 12, 1990

Darshan at the house of Maisie Carlisle. The devotees' purpose was to ask for Swamiji's instructions for Seattle devotees, and these portions have been deleted in this transcript. The following are the questions and answers of more general interest.

Translation by Bheemaraju Allaka (Bh).

- D So when and if we move our meditations, perhaps we can write to Swamiji and he can send one of his astral bodies to imbue, or his presence? I guess that will be wherever we are meditating, he will send . . . to bless the place?
- SBY He says there is no need even to write to him. It's his duty to come wherever you may be.
- D If we have disputes or differences of opinion, how should we resolve those?
- SBY Swami says you can just call Swamiji, so he'll solve the problems. You can write a letter to him, you can do that. You can write on top of it "personal letter" so he will take care of it faster. He will directly write letters. So if you write "personal letter" he hears, it goes to there. It doesn't matter what address you write.
- D Does Swamiji have any advice for our attitude if there is a difference of opinion.
- SBY So whatever you are doing is fine. It depends upon you people. Whatever you want to do you can do it. Sometimes if you don't get temper, you can take this candle and do arthi, that's no big deal. He says whenever you want you can come and ask for advice. He says not to keep any doubts in your mind or anything. So whenever you want you can come and ask questions, about your attitude or whatever. Just come and ask Swamiji and He will answer your questions.
- D Do you know Babaji of Haidakhan?
- SBY He knows the old one, but not the new one right now. He doesn't know the present one. He was, he even came to the Dehradun ashram, his ashram. Old one.
- D We were in Nepal looking for the new Babaji, and he was going to manifest a body. And we talked to a man named [Milk?] Baba. Was that you?
- SBY He doesn't change his name. He says he did tapas and he just has one name. Lots of people, lots of spiritual leaders and babas and all those people they come to Swamiji, there in Dehradun. So when he was in tapas there was a guy called Tapaswiji Maharaj and he came to Swamiji and he helped him out. Just like that lots of other people come to him. So most of the people come to Dehradun. It's close to Nepal. The Himalayas.
- D Would it be a benefit to us as a group to get together before meditation and do stretching exercises and opened our body ____.
- SBY You can do it after meditation, but not before. After exercise if you sit and do meditation you can't do it. You get tired. You fall asleep. All your joints, bones will be paining.
- D Yoga stretching, simple?
- SBY Whatever you do, not before. He says all your nerve [?] problems, you have lots of _____ in your nerves. [Exchange between Swamiji and Jagadish not translated.] He says meditate first, and then do work. So you're not having pains [?]
- D Does Swamiji teach not to do *pranayam* for more than fifteen minutes before meditation because it might be dangerous or makes us tired, or . . .
- SBY He says if you do for only fifteen minutes it will be okay. If you do than fifteen minutes ____ your health will be a problem.
- D Swamiji [inaudible]
- SBY *Pranayam* is for your body. You have to do one type. Don't try to do all different kinds of *pranayama*.
- D Alternate nostril breathing, is that a good simple one?
- SBY When he comes next time he will teach you this. Because he has had breakfast, he can't do it. If you would have asked him before breakfast, he would have . . . He has taught Dr. Ram, okay?
- D May I learn [from Dr. Ram or?]
- SBY You can just learn from him.
- D Did Swamiji also fight with his left hand when he was sword fighting [as a kid].
- SBY He used to use both hands.
- D Ambidextrous. He used to use both hands equally?
- SBY Yes.
- Maisie Swami is ambidextrous? Uses both sides?
- SBY "Yes, yes." He used to use both sides . . .
- Mais: I have a grandson who is writing his whole name backwards. Does Swami have anything . . . What do they do with this in India?



