

2008 Jesus Christ, JC Intensive
Soul Travel Mechanism
Teaching in the Baba Temple
December 7, 2008



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Swami: So Luzia, are you concentrating on Telugu?

Luzia: No, I gave up.

Swami: You gave up? Serious?

Luzia: Um-hum. There's no time and I'm frustrated with the way it's going. I know the alphabet but just stopped to do other things.

Swami: Paul, you?

Paul: Yes, Swami.

Swami: You gave up too?

Paul: No. I'm practicing every day.

Swami: Practice every morning whenever you wake up, have free time - thirty minutes to one hour. So how many people are practicing Telugu? Only one, two? Today you won't know the value why I'm saying this. Maybe this is a thousand times why I'm saying it. Whenever you're in the deep subject, some palm

leaves book comes out in the globe, certain books, then you're here in India years together, the base of the Telugu here. You're not able to at least read a couple of sentences? If I'm in Germany this many years, I'm sure I'd learn some sentences don't you think so? If I'm in Japan this many years, of course I learn some Japanese. You're here in India. It's the best language straight what you can see and able to read it. I don't know what block is making you not to do that.

Stepanka: If we can have Telugu classes again in the ashram maybe it will help.

Swami: It helps but you can organize it guys, no problem. Tobias pretty good he learned. Good. So what you did today?

Myuri: We went through the JC Channels again. We spent the whole time on the channels explaining each one, giving some examples from our experiences here, and from other saint's experiences. And talking on related topics of those channels. And of course everyone got to listen to your talk last night because they need translation.

Swami: So everybody understood, guys, what Myuri talked today?

Students: Yes. (*Not all the students replied*)

Swami: See the voice.

Myuri: I'm not sure everyone heard what I just said now.

Swami: Can you stand up and ask them.

Myuri: Did everybody understand what we talked about in class today?

Students: Yes!

Swami: Like you're asking, begging them. You're expression is like, "Please say yes."

Myuri: You saved my face.

Swami: Okay, good. You want to learn today the mechanism of Khandana Yoga or Parakaya Pravesh or Soul Travel? Out of three you can choose one. How many people want Khandana? That's it? Okay. How many Soul Travel? Okay, we'll go for soul travelling.

Swami: Soul Travel - Atma Sanchara. That's called in Sanskrit, Atma Sanchara. Atma – soul is immortal. Even if it dissolved in Mother Divine, still you're a part of in Her. Even you dissolve your soul, you merged with something - still you have your own layer of your separation there too but you are in the bliss.

The soul travel majority happens through your third-eye process. When you want to pull your soul out from you body, without your third-eye having enough clarity and enough power, you cannot do the soul travelling. And the Brahma Consciousness is giving the power to the third-eye. The Brahma Consciousness is nothing but your soul fragrance. Soul doesn't have any structure, any frame, it can manifest whatever your consciousness wants - your soul leads it. You want to appear as a Jesus you can. You want to appear as a Mother Divine, you can appear as a Mother Divine. You want to appear as a Shirdi Baba. You can switch your soul to any form through your Brahma consciousness. That capacity your Brahma consciousness does. There are two parts: wounded soul, divine healthy soul. For example, many people got suicide, accidents, died in the battle. The consciousness is not accepting the soul to go out, but forcibly it's damaged and the soul is going out. That soul will turn as a wounded soul. The wounded soul to make it healthy, to make it re-fixed, if you're a healer you have to use your third-eye power with the use of the *jii* bijakshara, plus your personal mantra to give a shaktipat to that soul, even though it's a spirit. It's got...(snips) then the pain is gone away.

