

Swami Writes the Five Elements Book  
With a Small Group of Western Students  
Seventh Session  
Talk at the Ashram  
November 8, 1999



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Anya: I think we've completed the Fire - everything is done.

Myuri: Everything is done but your words on Air - Fire – Water.

**Swami:** Ok, good. How many people coming Anya to program? I need to know.

Anya: Thirty-three people from Germany for sure, but from USA it's extremely hard to know...

**Swami:** I think Nancy know some of the figure of the idea. How many people coming?

Nancy: Around thirty.

**Swami:** From America?

Anya: But those are confirmed Nancy?

Nancy: Well, we're having trouble getting information from people.

Anya: No, they are not confirmed.

**Swami:** You sure?

Anya: Yes.

**Swami:** Gosh, that's crazy.

Anya: Jonathan has been calling since yesterday to find out all the different people, to please send a fax.

**Swami:** That's fine, no problem.

Ramakrishna: Are you inviting the Japanese?

**Swami:** To my birthday. I'm not inviting them to program - already I gave huge programs to them.

Ramakrishna: What about the Australians?

**Swami:** Australia? No I'm not inviting.

Ramakrishna: Just Germany and America?

**Swami:** That's it. To birthday, for sure fifty people is coming, to Japan. Even seventy people coming is too heavy here, there is a big construction problem came. Another making on top of the rooms, it's like a big mystery. If it's too much people coming I'm going to construct immediately. If not, I will take very slowly to make it set, to make everything to construction to make it strong. There's the problem. Is it good structure? How many people can fit on that?

Anya: Fifty or sixty people.

Cindy: But remember it rained and they had to go in.

**Swami:** When the rain comes, no matter, it's no problem, all the big mats, big cloth, big one huge cloth making.

Anya: It will be ok.

**Swami:** Fifty people with rooms... that one and ten rooms here...

Cindy: No problem.

**Swami:** Ten rooms here.

Ramakrishna: How many are coming?

**Swami:** Mmm, that's I'm asking.

Nancy: It's about thirty-five from Germany now.

**Swami:** For my birthday?

Ramakrishna: For your birthday.

**Swami:** To my birthday, ten thousand.

Ramakrishna: They can't sleep on that?

**Swami:** No just Indians. If they comes, they goes.

Ramakrishna: What about foreigners? The Japanese are coming...

**Swami:** Yeah, Japanese staying four days, three to four days...

Ramakrishna: Four days.

Anya: Fifty of them, that'll be great.

Ramakrishna: Ten rooms over here, two people in each room?

**Swami:** Two or three. Yeah, it's ok. We can fix it, again ten rooms is coming on the top, but I don't think it will come good structure to get like that... It will be ok - no problem. Ok, ok guys, please read the Fire. Who is going to read?

Anya: Marie is reading.

Swami: No, can't understand your way voice. Nancy?

*(Tape cut)*

Swami: ...God created to this planet...

Ramakrishna: What does that mean? You mean the reflection from the light?

**Swami:** It comes to the earth, from the earth it radiates the energy to the people - you understand?

Ramakrishna: Yes.

**Swami:** Creating huge magnetism... You have to write how the Fire uses to the human beings - that is our main concept. We no need to talk about the greatness of the fire, how it works to the human beings, how it implements.

Anya: In yagyas...

**Swami:** Agyams, candles, how to decharge, how to make... ok go ahead I will talk later...

Ramakrishna: From the beginning? From the beginning of time man has worshipped the fire, the Sun, the source of all life. Without the sun there would be no life, no plants and trees, no animals, no atmosphere, no water or air.

**Swami:** See the big secrecy of the God energy to creating a big sun, already giving a big sun to earth. That is a big secrecy, secret - why he created?

Virginia: Why he created?

**Swami:** That's a big secret.

Ramakrishna: Deep in the earth, powerful volcanoes burn radiating huge energy from the very core of the Earth warming the underground springs. The steam rises affecting the seasons, the cycles of all life keeping balance on the Earth. Beyond the Earth the stars spin through the heavens burning balls of flaming gases, their light reaching out into the universe.

**Swami:** Once more.

Ramakrishna: Deep in the Earth, powerful volcanoes burn radiating huge energy from the very core of the Earth.

**Swami:** No wait! Everybody have paper and pens? Just you having? How many people have this type of copies?

Myuri: We all do.

**Swami:** Everybody having? (*Everyone is looking for their copies.*)  
Where is my phone?

Ramakrishna: You didn't bring your phone down with you Swami.

**Swami:** You sure?

Ramakrishna: I didn't see it in your hand. Shall I go and check?

**Swami:** Please go and coming...

Ramakrishna: I need your key though.

**Swami:** Yes, how many chairs we have guys? Can't we go in that big light? Is it beautiful?

Myuri: We could go in the office?

**Swami:** No it's too wild. Whenever I'm mentioning, Ramakrishna is reading, just I'm pointing out on that... continue with giving different expressions strongly to the people to hooking that. Then you have to write it, of course it's recording is running, whatever he's reading the recording also recording, you have to mention that.

Nancy: When you spoke about the Fire mantra in Hampi, you talked a lot about light...

**Swami:** It's Shiva.

Nancy: Also about the fire ceremonies...

**Swami:** No, only... yeah why not, put it as much as I gave information. Don't worry - just put it.

Nancy: In the right place?

**Swami:** In the right place, see and you fix it. I'm not author here, everybody author, I'm just talker, ok go ahead.

Ramakrishna: The volcanoes are warming the springs, the steam rises affecting the seasons, the cycles of all life keeping balance on the Earth.

