

The chalet teachings.

One warm summer's afternoon, in a small wooden chalet in the woods of Skanda Vale.

GURUJI: Right! What questions do you have?

DEVOTEE: I don't have any questions...

GURUJI: About meditating?

DEVOTEE: Oh yes! I feel there is something wrong there... but I can't put my finger on it.

GURUJI: Now, shall I tell you something? When you meditate, you must let go of the world, and single-mindedly concentrate. Just forget yourself... forget even where you are sitting, or what is happening, and go single minded. I tell you what you do; you become so terribly self conscious.

DEVOTEE: Do I?

GURUJI: Yes... don't be self conscious. Really! Leave your body... that is why I gave you that technique of taking your concentration to the top of your forehead – here. If you concentrate and take your concentration to the top of your body, then automatically you will forget your body and the environment that you are in. Go on looking from there – you will be surprised. It is like a cinemascope; you can see so many vistas of vibrations.

And when you keep on looking, the Divine will manifest to you in the way He wants you to see Him. That is Lakshmi, Krishna, Narayana – any particular aspect that you want, you can experience. But let it come to you... rather than you superimpose it into your brain. If you superimpose it, it is a form that your body has seen. But if it comes to you naturally, you will be so enthralled and totally excited to have that incredible experience of the vibration of God. That experience is what you are looking for. And once you get it, you will never

stop wanting that God consciousness. That is the only way.

Now, at the present moment you are on the physical plane – lower plane, but lift your consciousness to this point. Always just do that. See, if you watch me when I am amongst people, I do that. And the reason is, I am actually checking on various things that are around me... and what I can see. That visibility must be there; clear cut, and the vision will come. That is also your power of survival. If you develop your third eye, you will see all the things that are to come to you, way before they come in your direction. Because you have that vision of all things that are happening around you... you have that power to understand.

DEVOTEE: Can you see an event before it happens? Not just minutes away, but far ahead in time?

GURUJI: Oh, way before! Way before in time... and every single time. That vision is your power of survival. Because if you know in advance what is happening, then you can deal with the problem.

Now, I see so many people. As they are coming into the temple I just do that... and they don't realise that I already know – not what they are going to tell me – I know what really is the problem inside that person... that which they can't tell me, what they can't put into words. And that is more important than what they can tell me. So I listen to what they tell me... but what they don't tell me is what I will be working on. Its very important. And when you meditate, always relax. Get your body totally relaxed and start off by doing this...

Guruji demonstrates a breathing technique, but is interrupted by one of the mountain ponies putting its head through the open chalet doorway, looking for food. Much commotion and laughter ensues.

Always meditate. Relax, and if you feel hypertensive, lay flat on the floor and get limp. All your body tension... relax, everything. And stay like that; breathing deep. Then all the vibration will be taken out. When you get tensed up, and you're stirred up inside, you go quietly into your room and lie flat. Still better, if you feel that you are churned up in your tummy, put your back close to the wall and lift your feet right up onto it, and get as far against the wall as possible, and allow

the blood to flow into your brain. Once the blood flows into your brain, the oxygen stimulates the brain and in turn stimulates all the other organs.

One of the problems that we have in our lives is that we are like fish... always breathing like this, (*Guruji demonstrates shallow gulping breaths*) we are not breathing properly. We need to take real, deep breaths. Clearly you have to allow yourself to take deep breaths; special breaths, pranam. Pranam means more oxygen taken inside, into your body. Those life forces will change the whole structure of your body, and also any disease living in you.

I tell you why; as soon as the oxygen is deprived from a particular cell, that cell immediately begins to react and can suffer immediately. But as soon as you pump oxygen to that cell, that cell begins to waken up, and be stimulated by the blood. Any disease... if you have a lung problem, you can change it. If you have a back problem, you can change it. If you have a leg problem, you can change it... by the very fact that you are stimulating and exciting the cells through taking oxygen.

A baby needs a lot of oxygen... and you need oxygen. The more oxygen you take the better the baby is... the more healthy the baby is, and the more vibrant you are. And you will find that when you walk in the fresh air, and spend some time there, you will feel much better, and you can enjoy a good life.