That's why entire in the planet, whole creation, there's only one strongest person. That is Shiva who is holding the third-eye. It's nothing but fire hidden in his third-eye. Even in our third-eye, there is purely one element hidden - that is the fire element. So his third-eye belongs to amazingly powerful fire. That fire energy he received from the Mother because he cannot trust her illusions any more, even though he's a part with her. "First you give the capacity to me what you have that fire element, then I will be with you." Clear here? So, in many people's circumstance right now,

what we've seen it, how it's really possible a soul can go out and come back? How that mechanism happens? How to pull that soul from our body? It's a good question, too. There are a few stages: first Stage - Jagruta Sthiti, deep trance, deep sleep...Deep trance, you're in the deep sleep. You don't know what's going on around you. You don't know. You're completely in deep sleep or deep trance. Second Stage: Maha Jagruta Sthiti – not feeling any pain or suffering. Even to something cracking your bones, you're suffering with pain but you won't feel the pain and suffering. That's called Maha Jagruta Sthiti.

If you take in scientific terms, there are a few types of hypnotism, one is mind hypnotism, two is heart hypnotism, three is soul hypnotism. Once if you've been hypnotized very strongly and powerfully, that hypnotism will happen to majority people nowadays to the mind. That mind takes your consciousness in their control then they make you to do whatever they want you to do. Clear? But here, you're taking certain prayers, certain vibrations, and you're hypnotizing your mind, heart and soul. Instead of somebody doing it, you're doing it through one prayer at a stretch very gently and you're hypnotizing your soul and your heart and your mind. And also you're creating your consciousness stage to also getting your Maha Jagruta Sthiti control. Your consciousness is also in your control. That only happens whenever you are in deep Maha Jagruta Sthiti.

Then whole your chakra in your body feel unbelievably free, very open, the energy is like moving, really moving. Even somebody is cutting your finger, you won't feel the pain, it's completely numb. Somebody is putting a needle in your body, you're completely numbness. That stage you need to develop. It takes time. That's only practice. That prayer what I'm going to release later, when you pull your soul to your third-eye, all chakras' energy completely bringing your whole body energy to that one certain point - that's your third-eye. Once your whole energy is there, there is no mind, no heart, no soul - just one energy spark is there. That energy is really like a chakra that keeps moving, moving, moving. That is pretty good one stage.

Another stage, pushing your Brahma Consciousness to give the order to your energy to go out. Making order to go gently around the body, first layer. When you push it, right away third-eye starts

to open, the energy goes out. But your consciousness has to be always chanting that, to remember that prayer. If your consciousness is not remembering that prayer, it's pretty dangerous, again you cannot pull it back. You're done - swaha.

When you push it your soul out, then make it a few minutes, then your consciousness is watching the vibrations like a bee to a flower, keep moving it, moving it. Then you can send it a little more distance - still your consciousness is watching it. Then you send it 100 kilometers, you're consciousness is watching it. You send it 1,000 kilometers, you're consciousness is watching it. 10,000 kilometers consciousness is watching. You have to make layer-by-layer consciousness is watching and your third-eye is pretty good open and completely focusing on it to receive it anytime.

It takes less than seconds again to pull it back. To send it out it takes less than seconds. Once you are in the clear stage – Maha Jagrutaa Sthiti, it goes out, comes in. Once that soul is gone, pretty good your whole body, your chakra system collapses. Completely whole system collapses - no heart beat, no pulse, no circulation. You're completely as a dead body, it's clear. But your consciousness is very awakened. A tiny air element, earth element, fire element, water element, sky element – all elements are moving around in your consciousness with that prayer. It's called in the *naadi shastra* one naadi. That one naadi is very hard to find even to doctors and scientists. I don't know how to translate that in English. It's not a nerve it's a naadi. How do we call that doctor? It's not veins. It's not energy channel, no. Anyhow, put it as naadi then you can check in the dictionary in the future. In the Naadi Shastra it's a big subject. So one naadi is holding that energy. Your consciousness is really controlling that. Through that you're pulling back your soul again into your body.