**Swami:** What is the meaning? What is the meaning?

Nancy: She wrote most of it, she should to know.

**Swami:** It doesn't make sense.

Ramakrishna: Are you saying what's the point?

Anya: It means that the inner fire of the Earth warms the water underneath the ground in the Earth. The steam rises up in certain parts warming the whole earth.

**Swami:** Ok, use that point the heat, the fire energy from the ground, it comes through the water and it evaporates like a steam - huge vibrations spreading to the universe. Suppose in early morning hours if you go in front of a lake, you can see a lot of heat, steam is coming out. In the steam there is a lot of energy, lot of vibrations... but it is true, that is natural true... The fire through the water is coming out, it's boiling the water, the temperature, it is giving out vibrations. It changes the cosmic energy different - high positively.

Ramakrishna: Actually the steam in the morning from the sun is from a difference in the temperature.

**Swami:** Of course there is the fire, it's coming to the Earth, yeah it's fine.

Ramakrishna: It's not from the inside.

**Swami:** We are talking about only fire, the heat.

Ramakrishna: Just as long as we don't say it's from underground.

**Swami:** Heat. The heat comes...

Ramakrishna: From the sun.

**Swami:** Of course sometimes the Earth also, the mud, the Earth also has huge heat.

Ramakrishna: Beyond the earth the stars spin through the heavens, burning balls of flaming gases - their light reaching out into the universe. Even the cold planets, the moons and asteroids reflect this light creating magnetic forces, which pull the oceans in their tidal cycle - attracting other stars and cosmic forces. Without fire, there would be no light, no light - no creation.

**Swami:** Without?

Ramakrishna: Without fire there would be no light, there would be no creation.

**Swami:** Perfect sentence. You have to mention... listen! The sun, the sun energy is equal to highest, one of the pot of the highest God energy. His mirrorism... suppose if I went in front of the mirror, the reflection, the God reflection he created. This God created a sun - the sun using some of his power to putting in the cosmic. Through the sun the entire creation is happened. He's using his power through the sun, it's coming out. In Indian tradition most of the people, in the early morning hours, they go to the river - they take the bath, they put the water... when the sun rises to comes they do the Bhaskara prayers, Bhaskara mantras, sun prayers. When the sun is rising they go started to chant the *Vedas* - they release the water, they take bath and they come out.

That is the Indian tradition. It means early morning, what they're seeing, the *Vedas* saying... To the saints to the universe "God is direct sun." You no need to see any God, the sun is the God - God is the sun. Whole energy of the God we can see in the sun. He's the big creator - he's coming to giving the lot of energy to the whole creation of the God. Without he there is no life, there is no universe, there is no any circulation of the energy - everything stands up and zero. That's why the early morning hours they see the sun. What I recommend to the people who does the Elements - early morning hours when the sun is coming up, if simply you sit watching the sun to receiving that energy to this body. By scientifically, by spiritually or everything - they'll get automatically huge healing. They'll receive a lot of energy through the sun. Again sunset... sunset time, if you sit in front of the sun rays... in the sun rays, there is a lot of energy is



there. Of course the science will say vitamin D is there, your bones will get very strong, the berri berri disease, berri berri disease, we can cure that, the scientific terms, but as a spiritual term there is a lot of energy is there in the sun. If your heart is open to the God, to the sun to receiving the energy... you have to be think you are receiving the energy from the sun. Whatever the negative circles is around you, you have to think all your negativity to wash out in the sunrays. That sunrays will comes and it affects on you huge positively - it wash out all your negativity. It is a big healer your sun. That timings is early morning hour. Early morning hour that energy is huge highest positive energy time.

Virginia: Half hour after sunrise?

**Swami:** Pardon?

Virginia: Half hour after sunrise?

**Swami:** Yes, one hour and evening sunset one hour. That's why the saints previous times, three hundred four hundred years back, why they receive a lot of power, why they receive from the personal experience. I will tell how I receive power, how it is still... and how it is easy - that is beautiful chapter and I will discussion later. That sun, through the sun lot of siddhis, lot of powers you can receive it - he is the big healer. You can heal, you can get self-healing through the sun like immediately. You no need to consult any healer. He is the big healer coming everyday. You can use him - just watching him early morning hours and the evening hours, but you have to open your heart to receiving that energy - ok go ahead.

Ramakrishna continues to read: All life from a tiny point in the huge light of God. It begins as combustion or heat, as either a huge explosion creating galaxies or inside a tiny spark in the fabric of creation. Within the tiny sperm energy ignites with the egg to produce a new life form. The heartbeat is produced from this igniting force like the lighting of a match - the heartbeat is God's combustion of life. So what is the nature of this powerful positive force, the nature of Fire? What are it's powerful secrets, it's inner qualities and capabilities? What is inside the energy of Fire?

Fire is the God force, the God force, the radiating power of dissolution and creation. Flames shift as their fuel is consumed

dancing on the currents of the energy. Fire burns purifying everything it touches. It can destroy negative energies and forces and it can heal - depending on how it is used. If Fire is used with knowledge and care, it sustains life providing warmth and protection providing the inner heat in our bodies nourished by our food, the fire in our bodies, in ourselves maintaining our body processes. But these are only the outer physical qualities of fire - we must go deeper to penetrate the deeper secrets. When your soul connects to the inner element of fire, it provides a doorway into other realms and dimensions - a direct pathway to God. Through this pathway miraculous healing can occur and powerful forces can be released through your focused attention. In the Indian *Vedic* tradition there is deep power in the agyams, fire ceremonies performed by the priests in every temple. Throughout history the Emperors of India spent huge fortunes to have these sacred rituals performed to protect their kingdoms. These ceremonies originated in the *Vedas*, ancient spiritual texts springing directly from the meditations of the rishis or supernatural holy beings. Today thousands of people throughout India come to have these rituals performed.

