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Om Shri Shivabalayogi Maharajaya Namaha

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

**PORLAND PUBLIC ACCESS INTERVIEW  
Video taped 1991**

*Portland public access television interview arranged and conducted by Pauline Crouch, a devotee who was one of Swamiji's hosts in Portland. The interview was taped in 1991 and subsequently aired on public access television.*  
*We do not have a copy of the television program itself. Translation by D. Jagadish Kumar. Comments by Swamiji himself are in bold italics. Comments of the transcriber, Tom Palotas, are in brackets [].*

- Q My name is Doctor Pauline Crouch and I am very pleased to be here today to introduce Shri Shivabalayogi Maharaj on his visit this year to Portland, Oregon. Welcome, Swamiji.
- SBY **"Blessings."**
- Q Can you tell us why you have come to Portland this year?
- SBY He says the devotees have invited him here. That's why he is here.
- Q What is his purpose in traveling to the United States?
- SBY It is to reduce the tension in the minds of people here, and to bring the people into the line of philosophy.
- Q How does Swamiji help to reduce the tension in the minds of people?
- SBY It is by controlling the mind. He gives them practical training in how to control their minds. Once he gives them the training, they can easily control their minds, and then the tension reduces.
- Q What kind of training does he give people?
- SBY **"Meditation."** That's called meditation.
- Q When a person takes the meditation class from Swamiji, do they need to spend a lot of time with him after that, or can they just practice on their own?
- SBY Once they learn the technique from Swamiji, automatically they can do it by themselves. But if they still need some guidance, Shri Swamiji appears to them in the form of astral bodies, and then he gives them the guidance that is required to them.
- Q Perhaps Swamiji could explain to our viewers how he came to be able to teach meditation, something about his life and his own training.
- SBY He says right at a very young age he had done tapas. He has learned how to do tapas and he has realized God. So whatever he has learned at a young age, he is now trying to teach the same thing to the people here.
- Q Can he explain to us what tapas is, what he underwent himself?
- SBY He is asking you, do you want him to talk about God, or do you want him to tell how one should do tapas?
- Q I think most American viewers don't know anything about tapas and they don't know about his training, so whatever would help to explain that to them so they could understand.
- SBY He explains what is tapas. He tells you that earlier he has talked to you about the technique of doing the meditation which he is teaching. If you keep doing that regularly every day, just for one hour, that's called the meditation. Once you keep doing that, the currents start flowing through your body. Once they start flowing in your body, you get into a state called samadhi. If that state of samadhi continues for as long as twelve or ten hours a day, then it is called tapas. If it goes on for all the twenty-four hours of the day, that's called *ukre tapas*, or serious tapas.
- Q What made Swamiji decide to pursue this path of tapas?
- SBY He didn't have the interest in this line at all. Automatically, God made him come into this line.
- Q Why is it that just recently in the last few years he has begun to travel around the world to teach meditation? Why didn't he start to do this sooner?
- SBY He says he didn't have the interest, that's why he didn't travel around. But now the devotees have brought him here and that's why he is here.
- Q What does Swamiji have to offer Americans that they don't already have?
- SBY He says the Americans have a lot of tension. They don't have the sadhana, or what we mean spiritual practice, that's what we call sadhana. The Americans don't have that, he says. That's why he has come here to teach them the sadhana. And to reduce the tensions, he says.
- Q Does he feel that what he has to offer is for all Americans or only some people in America?
- SBY He says he is going to offer it to as many people as are available to him. If more people are not available to him then he is just going to go back.