So what you need to do, generally my students who knows their personal mantra, what they received or got from me, it's very, very difficult to them to give the hypnotism to them - cannot hypnotize. And there is only one strongest way you have to give yourself deep inner consciousness stage to yourself through that prayer. Don't miss this here, its' very important. Through that prayer, you keep chanting it, you feel trance - Jagruta sthiti, deep sleep - Jagruta sthiti you're going taking a sleep... you're chanting,

chanting... out... you're sleeping - that's pretty good Jagrudha sthiti.

Before you're sleeping making an order to your consciousness, "Go into the Maha Jagradhaa Sthiti. Going to the Maha Jagruta Sthiti." That's the climax, that your consciousness keeps chanting it, chanting it, chanting it. Your mind is not chanting, your heart is not chanting, your soul is not chanting, in a naadi shastra, one naadi of your consciousness is chanting. That naadi makes it pulls, like a vacuum, makes complete whole chakras opening, making it lighter and bringing it to your third-eye. You'll feel it. Your consciousness keeps saying to you, "Yes, you're ready." Whole body is like a leaf, completely as a leaf. You feel unbelievably weightless, unbelievably weightless, complete relaxed, such a unbelievable bliss.

Make an order, not a request, "Remember that mantra very carefully. Okay, go around the body, one layer, five minutes, ten minutes..." Then you feel something like a big vacuum has gone out from your body. A light has gone out. Then pull it back, send it out, pull it back. Don't do too much at a time, first one layer step-by-step. For a day one time, two times, second month, some more times. Third month several times, then keep push it. So far, very, very, very less people have done it in the planet. Because going into Maha Jagruta Sthiti is not that easy. But it's also very easy through that one strongest, short prayer. Like a hypnotist generally he says to, "Okay, look in my eyes. Look at the circle, keep watching this color... okay do this, do that."

One time in Hyderabad, there are 10,000 people are in big auditorium. I'm also one of chief guests. He's the top hypnotist in India, P.C. Sakar is his name - amazing hypnotist. Many of my friends they recommended to him to target on Swami. He said, "Oh, no problem, please come up." Then I sat there and he said, "Look in my eyes." Okay, I looked. "Keep looking," "Yeh, I'm keep looking." Then he's giving lot of words, lot of sentences, talking and talking to me to go in his control. One hour over, two hours are over... generally ten minutes is enough to him to hypnotize. Then I gave an open challenge, "Can I try on you?" He said, "Sure." I said, "Come." Then in fifteen minutes he's out, like ten minutes I played with him, "Then okay, come back. Go!" You have to watch that CD.

So the mind is easy to get hypnotized. The heart, it's okay, depression people, heartbreak people - a lot of suffering and pain is there. But soul hypnotizing, that's the punch. That is the? Punch. Okay, any questions here?

Annette H.: That naadi, is it the same which is active when we sometimes have a mantra running in our head without our intention? Is that the same naadi you're talking about?

Swami: No. It's like, let's say in a tree one root is there. With the root there are tiny roots there, very small like a hair, small root is there – that is naadi. Put it that way, one tiny root, super tiny root - that is controlling the whole tree. Whole your body is controlled by one tiny, tiny root, then going in the power and activating that.

Gustav: If you're in the stage where you can actually do the soul travelling with your third-eye, and you're completely out, how do you know what you're doing?

Swami: Your consciousness.

Gustav: So you're sleeping very deep, same time you're awake?

Swami: You're not sleeping - you're out.

Gustav: When I fall asleep I'm out already. I don't understand how I can go into that deep state of trance and be totally awake at the same time.

Swami: That is the consciousness. Let's say this example. You're in the deep sleep, if somebody comes very close to you, all of the sudden you wake up and you see them, very few times. What made you to wake up?

Gustav: My consciousness.

Swami: Thanks, that's it. First you come out from your heartbreak. Come out from that. It's very hard but it's very easy. If I'm going to Japan, that's the biggest Mahasamadhi Stage I'm doing in Japan this eleventh – six hours. Of course we make one try here too but my major subject is crucifixion, Khandana Yoga. But today you

chose this subject, so okay, let's... Clear on this? Don't hesitate you can ask. Don't feel shy.