**Swami:** Millions of people...

Ramakrishna: What?

**Swami:** You have to put millions of people.

Ramakrishna reading again: There are many different agyams offered to different deities, Durga, Lakshmi, Saraswathi, Chaudeshwari and others. Each has its own specific energy and purpose. The purpose of these yagyas may be to overcome negative influences of the planet, for spiritual blessings, or for success in earthly life. Specific prayers and requests are given with offering of flowers, incense, rice, and ghee and even precious metals and stones. All of that is put into the flames.

**Swami:** You have to wait here. Each yagyam, it also works each human being life. If he does for himself to using of four, five priests to performing the agyam on his name. Wherever he is, the four priests can do the agyam. That energy, that fire purifies vibrations - it affects wherever he lives in the global, it works automatically to him to giving the highest positive energy. It is like highest radio thermic energy. How we say, radio thermic is good word, like a

transmitting signal. Suppose if I do agyam here, John Gray, he's there, I did agyam here, President Clinton is there, I did agyam here it affects on him to give the huge protections. It can go anywhere - that is the power of the Fire.

Myuri: But you have to give their name.

**Swami:** You have to command, "So and so person have the so and so problem. So and so he need..." so you are inviting the God in the fire. Of course the God is in the form of the big fire and when you are chanting and chanting perfect prayers, and using the ghee making the fire keeping on continuing to feeding the fire - sending the energy. In the previous days if you do the agyam for to the rain - automatic the rain started to comes. That's true, it happened many, many, times - huge experiences. It works for all fulfill desires, any desire. If you want to fulfill you started to do agyam. In the previous days, in the ancient periods, they have the strongest strong faith - still it is working in India, millions of people doing, still is continuing. There is a lot of benefits they are seeing, lot of disease curing, lot of problem solving, lot of business problem solving, lot of heartbroken, failures and depressions is washing out. Lot of things you can get the blessings, healing.

*(Swami answers the phone. Yes, yes - in Telugu.)*

**Swami:** Can you make somebody go and turn off the phone? Fine, ok. That agyams we have to mention, what is the uses of the fire ceremonies, how it affects the people, we have to describe that. We can heal the people, we can heal the diseases, he can get the successful in his business, to his spiritual growth and to his mentally to getting very strong to make the very happy to whole his kingdom and his property. If he does one agyam for to purpose of giving protection circles for hundred years entire his property - it can work for to their children for hundred years to giving highest protection, not affecting any diseases, not any terrible diseases not to coming in their family. Like this agyams, through that the protections circles comes to entire their family, the agyams power is like that. That how much period, you want the number of the kids what is the using the main power God, how much time you are spending in the fire depends on but you have to figure out the uses of the agyams, it's very important.

Ramakrishna: Does it also depend on who is doing the agyam?

**Swami:** The priests, the normal priests ok. Normal priests the *Vedas*. If your Swami does, it's little strong - commanding.

Ramakrishna reading: The special prayers and requests are given with offerings of flowers, coconuts, rice and ghee, even precious metals and stones. All are fed into the flames using the word, "swaha" which means, "I am offering to you." The perfect vibrations of the mantras used in these agyams connect powerfully with the God force asking, Agni the God of Fire, for protection and for the needs of the people. Through the sacred act of sacrificial offering, the doorway to God is open. The faith and power of these thousands of years, old rituals, acts as the perfect connection, the perfect wiring to receive the perfect answer or effect. Shirdi Baba used the Fire in his temple, the dwarkamai. His dhunni flame was always burning and continues to burn until this day. Baba sent the negativity of his devotees into the fire, burning their karmas in this eternal flame. Sometimes he blew the smoke into their faces giving them the direct energy of the fire as a healing, then he distributed the sacred ash to free them from diseases. Baba said that anyone in faith to the dwarkamai, and heartfully offers their prayers in the dhunni - their prayers will be answered.

**Swami:** Dhunni means the fire pit, fireplace - you have to mention that what dhunni means.

Ramakrishna continues reading: In every spiritual tradition fire has been used in this way. Candles are lit as prayers are offered, incense is burned to purify and heal. Smoke carries the prayers upward into heaven, it clears negative energy and provides healing for the people. Decharging is also a very important part of the cycle. When Fire is used for healing, it is important that the healer has to decharge, letting go of the negative energies they have taken on giving them to the flames for transmutation, but why the flame? What is the symbolism of the flame? A flame is a tiny symbol of the huge light of God, it is a piece of God's light, burning in every part of creation. This tiny spark, our soul is our individual part of that great light of God. When we connect our soul with this powerful light, we become conscious of this vast force within us in the energy. A daily ceremony, a puja given in the temples, a flame is waved in front of

the deities. This connects the light of that small flame to the light or energy of that huge soul, or God power. The priests then pass this flame to all the people and they receive it bringing it into their own eyes. In this way the light energy is passed from the big soul to the individual soul. The eyes are the window of the soul so this is directly taking the energy from that flame into their soul allowing it to feel the deep presence of God. The Gurustan, or third eye, takes this energy in, again radiates it outward.

