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Om Shri Shivabalayogi Maharajaya Namaha

TRANSCRIPT of CONVERSATION  
with  
His Holiness Shri Shri Shri Shivabalayogi Maharaj

Cambridge, Massachusetts, July 1989  
Taken from Peter Morales' edited video that was used in the  
1990 television program, "The New Age and the Paranormal"

*Interview on the lawn video taped by Peter Morales.  
Portions of this video was edited into "Shivabalayogi in New England", Peter Morales, 1990.  
Translation of Swamiji (speaking in Hindi) by Shiladitya Singh.  
Comments by Swamiji himself are in **bold italics**.  
Comments of the transcriber, Tom Palotas, are in brackets [].*

D Swamiji, it's said that most of man's suffering is due to his lack of control of mind. How can we bring the mind under control so that we perform right actions, and therefore have less suffering in life?

SBY Swamiji says that one can control the mind through meditation and if the mind comes under control, then you'll get a lot of peace, your health will improve, and you will know the right path.

D In America we notice a great increase in spiritual interest and spiritual books and health organized things — good, positive things. At the same time in the world there seems an increase in like negative things like terrorism and evil doings. What's going on?

SBY Swamiji says that these negative tendencies and people who take to terrorism and such things, their minds can be changed by meditation. Once they start doing meditation, they can also come onto the right path and they will also understand.

Then after they realize that — what meditation can do for them they will not go back to their same old ways and they can become good people.

Swamiji says that those people who are indulging in terrorism and negative acts, they are not really bad people, but because they don't have peace of mind, that's why they indulge in such things.

D There are many who feel that the tendency, the overall tendency within the world today is beginning an upward climb towards a time of spiritual awakening for humanity. And I'm wondering what your opinion is on this.

SBY Swamiji says yes, there is an increase all over the world, and there is a tendency to move towards spiritualism. And once people start moving they will realize that this is, this line, this is the only way by which one can get peace of mind. One can get over a

lot of troubles. One can get over health problems. And they can get rid of stress and tension.

In every way it benefits humanity and people. And it reduces the tension. That's the main aspect.

D In this change that's going on, does Swamiji envision a struggle or — people even — many people even prophesize earth changes or very stressful times within the civilization in the world. And I wonder how Swamiji envisions this time.

SBY Swamiji says yes, there will be trouble and there will be times of struggle and the time is coming closer. And because of this realization, people are more and more coming to this spiritual line and they are coming to this —

And once they are in this line they will have this understanding. They will be able to understand each other better. And once they understand each other better, then they will be less tension and they will be peace.

D So following a period of stress people will realign more deeply with spirituality?

SS Yes. Even now they are coming to this and if they can realize it sooner, then they can avoid the struggle and the stress which they may suffer in times to come.

SBY "***Blessings.***"

D Swamiji, I have a meditation question. Sometimes I get up early in the morning at five or so and want to meditate and I fall asleep. I can't stay awake. I'd appreciate some advice on how to meditate for two hours in the morning without falling asleep.

SBY Swamiji says if you practice — if you get into the practice of getting up daily at five o'clock, then you will not fall asleep. But because you don't have the practice of getting up daily at this particular time, that's why you get sleep.



And Swamiji says that it's not necessary that you have to meditate from five o'clock. You can do meditation at any time, whatever time is convenient.

D Swami I read someplace in a book, there was this man, supposedly a master, on the island of Cyprus, and he made an interesting comment. He said all of our thoughts — our thought forms produce and energy. They are not — it's not just a thought form, but then the thought form takes on a life of itself. And let's say we have a desire for something. That thought form, that energy will then materialize in — will try to go out and materialize that desire and bring it to us. So he says our whole life is made up only of these thought forms, these forces we have sent out. And so we have created our own existence out of these thought forms. So, and this man calls them elementals. It's like a primal, primeval energy unit. So all these things we've created, this whole life, these thought forms going out and out and out and out. And what we are now wreaking is the karma coming back for it. So my question is for Swami, since — and he says we have done this since we have taken form. So we must have created a hell of a lot of these elementals, a lot of these thought forms. So what I want to know from Swami is — so then the meditation is just so when these things come back at us they are just neutralized, or are they — or are we trying to just obliterate these things to clear the whole consciousness so it won't — we'll be free from all these desires and things like this.