DEVOTEE: The air is very good here.

GURUJI: Oh yes! We are only twenty miles from the sea; we are very lucky. When you meditate, if you just bring your consciousness here... (*third eye centre*) don't allow any sound vibration to interfere with that consciousness. Hold it there, and with that deep, deep consciousness you can meditate. And when you meditate, one day you will find that even your breath has stopped. You're breathless, and you will restart your breath, and your whole life energy comes here. That you must find – don't allow yourself to give up.

DEVOTEE: Do you ever go out through the top?

GURUJI: That is the point! When you have concentrated and gone out

through the top.

DEVOTEE: It's incredible that the body still survives when it's deprived of oxygen.

GURUJI: No, but never mind... it is deprived of all these things. Pranam from the Divine enters, and that's when I find that spirituality begins. My father used to be amazed because he never believed in meditation, and my Mother once took him to see me and said "Now, you can examine him and see for yourself what he can do." And he came back a totally, completely converted human being. You can slow... I can slow... if you take my pulse beat, I can slow my heart beat so slow that you will say "Oh, I had better not go any further, or you might just snap off..." and you go like that. But the mind and whole being is literally converted to Universal energy and power when you are like this. That's what the chakra is about.

You have a chakra on the floor, and then the chakra of the body, and the chakra to the head, and the chakra above, and then you go step by step, up to the top. One of the things I am going to share with you is, that I enjoy – after our meditation – when I put my hand on each of the people who meditated. And for the first time... I never ventured to see it before, I was able to see the various chakras of each individual from here – and it was fascinating, very fascinating. And I saw how clear some of those chakras were during your meditation.

DEVOTEE: What does that tell you about the person?

GURUJI: The advanced level of the person's spirituality; how advanced... and the possibility for spiritual upliftment.

DEVOTEE: Is each one different?

GURUJI: Totally different; different colours... and you see them like a whole load of petals, and with an incredible light inside them. That's what we are talking about. That light is very clear, like a ray into your body. You can discover that for yourself, if you put your hands like that, (*Guruji places his hands in his lap, with palms facing upwards, with his thumbs touching*) and you start meditating. You will feel that the energy

of the hand will begin to change... it becomes warm. Concentrate upon your two palms. Sit up. Now concentrate on the palms of your hands. I can feel my left palm tingling. You have to give your whole self to something when you concentrate.

The reason why I taught this particular way to contemplate is, when you have got children who are sick, when you've got somebody who needs help – just concentrate. And with your palms like that, go and put your hand on their forehead. If you do that you are transmitting that energy to that person, and soon the person will recover from any depression or difficulty.

DEVOTEE: I get the sensation of someone pressing down on my palm.

GURUJI: Yes, and later on it will become warm – hot! That is why you see me during the puja doing that. (*Guruji raises his hand with palm facing forward*). I am feeling the vibration of every person there in the building – in my palm. And it varies, because with each person it varies. For if I do that, I can feel the vibration... you must try it, it's very interesting!

DEVOTEE: (*Laughing*) I can't do it!

GURUJI: No, no, it will happen. I will tell you why; you must be patient. I will tell you one of the problems you have: You have preconceived ideas, concepts of God, manifestations. They will all be wiped away. It will happen, and then, when you least try, and you say "Oh never mind, I will just sit down there..." it will happen. That is what I am trying to get you away from. Don't have any preconceived notion or idea who God is, and what God is.

DEVOTEE: Sometimes I think that by the time I can meditate, there won't be much left of this life anyway, and I will have to learn it all again next life! (*Laughter*).

GURUJI: No, no, you will be surprised! Whilst you are meditating you are changing your karmic stance; the vibration of your life. You are changing – you are purifying, because you are drawing from outside

you all the power and energy of the Lord inside you. The process is purification; this mind, this body, this sight, this hearing, this voice, this heart – it's a form of purification.

The children enter the chalet and pandemonium breaks out as they make a fuss over a plate of biscuits, saying things like "He's had more than me!" Then they rush back outside to feed them to the donkey. Guruji and parents all laugh.