**Swami:** In our middle two eyes, it called Gurustan. You have to mention that. What is mean by Gurustan means, with our both two eyes in middle, you have to mention, middle of the two eyebrows, that's called Gurustan. That is the biggest energy spot in a human body. That energy spot, it automatic when you started to sleeping, it radiates the highest energy, your protection circles starts from here. When the protection circles will stop there, it means you are in the huge negativity sucking to you. When the huge energy is working here, protection circles, then the negativity doesn't affect on you. That's called Gurustan, the biggest energy spot in our body is the two eyebrows middle point - inner side eye.

When you are opening two eyes, inner eye is closing, when we are closing two eyes in our meditation, the automatic third-eye started to open. That's called... the Shiva have the own eye, three eyes entire in the universe, he's the only one person having three eyes, it means whole creation. Every person have the same symbol of the Shiva who have the eye, but is covered in negativity illusions, lot of karma, Maya. When we see spiritual energy, spiritual focus, when you hit that, when you make the hold it, then it's started to open - that is another power energy is here. That energy spot called third-eye. Through that eye you can heal anybody, you can send energy, you can create you own protection circles, you can do every work through your third-eye. It's called Gurustan. You have to mention that.

Shiva have... that why you can see in the pictures, he has special eye he uses only certain timeings, whenever it is highly important necessary. I told one story when the Ganapati started to come, sorry when the Ganapati's waiting outside. After his meditation, Shiva came into his home. Ganapati, Mrs Parvati told, "My dear son, try, don't let anybody to come inside." She manifested a baby with the sandalwood powder, he's waiting, and she gave a big one, what we

call, like mace and he's walking in front of her door. She's taking shower - long shower. Shiva came then he's talking funny, "Who are you?" "What? Hey, who are you?" "I'm the son of Parvati" "Oh my God, when she born you?" (*Swami laughing*) "I went outside, when she born you? Who is your daddy?" "I don't know." "Oh my God, I'm in a big trouble. Hey I have to see my wife!" "Who is your wife?" "Parvati." "My mother is your wife? Come on ridiculous, no way! Go and wait there - she'll come later." Then he (Shiva) have huge angry, "No my dear baby please - no, no, no, please, please!" He (Ganapati) say, "No, no way." Then Shiva got angry finally, then he hitted his head. It's jumping out, again it's coming on, jumping out, again it's coming on, then finally he cutted, then using his third-eye to make it ash using his power to destroy that, like using his meditation power energy.

Then he (Ganapati) shouting, "Oh Mother, help me!" Then she recognize, "Hey, something wrong!" She came out, she's crying, very angrier, "I made all with my energy this baby, because I'm taking shower you destroy my energy, my beautiful baby - you have to fix!" He (Shiva) used his third-eye power, complete done, destroy, ash... He can't bring back, even to Shiva it's crazy impossible. He turn it ash, with that ash it spread out all the oceans outside, it's become like evaporate. I told the story... everybody went to the forest, facing the north, they found the elephant. They cutted, they bring and everybody surprised - the elephant face is. "What is this crazy?" Parvati, she not accepted my son putting the huge elephant head. Then everybody satisfied her - no. "Entire in the universe your son is the first great man, first they'll do prayers to your son, then they'll comes to anybody, Ganapati." She accepted, "No, not this face, we can make a beautiful little trunk man." Then they gave the energy, he came out.

So like third-eye power energy, every person have the Shiva symbolic third-eye, it's covering with a lot of illusion blocks, negativity. Everybody have the spiritual eye, it's called third-eye, Gurustan. That spiritual eye you have to wake up it. You have to start to open that eggshells, you have to break it, then you can see entire the universe. It's only possible through Shiva energy and the spiritual energy to open that. Ok - go ahead.

Ramakrishna continues to read: As you become more conscious of this balancing process within yourself, you can open to take in more

and more of its beautiful radiant energy. Looking at the sunset or sunrise you can suck the powerful energy of fire.

**Swami:** Mmm, already they mention it.

Ramakrishna reading: With the soft focus as you continue to stare into the sun you begin to see the corona, the colors of the angels surrounding it. You can draw those energy circles to you drawing them into your body, suck the sun's energy taking it down with you into the earth connecting it with the energies, emanating from the fiery core of the earth, bringing these energies up to the sun once more, and cycling them back creating a circle of fire. A cycle of huge cosmic force is there. You can charge yourself with this force opening in bliss to the love of God, charging yourself with the planet.

During the Five Elements course, the Fire Element mantra works... is more powerfully both for purifying your soul and healing others. By saying this beautiful ancient Sanskrit mantra, you charge yourself as you stare into the flame. The Fire mantra sets up a perfect vibrational pattern opening the energy channel. This vibration purifies the Fire element in our soul, and you come to know deeply that the fire within you, your spiritual flame is one and the same with the powerful light of God. You meditate on the light, then the light comes in you, then you become the light.

**Swami:** Good. That's it? It's enough guys, no need to make it blah, blah, blah, da, da, da, - no. It's fine it's good - good. You want to write more Myuri?

Myuri: No, I thought you might want to...

**Swami:** No it's perfect, don't make the people to driving crazy like too much, "Why, why, why, why, what is this?" No need to make buttering, and buttering, and buttering, on the fire. No, it's beautiful introduction the mantras, just you write forty percent of the elements, ten percent of Swami, fifteen percent of my talk about my life, directly my talking, what is my message, who am I, what is the relation between me and Baba, why I came here, what is the mystery energy surrounding on me, the illusions even to me how I am facing it, how I successful in my spiritual path on one level, am I successful?