- Q So it's depending on how many people come to see him.
- J Yeah.
- Q Do people have to change their religion to meditate with Swamiji?
- SBY They can remain in their own religion and they can do the meditation. In meditation there is no religion, he says.
- Q So for people who don't have a religion or perhaps are agnostic or atheistic, is there any purpose in them meditating?
- SBY He is here to change such people, that's what he says.
- Q So it could be useful for them to meditate even though they do not believe in God to begin with.
- SBY He says first they come and have the darshan, that's how it starts. Those people who don't believe in God, first they come and have the darshan, in the sense they come and have a look at him, they see him. Then Swamiji teaches them the meditation and makes them meditate. Then their doubt will be cleared and later on they will tend to become like Swamiji himself.
- Q So that just by meeting him, he can affect people?
- SBY "Yes, yes, yes."
- Q How much time does he recommend that people spend meditating?
- SBY About an hour or half an hour a day.
- Q People in America tend to be very busy and have a lot on involvement and I am wondering if having an active life is a hindrance, in Swamiji's mind, to spiritual growth for people?
- SBY He says he considers this a nonsense question because the people waste a lot of time.
- Q How can people learn to fulfill their obligations and responsibilities in life, people that have families and jobs that they must do, and still do so with some serenity, rather than running around being very pressured, and that kind of thing?
- SBY He says if they meditate, then they will be able to understand each other, and then their lives will become smoother and more peaceful. They can do their work more easily.
- Q People in America are very interested in personal relationships these days, and how they can improve their personal relationships. What does Swamiji say about that?
- SBY He says that relationships they are trying to develop, they will also develop this. He says once they start getting this training and they practice this, their personal relationships will increase much more and they can love each other more and more.
- Q Is there any relationship between what Swamiji teaches and what Jesus taught?
- SBY What Jesus Christ had been teaching and what Swamiji just now, is exactly the same. He says even then, when the people just saw him, they used to get transformed, they used to get changed. Even now the same thing happens. The people see Swamiji and they get changed.
- Q Did Jesus teach some form of mind control as well that we don't hear about?
- SBY "Yes, yes." He is no more here to tell you about that.
- Q In India, people understand the reason to have a guru. In America, it's not a thing that's well known. What is the purpose of having a guru and how does that guru help you?
- SBY He says he disagrees with you basically. He says the people here also know what a guru is and who is a guru, or what's the purpose. But the spiritual leaders have been doubt in them, they have been confusing them. So gradually they will also start understanding what a guru is. A lot of people in America also understand this now.
- Q How have the spiritual leaders been distracting them?
- SBY He says it depends on their line. It's because of their line that they used to teach. They distracted the people.
- Q What is Swamiji's mission in general? What is his purpose at this point?
- SBY He says he has not started a mission. He has not started anything as such. He is just trying to reduce the tension in the minds of people and trying to show them God. That is his purpose, he says. And he is here to train people to realize God.
- Q Does he believe that this will have some effect on world peace, as more and more people meditate?
- SBY He says if more and more people start meditating, then they will gradually start being able to understand each other better. So once they understand each other better, there will be a very good chance of bringing in world peace through that understanding.
- Q How does meditation make you understand other people better?
- SBY He says first the mind comes under control. And you have a tendency to love each other more. So the moment that you meet another person you will be able to understand them.



- Q What is important in educating young people? What is the most ideal form of education for young people? How do we find people to teach them?
- SBY He says if you, he means the parents, if you keep them in line, right from the childhood, the young age, they will grow up well and they will remain in a good line. But if you let them free at a very young age, and let them do whatever they like, then they get spoiled. If you lay a good foundation for them, they will be strong.
- Q Is it appropriate to teach children meditation?
- SBY "Yes."
- Q How long, when you teach children meditation, how long do you ask that they meditate?
- SBY He says about twenty-five to thirty minutes.
- Q We see, in the West here, we've had a number of gurus visit America over the years, and it seems there haven't been very many women gurus among that number. And I am curious why that is.
- SBY He says you did not choose the ladies to become the guru, he says. The reason is as simple as that. It's only the spiritual leaders who have come here. Now if you ladies get trained, you can also become gurus.
- Q So it's simply because we haven't chosen ourselves to undergo that training?
- J Yes.
- Q What does Swamiji consider to be the most critical problem in the world today?
- SBY He says it's because the tension has increased so much, we have this precarious condition now.
- Q So that he means that simply by reducing tension through meditation that will affect everything?
- SBY "Yes."
- Q Should people also work towards peace through various organizations and activities that occur, or should one simply meditate?
- SBY Yes, they can also work with the social organizations that you talked about. They can remain in their religions. They can do whatever they are doing now, and then also do the meditation. He says just to do the meditation, or because they are doing meditation, they don't have to leave their religion.
- Q The American culture is obviously very different from the Indian culture. Does Swamiji have to do things differently here, or approach people differently than he does in India?
- SBY He says no. It's the same here and there. As long as they can keep their minds right.
- Q If a person decides to meditate a lot and becomes self realized, as Swamiji has, how does that help the world? Or is that something . . . well for Swamiji he has decided to come out and teach people, but other people simply want to become realized just to be happy themselves. Is that useful for the world?
- SBY He says there are different kinds of self realization. It's not the same. There are some who realize themselves, and there are some who realize themselves and they also teach a lot of other people.
- Q What makes that different? Why do some . . .
- SBY It depends on what they ask God. When they see God, it depends on what they ask of God. That decides whether they are going to come out into the world and serve the people, or they are just going to remain by themselves.
- Q Does that depend on their own desire, or on what God tell them to do?
- SBY He says according to their desire, God will give them the duty, or the power, or whatever it is.
- Q Is there anything that Swamiji would like to say in particular to Americans?
- SBY Just telling you that what he tells people is to do good meditation and to reduce their tension. Then everybody can understand each other well, so they can improve their relations. That's what Swamiji tells the people, is control their minds. "*Swamiji blessings.*" And he gives his blessings to all the people.
- Q Swamiji is known to help people heal physical illnesses. How does he do that?
- SBY It's by blessings of his. By giving blessings he gives people. It's by his spiritual power, the powers that he attained through tapas that he does the healing.
- Q I think I would like to open up for questions from the audience right now. Anybody have some questions?
- Q Swamiji, I was wondering in your path of meditation, where does prayer fit in?
- SBY He says first you will have to do the prayer to your God, to the God that you like, of your choice, and then you should do the meditation.
- Q And in America, and all over the world actually, they're trying to pray for peace. Is that helpful?
- SBY He says along with the prayers, if they also do the meditation, it will be OK.
- Q Swamiji, could you tell us if a person starts to meditate an hour a day how long would it take them to develop the ability to go into tapas?
- SBY He says it won't take much time. If your concentration