- SBY Swamiji, he used to use right hand. So because he can't hold a pen, so he is using this, left hand. When he was young he used to use his right hand.
- D Why does he write with his left hand now?
- SBY Because when he was meditating the mouse bit his fingers. So right now he doesn't have much of a grip in the tip of his fingers.
- Mais Did this improve his musical abilities, using the left?
- SBY Yes, it is improved. So he used to weave cloth with both hands.
- Bh Usually we use the right hand like that. He used to use both.
- Mais He lost dexterity then, through tapas?
- SBY After he did this tapas, his hands became, you know, his fingers. After Tapaswiji Maharaj, he gave some oil, massaged some oil. He massaged so now he has some [flexibility]. So when he was in meditation everything was stuck like this. You know, it was stuck. After Tapaswiji Maharaj came, he massaged his body with this oil and so . . .
- After he [does] kaya kalpa, he's just like normal person. He says it was too hot, or his fingers could have become straight like ours.
- D What was too hot?
- SBY When he was doing kaya kalpa.
- D Oh, the temperature around him?
- SBY Yes. That was in Adivarapupeta, his village. He did twice, the kaya kalpa. Both times he had high temperature in this place. So his fingers . . . He lives in an ocean area, he says. And here [Seattle?] he can do good kaya kalpa, he says. Some time he will come here. He has to stay forty-five days. No light. *"No jyoti."*
- Mais Kaya kalpa is a great potion that creates great heat inside the body.
- SBY He says he should not have . . . He says it is not the kaya kalpa. The sun should not directly fall into the room. It should be totally closed. No electricity, no candles, no nothing. No light at all. Everything should be dark. No air no light, no natural light. He should not take bath for forty-five days.
- D Would not the kaya kalpa cure his foot which was bitten by the cobra?
- SBY Yes, it is. It's almost done. If not [kaya kalpa before], usually the blood used to bleed always.
- D Normally a yogi do kaya kalpa?
- SBY Anyone can do it. They just have to sit in dark for forty-five days. You know Mahesh Yogi? Your guru Mahesh Yogi and some other people had come to him, his younger brother, and sister's son. So Mahesh Yogi sent these people to him [Swamiji], his brother and nephew, to learn kaya kalpa. And he says if it's for business he will not teach. Just for service he will teach that.
- D Did Swamiji teach?
- SBY No, he didn't teach. No business people can handle this. So they even took Swamiji to Rishikesh ashram in north India.
- D So Maharishi never received the teaching from Swamiji?
- SBY No. Those people had come many times to Swamiji. He says it's not for business. It's just for service. It should be done in devotion. It's for health.
- Mais Is this treatment good for people with this kind of coordination problem?
- SBY He can prepare some kind of medicine with that kaya kalpa for those people. He doesn't have time in certain place. If he has forty-five days in one place he can do it. Because he has to be there if he has to do things.
- D I understand in the newspaper [this was in 1990] there's been talk about the dispute between India and Pakistan, and threats of war. Would Swamiji go into tapas again to prevent war or minimize?
- SBY He says he will do it purposefully. They are troubling us a lot. He says hundreds of thousands of rupees have been spent just for those people, just for controlling the border. It's a loss for India. They should have a lesson, he says. He says once if we just treat them well, like have a little bit of war or something, then they will become a part of our country and China, Russia, and Iran will be surrounding India.
- D So Pakistan would become a part of India?
- Bh: Part of India. Become a state.
- SBY So for the last ten years it's been like hundreds of thousands of rupees have been spent on preparing for war. They are making a big mess there.
- D So why should we have a monopoly on making a big mess.
- SBY He says you have lots of bombs and things.
- D Well. India has the atomic bomb.
- SBY India just has in one place. But America has in many, many places. You have it in every place, he says. *"Very dangerous."*



D Swamiji, may I ask . . . We read about a person in the Himalayas called Mahamuni Babaji.

SBY What is his original name?

D Haidakhan Baba.

SBY He's gone to samadhi.

D There's many, many Babajis, and apparently this person, nobody remembers when he was born. He lives in the Himalayas. He was the guru for Lahiri Mahasay.

SBY There's lots of people who take birth in the Himalayas. They have to take birth somewhere or another, he says. He says the people who have taken birth are here. The people who have not taken birth, like they just come by blessings, like Shiva's blessings or who else's blessings. Those people would be coming without birth. If not they have to take birth somewhere.

Just like Kabir Das, Sita, and Karna (Mahabharata). These people took birth and were left in the water because [their mother] they didn't want a child, because something bad would happen to the family. They just left them in the water, kids. They don't know who their parents are. There are lots of people like that, even today.