Ramakrishna: Highly successful.

**Swami:** I have to clarify that. *(Everybody laughing.)* Why you laugh?

Cindy: It's just funny.

**Swami:** Ok, how I got successful in spirituality and ah, what type of healing techniques I'm using on the people, these are all the questions I will talk on my personal chapter, first chapter about Swami Kaleshwar. So it's come out, there is the Fire swaha - come to Water.

Nancy: Do you want me to read it now or Ramakrishna?

**Swami:** Yeah to Ramakrishna. He's a big voice - elephant voice.

Myuri: He should get a trunk. *(Everyone laughing)*.

Ramakrishna: He's talking about my lingam. Everyday Virginia asks me some question about my lingam, honestly - you know that?

**Swami:** You want to marry her?

Ramakrishna: She said, "Did you name your lingam?"

**Swami:** Hey! You want to marry her? I think she's fall in love on you. I think so.

Ramakrishna: She's my sister.

**Swami:** But she don't think like that on you. You can change your application back... is it true Virginia?

Virginia: I didn't hear.

**Swami:** Ok, you are in big trouble. Which dress you are sleeping everyday?

Ramakrishna: I don't wear anything at night.

**Swami:** Oh, that's your problem - careful. Go ahead. *(Everyone laughing and laughing)* If she got one time angry, no lingam on your body - she cursed, period.



Ramakrishna: She asked me one week back, if I have my lingam with me and I said, "Yes, I have it with me." and she said, "Do you take it everywhere?" and I said, "Even if I forget, it's still there. I don't have to think about it."

**Swami:** Oh God... Ok, go ahead - too horrible.

Virginia: I didn't know what he meant. He had to explain it to me.

*Note: Ramakrishna had received an atma lingam from Swami the previous year and that's what Virginia was asking about.*

**Swami:** You are very good on that, on how to explain to you. Even big problem begins with him, he can put in the trance like that. He can do whatever he want.

Ramakrishna reading: Water has an enormous presence on this planet. It covers seventy-five percent of the Earth's surface and represents ninety percent of the human body. It is the most plentiful renewable element on the Earth. It sustains all life on the Earth - the glorious and infinite variety of plants and animals in God's creation. It also washes and purifies the very life forms it sustains, then the water itself is purified through the natural life cycle of the elements. It is purified by the forces of the sun, and the wind, and the earth... Water is also the Divine Mother, the creator of energy. This energy flows in the oceans, lakes, rivers, and streams - channels of energy.

Blood is the most sacred substance in the human body and water is the blood of the earth. It carries the life energy that sustains the planet. The great rivers of India are considered goddess energies. The mother gives the water to feed her children - she heals and purifies. Holy saints sit on hills overlooking the ocean, sucking its high cosmic energy. Look at the force of the ocean, the waterfall, the rapids of the river - huge energy is there. There is a system of how water moves on this planet - the water cycle. It is God's creation, a perfect cycle of water flowing throughout the planet. It is in constant flow, constant movement. The cycle of the waters covers all the earth, springs bubble up from within the earth into streams, the streams flow all over the earth, joining to make huge rivers and beautiful lakes flowing eventually to the sea. Over the earth the water is purified by the sun or as it rushes over stones through streams. It can also be cleansed by passing through layers of the earth, it can evaporate in

the sun as mist and clouds. The clouds eventually give water back to the earth as rain and snow, hail, crystal, ice, liquid.

Winds scatter the clouds over land and water sending snow to the mountaintops, rain to the forests replenishing the soil and underground streams. The cycle has no beginning, it has no end, it flows through everything and everyone. Through this process the water cleanses and discharges the negative to positive energy. This is its washing nature. In the same way when we go into the water our whole body is washed and discharged. It affects our minds, our person - our soul.

Water has the highest healing power of God, it has the highest vibrations for healing. When we swim in the ocean, or lake, or river, or sink in a natural hot springs, or simply take a bath, all our stress is taken into the water. We are cleansed and purified and energized. Even walking on a beach near the ocean we receive healing qualities from the water. We become peaceful and balanced. When we drink water, we wash away impurities in our bodies. With the high healing capability, water also has the capacity to hold energy. It can be charged with holy positive energy, the vibrations and energy of God from a church, temple, a saint can be held in water. Water is used in churches and temples all over the world, it purifies and blesses and fills our bodies with highest energy. Churches all over the world use the water to baptize - it is a blessing of God's energy to the process of purification of the energy of the soul. In the Catholic Church, holy water, which has been blessed by the priest, is used to give blessings during mass and for healing the sick. It is also used upon entering and leaving the church. The holy water is used to make the sign of the cross. This anoints and blesses you and brings in the energy of the holy trinity, the father, son and Holy Spirit. In India, holy water is made by the priests in the temples from the water which has washed the statue or murthi of a saint, or deity, an aspect of God.

**Swami:** That water they started to give each person, like a teaspoon, that water have the huge highest vibrations. They're chanting lot of mantras, *Vedas*, and they're putting the deity washing... That energy, that water completely got the highest healed. That water when you started to drink, it goes to your body system, it goes to entire you body system wherever the water you have in your body. It started to give the highest healing vibrations in your body, it wash out the negativity, automatic it wash out through your pee lot of negativity.

That's why in the secrecy they're giving the holy water to you, every temple wherever you go in India.