SBY Swamiji says yes, you can neutralize these thought forms, through meditation, and —

D [interrupting] w, w I have a question —

SBY "Is talking." Eh. You can do that and anything which comes back, and thought form which is coming back to you —

Swamiji says any thought which is — which you have produced and which is coming back to you in any form — so whether good or bad, when you meditate that stops, that get neutralized.

So it will be sort of deflected in other directions. And you will not be affected.

D [Interrupting] Yes, one question. One question further on this for a little clarification. Is only what we see initially in meditation, is it just the product of all these thought forms. In other words, is it just the generation from our own mind of the past — simply coming — and then the whole meditation is simply to clear those before we can go on to some what we call deep, really deep meditations where one goes beyond all this — ah — nonsense.

SBY Swamiji says whatever thoughts you may encounter in your meditation, that's nothing to do with your

previous, past births, your previous lives. But, Swamiji says the mind is like a monkey. So that has to be controlled. And when you meditate, you should be careful that you don't shake your eyeballs and eyelids. So if you can control your eyeballs and eyelids, then your mind will also get controlled and you can get over these thought forms.

D Swamiji, as you said, through meditating we relieve our tensions and sometimes we get to a state of very refined love and sensitivity. And then we have to go back into the world where we might meet some emotional people and great demands that doesn't harmonize with our nervous systems in the state they are in. How can we make that transition and live peacefully and smoothly?

SBY Swamiji says once you start doing the meditation, then the peace and love and what you experience, that will be permanent. And even if you come into contact with people who have emotional disturbances or have any kind of negative attitudes, that will not affect you at all. But on the contrary, you can change those people, their attitudes and their ideas.

Once you start meditating and then you have that kind of power that you can move in any society and you will not be affected. And you can change the people and their attitudes.

D You're having us focus at this point between the two eyes. Why do we focus at this point? What's the significance of it? What's does it do for us?

SBY Swamiji says is what he learned from his own guru, that's what he is teaching you. Swamiji is not teaching anything on his own. He is not giving any new technique. He is telling you his own experiences and tells you his own experience.

Swamiji says once you start following this line you will get rid of tension and you don't have to leave your beliefs, your faith and your religion. You can keep following whatever all your religion is, your faith is. And you will get peace of mind.

You should meditate for an hour and then you can carry on doing your duties.

D Swamiji, I've been working in meditation with the sound current for about the last ten years with the *shabad*, and I have been sharing this with other people. And yet I read in an Eastern text that it was dangerous to share this information with others because you might be taking on their karma from life times in the past. Is this — I haven't felt this innately to be a danger to me. Is it in some way a danger to me, to share this information?

SBY Swamiji says that if you meditate well then you will not be affected by other peoples' karmas. You will not



be affected by other peoples' karmas if you do meditation well. That's it. And you can also tell about meditation and your experiences to others.

You have to gain energy through meditation.

D Swamiji, your method of meditation is supposed to relieve tension in the world. How about other methods of meditation? Are they equal?

SBY Swamiji says that this is a thing which you should realize yourself. Because eventually everybody has to come to this technique, what Swamiji is teaching. Swamiji understands all of the different systems and techniques of meditation. But whatever people are doing, whatever techniques they are following, eventually they have to come to this technique, in the end.

As David asked just now that by doing meditation one gets peace and one develops attitude of mind. One comes in contact with other people, other societies and gets affected. So Swamiji says that if you follow this technique of meditation, then you will not be affected. You can go around anywhere. And when you come back you again sit in meditation and then you yourself will realize. "**Big** [? Eck?] **Difference.**"

D Swamiji, could you explain your technique of meditation?