Student: If the soul goes out by accident and comes back, is that the same as this soul travel? The body is very fast and something... and the soul is going out and sees what's happening and then goes back to the body. Is that the same mechanism?

Swami: Sometimes it might happen, yes. Without consciousness order, the soul won't go away - it's a golden statement. Once you make your consciousness through that prayer to make your soul energy to come in the third-eye, it doesn't matter any illusions, doesn't matter what heartbreaks, doesn't matter what sufferings you're going through in your normal livelihood, you don't care - that much power it gives it. That much power you're holding it. Nothing will bother you that easily.

Luzia: Where does the soul go out in the body, the third-eye?

Swami: Yes. There's only one exit out and exit in - the third-eye trineytra gurusthan - only through the gurusthan is the exit out and exit in.

Rama: Does the womb energy link to that soul travelling?

Swami: No. When we talk about Parakaya Pravesh, to entering into the different things, then we'll talk that subject.

Student: And can I remember when my soul comes back in the body?

Swami: Yes, yes, everything is clear.

Juleann: While we're soul traveling, if someone enters the room, does it matter if our body is moved or does it need to stay in the same place?

Swami: They can move it but they can't throw you in the ground and the water or the fire - sorry. They cannot disturb your body. Need to keep it safe.

Juleann: Also you mentioned if you gave us the personal mantra its very difficult for us to be hypnotized, so can you give us more clues of how to self-hypnotize? You said to go...

Swami: So what I'm going to give, the prayer now, it makes you to get hypnotized. Done. I'm giving a magnet. I'm giving an initiation.

Myuri: When we go out, are we feeling a spinning, a rotating that you were talking about? You don't feel any physical sensation?

Swami: No. Jagruta sthiti means, listen here, don't break your head. You're deep sleeping. When you're deep sleeping what happens? You're sleeping, you're enjoying, your in deep sleep. Maha Jagruta sthiti you're making your consciousness to order to pull everything through that prayer. Going in the Jagruta sthiti you're chanting, chanting, chanting - go. Then hand it to the consciousness. Then it does, then make it pull it. Order it! Order it.

Constanze: So I can go with my soul to any place in the planet?

Swami: Anywhere.

Constanze: And also out of this planet?

Swami: Depends on how much your consciousness can extend that.

Constanze: But it has nothing to do with time travelling?

Swami: But you have to be very careful with your body once you want to come back. The body should be very safe.

Maria: Can you also talk about the relationship of the fire element and the third-eye and the soul going out? Does that purify the soul so that...

Swami: It's not a purifying.

Stepanka: Can we go to the nada bindu this way?

Swami: Don't get confused there. There's no nada bindu, no womb chakra. Forget about everything just only concentrate third-eye and your consciousness - that's it. Jagruta sthiti and Maha Jagruta sthiti - that's it. No Sri Chakra, no Womb Chakra – forget it. We don't know about all that stuff – ignore it.

Sabeena: What is the best to use this time when we're out? What is your advice on that?

Swami: As you wish.

Sabeena: Can you give some examples?

Swami: As you wish. After you get initiation, then I'll tell later how to use that.

Luzia: When you go out you said you can go anywhere, can you also kind of stay in a place and pull information or something to you?

Swami: Information?

Luzia: Can you pull something to you in that state?

Swami: Give me example.

Luzia: Let's say you leave your body, but you don't go far away. You stay like around but you can attract somebody to come to you and have, like a communication or interaction with another soul in that state?

Swami: No problem.

Student: Is the consciousness connected to the body by the silver cord? (*more clarification of what is meant by silver cord, like umbilical cord between mother and child*)

Swami: Yes, your consciousness is the link but I think somebody like Tobias and Paul should go to Virabrahmhendra samadhi. He took a Jiva Samadhi and Guru Ragavendra, its' good to go and have a video CD and shoot it and bring it here, and how they did

it, and what is the purpose of doing it. Better for you to personally see that and hear that. It's easy, very easy.