Millions of temples they do the same tradition. It is the secrecy of in the water - so that is the main important. Why they puts the wash out the deities, even the coconuts inner side, why they break the coconut means the water the coconut have inside, some the air and the water have two elements in the coconut. Then you break that, inside the energy it forms each coconut inside - when you break the coconut, there is some gas of the highest positive energy it releases. That's why in the universe, in India especially, why they break the coconut much of times. They're releasing the gas and the energy - highest positive vibrations and that water also highest energy and they're giving to chanting the *Vedas*, they're commanding on the water to heal so and so person, and they're giving. When the priest giving to you water, they say something to you (*Swami says in Sanskrit*) like that - do you understand?

Ramakrishna: Yes.

**Swami:** They say like that. When they're giving this water they're commanding on the Water to help this person to wash out all his negativity. Because of that water also it's came from the natural, from the ground to the plant, that plant started to in the coconut, form in the coconut form it's coming the water. It's creation of a plant, water, pure water of the God energy they're using in India, millions of temples. That is the secrecy of inside of that water they are using. So the people have to understand why in India, the Indian tradition, millions of temples is use the coconuts and the coconuts water having huge energy. Who knew the Water mantras, who does one time purified in their body, even if they are drinking water one time, the chanting the mantra for one time, in one day, one minute - it helps to them entire their water system in their body it started giving highest healing vibrations. That vibrations, it works to them on the water, started to heal. You no need to go in the temple to take the holy water. I think already I told this, I told you check.

Suppose if you drinking water, inside in your water if you're chanting that mantra, whole your body, inside water, you can heal yourself, you can purify that water as a holy water, you no need to drink that holy water, inner side your holy water, there is water. If you chanting that mantras, in your body, that vibrations start in your

body, it only comes whenever you have the strongest faith on the Swami message, "Oh, Swami taught some crazy mantra. If you do this it doesn't... who cares about this mantra." If you have no that heart, if your heart is closed - you can't see anything. Suppose... example, there is a beautiful plant is there, having a beautiful fruits and flowers. I'm seeing, "Hey, it's a beautiful fruit, beautiful flower, fruit plant, oh beautiful, look this, how it's dazzling plant. I'm opening my eyes and I'm seeing and I'm talking. You have to open your eyes and you have to select that. If you close your eyes, "Hey you're talking crazy about there, there is nothing but blindness." It means every person have to open their heart for to the message, they have to understand with their heart, they have to open their mind.

If they close, like closing eyes and seeing the beautiful nature, how it is foolishness, closing heart, practicing these Elements, completely crazy! Never, no way anywhere, no use, your Swami's not responsible, God is not responsible, the teacher's not responsible, but you are the responsible for yourself to your karmas. Everything is faith, it's a new message to the world. Swami Kaleshwar' message talking about inner secrecy about Indian tradition, why they're using fire the element, Fire Element, Water, Air, Sky, Earth - different types of inner secrecies God have. There is no, any perfect mantras in the universe. The people, they found even if your heart... if you chanting, "Oh God, my heart is open to you, please come sit in my heart," then the vibrations, the mantras is still there, but you have to open your heart, you have to chanting, "God I need you," then he is there. Without your opening heart, doesn't help anywhere, anytime... If you chanting and chanting how it much effect on you, of course it is energy. Even if you have faith or no faith it works one level, but it doesn't work completely on you. You understand? It doesn't work completely on you. If you want to do somebody help, to heal somebody, never... you have to be faithful.

Myuri: Swami does it also help if you do the mantra while you do the shower everyday?

**Swami:** One hundred percent. Go ahead, you completed?

Ramakrishna: No because you're taking energy out of the water?

**Swami:** Yeah, just you are purifying, you are washing out, you are chanting mantra and you are taking shower everyday you can heal

yourself while you taking shower, chanting this mantra like a God prayer da, da, da, da, da, da, "Oh God please heal me, I'm chanting Swami Kaleshwar prayer, please help me, something he told, crazy guy but I believe him. I'm doing this, it seems to... it is working. Thank you God, please work more." It's a funny students in the universe, funny guys...

Ramakrishna: Swamiji, in other traditions water represents the healing of the mind... fire represents the healing of the soul.

**Swami:** No it's creates confusions, no, no.

Nancy: You're on the second to the last paragraph.

Ramakrishna: No I'm not. Yes I am. This one?

Nancy: At the bottom of the first page...

Ramakrishna: That's why... I'm not there I'm here.

**Swami:** Don't think on Virginia. Go ahead.

Ramakrishna: (laughing) The water becomes imbued with the vibrations and energy. Receiving the water in the palm of the right hand and can be dipped in water and brings those holy vibrations into the body connecting them to that energy. Taking the water in any temple or church symbolizes purification, it signifies the surrender to God and opens the heart to receive his blessings. To start the purification and healing, water is also used in most religions for cleansing the hands. This is also a purification for sacred purposes and rituals.

Nancy: Slow down Ramakrishna, you're missing some words, slow down a little bit.

Ramakrishna: Which words am I missing?

Nancy: You're just sort of changing some of the words.

Ramakrishna: Ok. Around the world the waters that have special capabilities, in France thousands go to the waters at Lourdes where a stream flows with healing water. This is the place where Mary, the

mother of Jesus appeared to St. Bernadette and brought forth a stream of water that produces healing water. In India millions of people flock to the Ganges River for the blessings from that powerful river. Bathing in the Ganges can bring healing and enlightenment. In the Indian tradition Shiva commands the Five Elements. Even though he has control on the Five Elements, he follows the rules of the elements. In the war between the Devas and the Demons, they are fighting to get the Amrutha nectar from the ocean. They use a snake as a rope and Mount Neru as the churning rod. As they churn the ocean, the Amrutha comes, but poison comes along with it. The poison threatens all of creation. Shiva, who is the commander of the Five Elements, is the only one who has the power to take away the poison. He takes it into his throat, but he needs the water to cool and wash the poison. Shiva uses the Goddess Ganga to keep the poison from destroying him. He takes the waters into his form, then he letting it spring like a fountain from the top of his head.