DEVOTEE: They are so funny Guruji.

GURUJI: No, not funny... so natural. That's what's so beautiful about it. Go on now, I am here to help you. You must ask me whatever you want to.

DEVOTEE: My concentration wavers and my mind thinks of other things.

GURUJI: No, I will tell you something: Your concentration must be total, and also don't entertain your mind to wander wherever it wants. Bring your mind and direct it, and make it do what you want. That is the purpose of meditation. Today you saw me do the mahabishekam one hundred percent with power. One hundred percent... and that is concentration, the power of concentration; being, and working, and doing.

Do you know, all that energising was making me so powerful inside... and after that, I gave it to somebody who was weak inside. He is alright; nothing will happen to him... but the fact is, that at that moment, I was so energised. If you concentrate you can get it for yourself; that is what I am talking about. You think you have only such a little bit of power, but there is a whole Universe before you. You can go into your mind and get that power.

DEVOTEE: When I meditate I concentrate – but it's as if I am inside a cave and trying to break through.

GURUJI: You be inside the cave and look into that cave – look in. Don't worry about it, you will transcend the cave. You will move out

of the cave; the light will take you out of it. Sometimes you see you are going into a cave, and you must go in... go on looking, and go inside that cave; you will see many things!

DEVOTEE: I have the sensation of a light flashing, but now it's changing and going in...

GURUJI: It will change again, everything will change. Don't forget that the vibration of our minds and bodies is never consistent; they are always changing, the patterns change, the dramas of life itself. You go to work and you meet people whose vibrations are different. You encounter them and you pick those vibrations into yourself. The same when you go shopping; you encounter those vibrations and you have them in your life. Every single thing is a vibration.

I'll give you an example: You are travelling on the motorway, and as soon as you go home and sit in your room and shut your eyes, you see all the cars zipping by. Your computer mind has picked it all up and registered it and kept it there, and the second you close your eyes it is replayed. And that is what we are saying to you; be conscious of what you are doing... where you are, how you are doing it. Then, if you are going to meditate, have a bath – get changed. Because what will happen is, soon all those vibrations that you have set in motion will come back to you. Water is a very good conductor. That is why I'm sorry I have kept you waiting today, but I had to first go and have a wash, and get rid of all those vibrations that I have picked up from other people. That is how I look at it all.

Don't worry; if you are cooking – cook, don't do two things. If you are cutting bread – cut bread. Don't do two jobs... relax! Once you get used to doing two things your mind will stray, and it gets used to the habit of meandering all over the place, even while you are doing one thing – and that is how you make mistakes. (*Guruji mimes cutting bread while being distracted and cutting his fingers*) "Off with it!" (*Laughter*). No, but you will do it very well if you do them one at a time.

DEVOTEE: We have to be strict with ourselves.

GURUJI: Absolutely! We all have to be strict with ourselves, and this

is my job. To be strict with myself, you know.

DEVOTEE: What is the best way to cope when you are doing something that is very boring?

GURUJI: What is it that is so boring?

DEVOTEE: If I am doing the same job in work; going back and forth, just concentrating on the road, turning the wheel.

GURUJI: Well you see, you will be surprised – if I was driving, how many things I will be seeing. First of all I would be driving the vehicle as if it were alive! Going to pick something up consciously. You can walk blindly in the woods and yet you can walk very consciously in the woods, knowing that each one of these trees is alive, and a part of God's Creation.

DEVOTEE: I try to do that, but some days my job is great, and some days it's not so great.

GURUJI: Because of the monkey mind!

DEVOTEE: So should I concentrate only on God when I am at work?

GURUJI: Shall I tell you something? If you want to become a good yogi, and be able to meditate properly, concentrate on what you would regard as the most trivial thing. I remember people used to come sometimes to the shop, when we had the shop in London, and sometimes they would talk to me. I would say "Don't talk to me! I won't hear a word of what you are saying, because I am here now doing flower arranging for you, and I want to do something really beautiful for you. If you talk, you're going to get the worst flower arrangement that you have ever seen! But I want to do something so beautiful for you – you will be happy every time you look at it."