SBY Swamiji practically trains people into meditation and if any day you can find time you can come and Swamiji will tell you.

D I'd like to ask Swamiji the difference — we always hear the words shakti, — but I want to know — and shakti being the supreme energy. But how does Swami define Shiva in relation to the shakti?

SBY Swami says that when you meditate you come to realize what this shakti is, and this is the — There is a primeval energy, primeval shakti which we worship, we pray to. That is God only and you will come to realize in your meditations.

D I still want to know what Shiva, Shiva in relation to —

SBY "**Shiva yogi hai. Shiva muni hai.**" Swamiji says that Shiva is the God.

Swamiji says we do mantra of Shiva. So that is the mantra. "**God Shakti hai.**" And Lord Shiva and the primeval energy, what you call the primeval energy, the shakti, that is God. [Swamiji giggles.]

D Why is the formless to be preferred over the form?

SBY Swamiji says if you worship the formless, then you get a lot of energy, a lot of power, and at the same time you can gain control over your minds. But if you worship the form, then you can get a lot of devotion, but you may not get control over your mind. And by

worshipping the formless, just by meditating for an hour, that will be enough, and — to be in control over the mind.

And if you just pray to the form continuously for twenty-four hours, your mind will not come under control. You may get devotion, but your mind may not get under control.

The worship of formless is best to get control over the mind. "**You understand?**"

D In the *Gita* it says that the worship of the form is preferred over the formless.

SBY Swamiji is asking, which chapter was this on? Which chapter is it mentioned in *Gita*?

D I think it's the seventh chapter.

SBY Who said this in the *Gita*?

D I thought it was Krishna to Arjuna.

SBY [Swamiji appears to say that no, Krishna didn't say such a thing.] Swamiji says that Krishna, he shows his formless aspect to Arjuna, first, and then he showed him the universal form.

D I see.

SBY By touching Arjuna at this point [Singh gestures towards third eye], he showed him his formless aspect and then the universal aspect. So he gave him a practical experience. So Arjuna had a practical experience of the formless.

D Lucky man.

SS Yeah. Translates.

SBY "**Lucky, yes.**" That's why he could get so much of power and that's how he fought so well. Just by having that experience he got a lot of energy and a lot of power.

D Any general advice for parents

SBY Swamiji says you should look after your children well and you should train them well, that they should follow the correct path.

D Does Swamiji believe in beating the kids?

SBY Swamiji says the children should not be beaten up. If they do anything wrong, they should be advised and they should be made to understand. But if you hit them or you beat them, they become obstinate.

Swamiji says if the child is beaten, and then that thing he remembers, and when he grows up he will think that he was beaten up many times unnecessarily by his parents. And when he grows up then, he can reply back to them, which the parents may not like.