People are automatically attracted to places with water - waterfalls, rivers, lakes, oceans, running water, produces a positive energy that people suck without their knowing. As a conductor of energy, it is very easy for people to receive energy from and through the water, which holds and carries the healing vibrations. Water also helps maintain the temperature of the body and of the Earth, and in this way it is also very healing.

**Swami:** If there is no water, there is no creation of the God.

Ramakrishna: Isn't that true of any element?

**Swami:** Most of the water also and the air, all of the elements you have to mention that also, the point. They'll think if you say, "If there is no water, there is no creation," they started to think, "Let me think man, woman, birds, animals da, da, da," they'll started to think the reasons, automatically their minds started to think... some people.

Ramakrishna: You can maybe put that in each chapter.

**Swami:** Yeah. I'm putting it in introduction, beginning. Without there is... Ok, go ahead we'll talk, personal talk.

Ramakrishna: Water is the best element for healing emotional stresses and psychological problems. Being healed with water, the

patient becomes drowsy as the negative mind energy is pulled out. The element of water is also used for healing physical problems. Water gives us deep peace, it is soft, beautiful and flowing. If you look at the ocean, a lake, or a river we are touched by its beauty, our hearts open up to the beauty and receives the energy, purification, and blessing that the water has to offer. These qualities connect us to our souls true nature. The End, then she has some questions.

**Swami:** What is that? Go ahead.

Nancy: They are questions I had while I was writing.

Ramakrishna: What is the inner quality of water?

**Swami:** Then?

Ramakrishna: What is the capability of water, because of its intrinsic quality?

**Swami:** Inner quality of the water is creating the energy. It can create huge vibrations very easily. It can make balance the energy, it can settle down the energy easily, within seconds it can makes the energy balance, calm.

Ramakrishna: Explain more please about the Durga the Kanakadurgamba, why is that in the water element? Does the water have the highest energy of all of the elements?

**Swami:** Most-ofly, the Shiva, my understanding, he's like a fire master. Shiva energy like fire master always burning and burning - he's like, hot-hot, hot-hot. In the burial ground lot of dead bodies is burning and he's taking the ash. Ash means from the fire he's using. Mother Divine, she's always using the rosewater, taking bath - like a fragrance, peace, calm... but she have the huge depth, but very calm and peace. Even though she's the energy - huge shakthi, she's very peace. That's why in the *Vedic* tradition they mostly they thinks Mother Divine is very powerful than the Shiva. Even he, he invited Mother Divine, "Please come on my top of head, I'm suffering with the poison snake in my throat, come and cool me." Ganga means Mother Divine. Ganga, you know Ganga is the lady name Ganga, means Mother Divine form. He invited, he putted on her, "You are the big boss the top of on me, please cool me. Make me settle down

my energy. Make me alive, settle down, calm it, make my energy in balance, it is hot, hot in the highest bothering me. Come top of head." Ganga means Mother Divine, another form she is on the top making the balance peacefully.

Nancy: Does the water have the highest healing energy of all the elements?

**Swami:** Each one have different type of energy. Try to put everything as equal. Try to put equal, don't make confuse put equal.

Nancy: And then is it the highest healer of the emotional?

**Swami:** Yeah, it wash very powerfully.

Ramakrishna: Of the negative...

**Swami:** Negative emotion, the water... Suppose I have like pinching, crazy, too much tired - like depression, like body achings... If I went in my hot shower tub, after thirty minutes if I came out, the angry, pinching - like all of stuff, crazy stuff, just simply I'm washing, I came out fresh mood mostly eighty percent fresh mood, "Hey, I'm feeling very fresh, relaxing..."

Myuri: (*Everyone is laughing at what Swami is doing.*) You look very fresh.

**Swami:** Who?

Myuri: You.

**Swami:** That's natural.

Myuri: I have a question. You told us that healing with the water heals mostly the physical problems, is that all physical...

**Swami:** Body pains, depression and psychiatry problems...

Myuri: What about like cancer and heart disease?

**Swami:** Can be healed through the fire, through the earth, through the air...



Myuri: Those are all done through those?

**Swami:** Go ahead.

Myuri: Because you said the earth was not the physical.

**Swami:** You can use that energy you can go ahead, no problem. All the energy it makes it still there, no problem.

Myuri: So, not any one of the Five Elements is specifically for any one thing?

**Swami:** My dear bug, what's your point? I'm not understand...

Myuri: I'm thinking in America, people are concerned about their...

**Swami:** Different diseases uh?

Ramakrishna: She wants...

**Swami:** Just you mention, except Sky, all Elements they can gives it. Just you put advice Fire and Water - simple. You understand? Fire and Water, you mentioned it, it helps them a lot.

Virginia: So, as a healer we have people coming to us. We use fire and water as the best healers.