DEVOTEE: Did it take a long time to do?

GURUJI: No, it is a matter of just becoming mindful.

DEVOTEE: I was cutting someone's hair, and one day when they started talking to me, it was a total loss and I cut too much hair off! I just can't concentrate if they are talking.

DEVOTEE: Should you concentrate on your forehead when meditating?

GURUJI: You can concentrate on any part of your body that you think is weak, or any part of your body that is in great need of attention. You can concentrate and revitalise it by your power of concentration. Go to it... gather up your energy, and bring it there. That is what you are doing naturally. Going to the Lord and bringing the energy.

DEVOTEE: I always feel that I get to a certain point in my meditation, but then there is a veil and I can't get behind the veil.

GURUJI: It will come, if you would just relax. When it doesn't happen, don't worry... don't worry – it will be alright. It takes time, I can tell you. The longer and the more you try, the more difficult it is, and it becomes an obstacle. Just relax... imagine you are on top of a mountain, and there you are meditating, and all the wind is around you.

DEVOTEE: Sometimes I have so much love inside me...

GURUJI: Who is the Lord? Whom do you love? How are you going to love that whom you have never met? The Lord you love is in all of Creation. People have come to believe that they are going to love the Lord. Yes, how are you going to love the Lord that you have never met? The very love that you can give to other people; the warmth and compassion, is loving the Lord. The Lord in you... I serve the Lord in you. What I do for you is done for the Lord; this is very clear.

DEVOTEE: One of the biggest puzzles... in the New Testament... why didn't they include any teachings on reincarnation?

GURUJI: They did, originally, but at the meeting in Constantinople they revised it because it was too identified with Hinduism. Absolutely! At the meeting in Constantinople, the Christian doctrine was revised,

and up until then they believed in reincarnation.

DEVOTEE: I saw a programme on the television last week where they go into all the mysteries... and they figure that anything to do with the supernatural can be explained.

GURUJI: It can be explained!

DEVOTEE: Yes, but always negatively; they don't believe it. Why are there people who play on other people who want to believe that there is something different?

GURUJI: Because they themselves can't believe – and they are frightened that they will be left out. No. You see, people don't believe. You take an atheist – he is not an atheist really. Because he can't understand he says to himself he doesn't believe. But he doesn't want you to believe, because he is left out of it. So don't worry about it. I have had so many people who are nonbelievers! I love nonbelievers... believe me, I prefer them to believers! I tell you why I prefer them to believers; believers have put so much rubbish into their heads. To start training them and teaching them is more difficult than a nonbeliever.

DEVOTEE: How do you mean? Because up to ten years ago I didn't believe in God. I thought that I only believed in science.

GURUJI: I tell you why you didn't; because the world, at times, was very hard for you... and you could not accept that God existed, because of that pain.

DEVOTEE: But then when I started to believe...

GURUJI: You established belief on a lot of things that you read, but very little on experience. It's experience that changes you. God is not aloof... God is next to you. You can touch, you can feel... and that is the experience that I get when I am doing the puja, the mahabishekam. It is not a belief any more – it's pure consciousness. The feeling, the power comes into me, and with that power I can go to other people in need.

When you see our temple, and the fires lit up for fire walking – and when you see the incredible flames from about ten big groups of logs... when the whole thing is red hot, they put bamboos – long bamboos, and flatten them like a carpet. And then, when that is flattened you can't even bring your face near there... so hot... no way!

DEVOTEE: Guru, you know in religion, the teaching has to be so correct – but I've seen so many things incorrect.

GURUJI: You see all religions – the teachings of Christ, the teachings of Mohammed, the teachings of Krishna, the teachings of all the Masters – what is not correct is the interpretation. Everything has been manipulated to fit in with our own requirements. Take Christianity; there are so many watered down versions of Christianity. And that is why... what is happening is the mystical aspect of Christianity has suffered. And that mystical aspect really was the essence within Christian belief. What we must discover now, amongst everybody, is to discover the mystical aspect that is missing. Now it's all about the commercialised aspect.