Birte: You said one time, the biggest fear we have is the fear of death. So if we're practicing this, taking our soul in and out, is that washed then?

Swami: You have that fear of death?

Birte: No, I'm just asking.

Swami: Automatically it goes away. It goes away. So what, who cares, if you want to go you can go.

Myuri: Is there a time limit you can be out?

Swami: No, as long as your body, your circumstance is well protected.

Uwe: Can we see other dimensions also?

Swami: Dimensions means?

Uwe: On the ghost and spirit level, not only the physical things.

Swami: You'll see it. You'll see it. Lot of things you'll see. Lot of things you'll see it. When I did it, I went different distance. When I was coming to a different territory, to a different person's place, he won't let me come into that place - stopped me. It's okay, it's easy, it's not a problem. Not a problem. But you can see lot of amazing things, but I don't need to give you too much. You enjoy it. You'll enjoy it.

One time in Sri Sailam, forty-one days I took a diksha. The deepest forest there is one cave, it's called Paladhara Panchadhara place. The water is all the time going out from the nature earth. One saint he's practicing that. There are a lot of saints they're smoking and sleeping. They're also on the staircases, on the deep staircase, almost like several hundreds of feet down, like a cave. Then it's good and I'm doing a different process, and his process and my process got clashed. Then he's super upset and I'm super upset. He said, "Okay, let's go your way." "Okay, let's go my way."

Sometimes clashes happen. One time one of my good friend John Grey, I wanted to give initiation to him. I took in the forest. There's one small temple in the distance, in the deepest forest there. We sat on the road. I started giving initiation to him to give an experience. Somewhere one saint, he came in the late night and he's screaming, and screaming, and screaming, like I can't believe it. Then from the temple the priest came with big stick and made him to go away. So sometimes it's naturally, whenever I'm giving some initiation some disturbance might happen.

And another time he wanted to do a process with some gems. He had a lot of gems. In Lake Manasarova, he isn't able to breath. He's so exhausted and tight. It doesn't feel good to him. Then I put him in the trance, "Okay, take a sleep. No oxygen, okay, take a sleep." Then I did my process all the stuff. And then we're returning back and once we crossed the China border, that whole bridge, then he started to feel relief, "Whew!" then he's in the car. And in the helicopter he's crying, "What happened to me? What you're not able to do this for me?" "Sorry baby, no."

So you have to be strong enough with the consciousness and your determination and your focus. Your focus is very important. You want to get it - you have to do it. The illusions, the distractions are natural. They're natural. You want to do it, make a focus on it - that's it practice it. There are no failures in the planet if you really have a determined heart, seriously dedicated. Impossible that failure can come and touch you. The failure has no guts with your determination. That much you need to focus. That's it. You keep focusing, focusing, focusing with the right circumstances and right guidance, right guide who's guiding you, then it's done, no problem. Then everybody ready to receive the prayer?

Students: Yes!

Swami: Okay.

(Swami writes the prayer on the board)

Swami: Who can read this, Tobias?

Soul Travel Mantra

Osraim dheem

(Pronunciation Note: O like om, and like hesraim. Osraim. osraim dheem.)

Swami: Try tomorrow onwards how you're going to see your Jagruta sthiti and maha Jagruta sthiti. To do soul travelling just this mantra, nothing else, that's it. Done. Clear?

Students: Yes.

Swami: Clear?

Students: Yes.

Swami: Good. Practice daytime two, three hours, nighttime keep doing it, doing it and take a sleep. And I recommend now, go in Dwarkamai, touch the Shiva Lingam to your third-eye, chanting that. So initiation is done. Menses can go inside to take the initiation. Have a wonderful night.

Students: Thank you Swami.

End of Talk