- But if you try to explain things to the child and if you advise them properly, then the child will listen to you.
- D What about the world itself? Is it part of your philosophy that the world has a soul, that the world has a consciousness all of its own? Or that the world is just a place for the rest of us to come to school in?
- SBY Swamiji says yes, the world has a soul and it has a consciousness. Swamiji says that all of you — this is the world.
- D Does he mean group soul of the humanity would be the soul of the earth or is he saying that the soul of the earth in and of itself — like this [questioner's own] body has a soul, earth in its \_\_\_\_ body has its own soul?
- SBY Swamiji says yes, the earth has a soul. And if you practice, do sadhana, then you can — Swamiji will see that you can talk to the soul — “*person*” of the earth and so
- D [interrupts] That we've heard so far — so, that, that — soul would be, um, ah, Devi lines? Soul would belong to the Devi lines?
- SBY It's a good Devi, yes. Soul is called *bhude* [?]. That is in Swamiji's language.
- D Yeah. Yeah.
- D If the world is being attacked by the Western world, and our consuming and throwing away and using resources at the rate we are, might the world be in danger? Should we have peace for several decades and during that period of peace teach all the peoples of Asia and Africa and India to live like we live? And with our wasting and using up of resources and polluting the air and the earth and waters, might there be a real risk to the health of the world if we have peace?
- SBY Swamiji says if you utilize the resources — Swamiji says if the resources, if they are utilized in the proper way, then there will be no pollution, no bad effect, and the atmosphere will not be polluted. But if they don't have any sort of a proper checks over utilization and don't know the methods to check the pollution, then —
- Swamiji says, just like there is a factory and you throw the waste in the river and the water gets polluted and the people who drink that water they get affected. The life which is in water, like fishes and other things, they get affected. And you eat those things, the fishes and all. So you suffer if you drink that water, eat the fishes because everything is contaminated. But if you don't throw the waste in the river, then you will not be affected and —
- And same way your throwing up the waste or any sort of radiation up in the air gets leaked out, then the whole atmosphere gets polluted. There should be some other way to dispose of that waste and such materials. They should not be thrown out like this, so that the atmosphere gets polluted.
- If such measures are taken then there will be no pollution and people will not get affected.
- D Many people have experienced visions that after this time of stress and challenge for humanity that it is very likely that Christ will reappear in the world, in the beginning of the next century perhaps. How do you feel about this?
- SBY Swamiji says that yes, Christ is going to reappear. He is coming. And if you pray, if you pray for his reappearance, then he will come soon.
- D Could Swamiji tell us something about his own relationship to Christ?
- SBY Swamiji says that a yogi has a relationship with other yogis. All yogis are related. So that, you should experience that yourself. Like children of one mother, they are like brothers. Same way.
- Swamiji says if they are brothers, if they have the same understanding, if they take the same path, then it's good. But if they go in different directions, then we will have fight, like we had fight between Kauravas and Pandavas in *Mahabharatha*.
- D I've had many impressions that in this time of this transition, afterwards when — during Christ's reappearance, that many yogis will emerge in the world, many more than are available now. Does Swami —
- SBY Swamiji says yes, many yogis will be coming to this earth, like Christ, Mohammed, Buddha. They will all come and they will all protect you.
- Swamiji says because these times are changing and things are getting bad to worse, so they are coming to — settling things right and save people, save you people.
- Swamiji says that after every five thousand years there is a change, a change takes place in the world. So this is the five thousand years getting over now. So there is a change which is going to come.
- Everything will be changed.
- D Earth changes will be part of that?
- SBY [Not translated; Singh translates what Swamiji had said just before question.] Swamiji says there will be many kind of changes. Such changes take place after every five thousand years. [Swamiji giggles.]
- D A very close friend of mine and teacher made his transition from this life into death, two weeks ago, by



the name Camus [sp?]. And his energy came to me for transmitting some healing, Swamiji, after this time of transition. And I wanted to understand or know if he could share with me what happens after death and if there's a way I could tap into the energy and the healing that Camus had to share this with others, still. If there was a way to do that.

SBY Swamiji says this friend of yours, if this person chooses to give you the knowledge and the energy to heal others, then you can have it and you can utilize it.

And you should do good meditation and practice well. Then only can you utilize this energy. Otherwise, you may not be able to utilize it the way it should be utilized.

D Swamiji, can you say something in terms of what happens at the time of transition or death?

SBY Swamiji says that one experiences a lot of peace when there is a transition from life to death. But only those

people whose life is over, life term, lifetime is over on this earth. Otherwise if people die through accidents or any other means — that is called *akal mrittyu* [?], they die before their time comes. Those people, they don't feel any peace or bliss, but they have to be in the atmosphere and they don't go to the place where they are supposed to go 'til their time is over on this earth.

And during this transition period, those people who die a natural death, they feel that they should not come back because they feel so much of peace and bliss which they want to enjoy. And they don't want to come back.

D Somebody already asked the question what is the mission of Swamiji in the U.S.A.?

SBY Swamiji says that Swamiji's mission in this country is to relieve you from tension and to put you onto the path of meditation. And Swamiji's blessings to you all.

[the end]