You know... today, everything is treated on a superficial level. When you go into a disused place of worship today... they have converted them into pop concert halls, and they are having all sorts of things. You can't do that, you can't do that – they don't know that there is this incredible power of God, that you can touch and feel... they can't see it. The reason for that is not because they can't and will not believe – it's because the people who are involved in it are otherwise engaged, and the whole structure has changed to a different type of worship. The experience of God is different... for me, God is living, God is love. Not something that you pull out on a Sunday and then put back.

DEVOTEE: When we were young, we were always brought up like that... that Sunday was sort of everything.

GURUJI: Well it is more! That is why I want you to live with God. It is not an illusion. Walk with Him – here in the woods, wherever you wish. Let Him accompany you in whatever you do. Don't isolate Him... don't think you can isolate Him, because pranam – the life force of

God – is here with us. It's a big mystery and a big fantasy for a person to say that he goes to the church, or to the temple to realise God. Complete madness – nonsense! God is here, now, with us... and He's real. It is whether we are willing to apply ourselves to realise God consciousness. Church and temple are not necessary.

DEVOTEE: Is it important to concentrate on the form of God that we feel close to? And how do we visualise this form?

GURUJI: (*Guruji points to various pictures in the chalet*). Now you see, you have got Lakshmi... Ganesh, Saraswati – and you have got a lovely Hanuman there. You have really got quite a collection! (*Guruji laughs*). You will be out of this place soon and it will be a temple! (*All laugh*).

DEVOTEE: What I mean is... you know you said you get preconceived ideas, and you're looking for things in your meditation... well, you would be looking for a picture that you had seen before...

GURUJI: You look for that picture. But the presentation of God, when it does happen, is quite a different matter.

DEVOTEE: So it's not wrong to think of a photo?

GURUJI: You have a vision of the Ishta Deva; the manifestation of God. I love that Lakshmi on the stand that you have. Whichever aspect. Don't worry – you hold onto that aspect, and you keep on looking, and then suddenly the whole beauty is revealed.

DEVOTEE: So it's not wrong to use a picture to aid visualisation?

GURUJI: No – because even the picture is Divine. Everything is Divine; and that is the most beautiful thing. Do you know, sometimes when I am going to bless someone and I think I will bring the power of God down to them – then I receive the most spectacular and beautiful peacock. Like that! The Divine Peacock, displaying all the colours you can possibly imagine. (*Silent pause*). Now for me, that is quite sufficient... you know, the presence of that peacock – to see it in that dimension. I know that is what He wants me to see. He is saying "Don't worry,

I am with you.”

DEVOTEE: Do you see us in different colours? (*Laughter*).

GURUJI: (*Laughing*) Well, I'll tell you later!

ANOTHER DEVOTEE: Don't you mean the auras?

DEVOTEE: Do our auras change depending on what mood we are in?

GURUJI: Yes. When there is Divinity, when there is sweet love and spirituality, the aura is so beautiful. If that isn't there then you see... watch me; I am also doing a bit of horse trading. The person comes to me for horse trading, “You give me that, I give you that...” Everything is fine, yeah? Lovely! But I am not in for that person – they want something.

But you can change vibrations, and they do change; they are never the same. You think positive and they will change; the vibration changes totally. I know when my vibration is changing... it's usually when I am coming into the temple. Sometimes I am in the most frivolous of moods, because the Krishna leela comes into play – and I am playing with every single person who has come here.

DEVOTEE: I was thinking about that... who is the naughtiest of all the Gods? ... it's Krishna! (*Laughter*). There are so many things we don't know, you see.

GURUJI: Oh Krishna leela is unbelievable! So wickedly lovely... wickedly lovely. The leela is the play; the play of God... everything is play.

DEVOTEE: You're thoroughly enjoying this play; that's what it boils down to.

GURUJI: I am! (*Laughter*). I can tell you – but there is one thing I can't abide: clumsiness. Refinement – one hundred percent. But clumsiness – it jars in me.