SBY You know about Subramanyan? That's how he came out, Parvati. He's Shiva's son. He was left. Shiva and Parvati just left him in the water. Just like you people took him and they raised him.

D How was Subramanyan born?

SBY He took birth to Shiva and Parvati. Just to kill Tarakasura. He had a boon like whoever takes birth from Shiva, he has to kill him. He has no death from anyone else.

So after he took birth, they just left him somewhere in the woods. They went away, Shiva and Parvati. And he was raised by someone [inaudible].

And Tarakasura came to know that Shiva had a child. And Tarakasura ordered everyone, whoever is below five years old, children, you know, hired sword [?], cut off their heads.

D That's the story of what happened when Jesus was born. [Not translated but surely Swamiji recognized "Jesus".]

SBY So those butchers, the people who had to cut off their heads, those people came to Kumarswami's place, where he was. So when these people came, the people who were raising Subramanyan, they told Subramanyan to just go away. So he ran away.

When they came to his house, this mother, she lied. She said, "I don't have any children now." He was

hiding somewhere else, on a hill. And he was there and he used to clap and call them. So when these people went there, he killed, this small child, Subramanyan, he killed these goons. And Tarakasura came to know that [inaudible].

And Tarakasura started . . . This kid, Subramanyan, was five years old when he killed Tarakasura.

And he, actually Tarakasura, took Shiva *atmalinga* and he had it here. The guy who takes birth from Shiva, he can take back. No one else can take back. That's why Kumarswami, you know Subramanyan, had to take birth.

Tarakasura's sons are _____ [inaudible]. Right now you have some sputniks somewhere. In olden times they used to have _____ [inaudible]

D Why is there no evidence of the older, advanced civilizations?

SBY After some time, if America is gone, what will you have? Because they killed everyone. They killed each other.

D When pundits — reading these stories and then pundits analyze it and say like Ganapati, the symbolism of the elephant is the unmanifest and the human body is the manifest — should we interpret these stories like that or should we just take them as stories?

SBY Actually, Ganapati was just like us. There was the story. Shiva had to put an elephant head. "**Cutting, cutting.**" Had to cut the head — Because Parvati was scolding Shiva, "You killed my son." Because Shiva didn't know. So Shiva told his people, just bring a head, which is facing east or west, and so they found an elephant head.

D So we shouldn't try to read a deeper, philosophical meaning into these things?

SBY He says whatever you need. Don't go deeper. Whatever you need. Each story [inaudible] He says whatever book you are reading, just read what you want in it. If you like to read the whole, you can. So he says read everything and take what material is a part of it [to your taste?]

D [Tom] So it does have layers of meaning and take whatever layer you get out of it?

SBY If you take all the layers, it will just spoil your mind.

D I've heard that in the time of Buddha, he taught *vipasana* meditation. Supposedly he taught it to people who came to him.

SBY So whatever Swamiji is teaching right now, the same thing Buddha was teaching.



D I heard that *vipasana* was taken from India to Burma and it was brought back from Burma to India . . .

SBY So once upon a time India and Burma were the same. Both one country. After Buddha there was a king called Ashoka. And after Buddha went this became a split. Ashoka, this was out of his kingdom. King Ashoka spread the message of Buddha. He was the sole person who spread his message. He sent all of his relatives to _____ [inaudible]. But Burma India was the same.

He says Ashoka was really a bad, cruel guy. In Kalinga there was — He killed all Asia. Once he killed all Asia. He was such a cruel guy. He didn't know what God was. And suddenly in a fight called Kalinga, Buddha saw him and Buddha captured him [?] and he blessed him. From then on Ashoka changed. From then on he was devoted to Buddha and

he spread — Ashoka was the sole reason for the devotees all around [?].

Orissa, in Bhubaneshwar, that's the place of Buddha, in India. Ashoka got darshan there. He met Buddha there.

D Does Swamiji not like to think and analyze things so much?

SBY He doesn't want to analyze because he gets his own — . He is a yogi and he knows. So if you meditate well, you can answer questions like that. There's no need to learn or think anything. It automatically comes.

D But until then, I think we should be using our *buddhi*.

SBY He says if you meditate well and go to the session, then you can answer — you can just answer the questions very fast.

[the end]