- sets right, if that sets properly, it might take a second, that's all.
- Q Swamiji, how many people in America today do you think are cut out for tapas?
- SBY He says just now they are getting trained for it.
- Q We're just now getting trained for it? So there's a possibility that we could all do it?
- SBY He will give the training for tapas, that's what he says.
- Q How does one get ready for it, or do they ask him if they're ready for it?
- SBY Automatically they themselves will come up, he says. It happens automatically. Spontaneously it happens.
- Q If one does one's meditation correctly?
- SBY Yes.
- Q Once that happens, how do you know. I mean if you start going into samadhi, do you automatically know that you have to meditate more or do you have to meditate a minimum number of hours a day?
- SBY Well that training, he will give. Swamiji himself will train them and let them know how much meditation they have to do, for how long they have to do it.
- Q Swami in America there is a saying, "No pain, no gain." We really have to work hard in order to be peaceful. I experience peace. Is that true meditation, or could Swami explain grace, what that is?
- SBY He says if you practice, what he means if you practice the meditation, automatically you will get peace, and you will have the blessings of Swamiji for that.
- Q Thank Swami for being here in Portland.
- SBY "**Blessings.**" He gives his blessings.
- Q When I'm in the presence of Swamiji, since I've been with Swamiji, he's inspired me to feel a great deal of devotion. I wonder, can one realize God through devotion, or is meditation the only path? Can you do *karma yoga* [the spiritual path of selfless service] or some other form of realizing God?
- SBY He says from devotion, you will have to come into practice the meditation. Only then you will get the self realization. He says you should always come from devotion into the meditation.
- Q So then devotion is an aid to help us onto the right path?
- SBY He says yes. It's like a preparation for your education to go to a college or go to a school and study. First you go into the kindergarten, right? You go there to

- get prepared for the school. It is exactly like that, he says. You are in devotion first so as to get prepared for the meditation.
- Q Is that true then of all things that we do, social service, that sort of thing, is it all sort of preparation for opening us up for the path of meditation?
- SBY He says that is something to do with the society. From that line you will have to come into this line. What he means is the spiritual line.
- Q Swamiji, some people advocate service to humanity as a path towards spiritual realization. Through, in serving other people then you forget about your personal self and start to love everyone as one. But it seems like he's saying something different than that.
- SBY He tells you no, all that is for the body.
- Q All what is for the body?
- J All that you talked about.
- Q Service?
- J Yeah. Serving the humanity, serving the other people, helping them out. All that is to take care of the body. That doesn't help the spirit aspect. So for the spirit, you have to do meditation.
- Q Swamiji has told us that in the times of great trial in the world, that God sends yogis into the world to help us. And Swamiji has said that we find peace in ourselves through meditation and the yogi helps the world. Could he say something more about that?
- SBY "**Yes, correct.**" That's right, he says.
- Q We can seek peace in ourselves and the yogi is here to create peace in the world.
- SBY He says yes. From time to time the yogis keep coming here.
- Q Can he tell us how the yogi helps create peace in the world?
- SBY He says it's by the power of his tapas that he can do it.
- Q I'd like to thank Swamiji very much for being here with us today, and I hope that he gets to meet many, many people on his tour throughout the United States and here.
- SBY He says, first he gives you his blessings, then he tells you that if you can organize the programs well, then he can do service to more and more people.
- Q Thank you Swamiji.
- SBY "**Blessings.**"