DEVOTEE: Why is clumsiness so...

GURUJI: Because a person is not concentrating – and not refined enough in what they are doing. If you are going to say something, I want to hear you say it beautifully. If you are going to do something, then I want to see it done beautifully – because the Divine is par excellence, and whatever you do, you must do it like that. Then you enjoy every single minute.

It's the only time when I become utterly annoyed, and I am very snappy. Two times in my life I have been snappy. When it happens like that... always somebody has been very rude to another person. Then I will go to that person and be so dastardly rude to that person... exactly the same way he was rude to the other person, and he will say "What did I do?" "A few minutes ago what did you do? I thought I would give you a bit of the same."

DEVOTEE: If a child is rude is that different?

GURUJI: Innocence. You must remember a child is innocent, and a child is not governed by the social etiquette of a grown up; they are natural.

DEVOTEE: Do you know about everything that goes on here in Skanda Vale?

GURUJI: Not all... I would be lying to you if I said I know every single thing that goes on here. Shall I tell you something? You walk down a roadway – now this is my explanation for you to learn from – you see, while walking past a garden, some beautiful flowers. You put your nose near every flower to find each perfume. Now, if you pass a drain and it stinks, you don't go and put your nose into the muck to find out which quality of muck it is! No... I leave it alone!

You see, from time to time I know certain things. But after all, this is a place where human beings are living, and they are not little angels. Isn't it? Now honestly, that's the whole purpose of our being in Skanda Vale. If there was a whole load of angels living in Skanda Vale, then what is the point of that?

DEVOTEE: Well, I am always a bit afraid because I like to speak what is in me out, and sometimes when it comes out... I don't know... it's really...

GURUJI: If you believe... now, I am saying this to all of you who are here... everybody – if you see something wrong going on, it is in your interest, as well as our interest here in Skanda Vale, that you come right out and say “Hey you! What are you doing? What do you think you are doing?” And I will back it one hundred percent. Because that is the only way we can protect the future of this Community of Skanda Vale. If you don't do that, who is going to do it? What happens is, people will constantly look over their shoulder and say “Oh, look these things are happening in Skanda Vale!”

I have banned so many people from coming to Skanda Vale. And I have put a total ban... a life ban on some people, purely and simply because they came to Skanda Vale, and got up to so many bits of skulduggery, that it was just absolute nonsense. They think that I don't know, and then what happens is, I quietly go up to the person and say “Look, why do you come here? What is the purpose of your coming? Don't come here... you are wasting your time.”

Today I asked a young man, I said “Aren't you leaving today?” At first he did not understand what I said, because he thought he could stay here for one year. And then the penny dropped... he knew what I meant. I want people to come to Skanda Vale, but for the right reasons; so that we have harmony and a feeling of consideration. You know, young people today... they couldn't care that much what they do. And it's one of the problems that we find.

DEVOTEE: I think it's not been a year since we came to Skanda Vale, and we are still learning things about Skanda Vale ourselves.

GURUJI: Well, we have a lot of rules in Skanda Vale, and they are rules that are literally lying dormant... only for me to be able to apply, and say, if somebody puts a foot wrong “You know what the rules of Skanda Vale are – don't do that.”

DEVOTEE: I try to sort problems out, but my nature won't let me do that.

GURUJI: No – you must do. You see, you’ve got children. And if you see something that is unwholesome or unpleasant... you know... a lot of people criticise and talk about people behind their backs. You ask them “Why are you saying these things?” They don’t know – they weren’t even there! You are here, you know the people who come, and if you see something that is wrong, you are absolutely entitled to say “Hey look, what are you up to? Please qualify; I have kids here.” And why not? It’s important.

And that is why, once all of the chalets are here put together, I am going to have a little committee of the chalet holders, and make you all responsible for all the activities here... I think so. You all will like it, you all will want it that way, because then if anything happens you have the authority and the power to say “Hey, look what are you doing here? Would you please push on.” (*Guruji prepares to leave*). Bless you, and if at any time you all want anything else, then please arrange with Swami.

DEVOTEE: Thank you Guruji.