**Swami:** Best, use it. In Laytonville I told, you understand? Who was there, Nancy you are there? Some black magic people, some negative souls, I told, "Put all around you candle, you sit in middle. Each candle you have to put one flower and you sit. Try to make sure not the flames turn off, you have to burn, make it everything and you have to sit in middle with the chanting - wash out. Then take the flowers throw it in the bushes - I told exactly. Use the Fire, there's a lot of... when you started to meditate, meditate all that fire candles energy, one time it start like a chakra all around you. Without your notice it starting huge protection circles around you. If you sit around all the candles, sitting meditation, after one time later, that energy started to moving. This light energy, this light, this light, this light, this light, this light all it comes on you, your heart is open to

something to wash out. It started to... it's all creates huge, then it wash out, it takes out all your negativity.

Ramakrishna: Can you put somebody in that to heal them?

**Swami:** Yeah, why not?

Myuri: You also gave that with the pregnant woman with her child.

**Swami:** I gave it.

Nancy: It's in the book here?

**Swami:** Put it, put it, put it, put it - it started the energy circles. Your heart is open, you need something... candle is symbolic of the God, the flame energy of the God. You're just, you're using that, all the candles surrounding you - washing out.

Virginia: Can you use it to heal someone sitting in the circle with them?

**Swami:** That's fine.

Virginia: Two of you together?

**Swami:** That's fine, doesn't matter. Then in my personal story, using the Five Elements, how I uses on the people sometimes, how I neglect on the elements, how the commands you are using on the people, why much times I sleeps here by the fire, the secrets inside, even I have a beautiful bed inside. Most of time a cot and everything is here, they must be here. Some, everyday night I have to come and I have to sit at least few minutes to watch the fire and I have to go back. Even if I didn't came... beginning times, in my room I have to put two, three candles in front of me. I have to watch the candles and I have to sleep. Why inside secrecy? What is mechanism is running? How my blessing is working very powerfully on my devotees? Through the fire I'm going to talk my personal powers - different chapter.

Myuri: You recommend we do that too?

**Swami:** I will tell in my personal talk, through message, entire my students, like a beautiful paragraph. What is final message? Of course I taught all the Five Elements, everything. Then what is final my message, my story and my message to the, my students, of power, inner secrecy is there, inner mechanism is there, we have to believe it, that's one hundred percent true. That is the complete true, period. Using the Elements, how it affects on the people.

Myuri: I have one more point on the charging, there's two issues. If it rains, or not to drink one drop? Now if it rains you stop completely or you would lose all that energy forever?

**Swami:** No, it's not like that, that's little sensitive point there. Can you wait one minute? (*Swami talks to one of his men in Telugu*) Sorry, go ahead.

Myuri: You were explaining about if it rains while you are charging the water, what's the effect?

**Swami:** It will loses a lot of our commanding on the water element. If its complete heavy rain, that energy circles whatever you are creating, whatever you are sending doesn't affect very strongly, and it makes you not so much commanding on that.

Nancy: But that's only if you're in a river charging it?

Ramakrishna: Anytime you're chanting the water mantra it starts raining?

**Swami:** You have to stop it.

Myuri: Charging or?

Ramakrishna: Anytime.

**Swami:** No - wait a minute! Don't make confused here. Say that when you are meditating yourself.

Nancy: When you are charging forty-one days, you are in the river and it rains you stop, but after the forty-one days and it starts to rain and you're thinking the mantra it's ok?

**Swami:** It's ok to you, but when you are healing somebody, if the rain starts I told, "Please stop immediately. When you are chanting before, if the rain comes there's no boundaries to your water, it goes to until the sky," is there any boundary limits? Suppose this fire, there is a boundaries, flame there is a boundaries.

Nancy: If you are in your bathtub?

**Swami:** Yeah, you are in bathtub you have boundaries.

Nancy: Very few people would go to a river to charge.

**Swami:** In India why the people advises everybody go in the water, me, sometimes I go in my well in my farmhouse. I will sit up to here, I think many times I sit, I meditating, the cobra comes, it's a crazy stuff lot of times, many, you have to explain that. Some saints, they'll sit until to here and chanting, and chanting, and chanting, and chanting... Some people they're sitting on the floor and chanting - two years, three years, five years, they're in the Samadhi they're in the small pranic process inside, in their atma breathing, feeding...

Suppose they have a, they eat a lot of one bapai. That bapai they're putting all the Sambana process of the Yoga Sambana. Sambana means that food is completely in their stomach, like a small, like a fraction it's the digesting is running, like ten years they are like this. The mud covering their body like a snake homes, it's happened to many saints in India five hundred years back, six hundred years back... You believe it? It comes like a snakes, like snake homes. It means they are using Sambana Yoga - you can do it, it is still, I have with me in palm leaves books, Sambana Vidya. There's a lot of Yogas is there, lot of Vidyas, miraculous Vidyas.

There is no time to the Swami to do the stuff. I did it last life, and last life, and last life - crazy stuff I went through. This life fun, happy, giving beautiful messages... The Sambana Vidya is very easy and very difficult when, until to understand, until to understand - very difficult. When you understand is very easy. When you are meditating in the water up to here, if the rain started to come - it means it's taking your energy. You have no controlling of the balancing of that energy can't control that. Huge rain, huge rain it will be with huge wind, like you are facing to the... like suppose the water is coming this way chhhhht, hugely, you are swimming

opposite to that river, they are still there they never move. You can swim, you never die but is the big stupid. You are doing the Water Element, healing, still water is coming. You are chanting and chanting (laughing) water is coming. You have to obey. You have to bend our consciousness to the elements. You have to surrender, then you have to sneak in, then you have to come out. Don't over jump; don't dominate too much... Even though huge rain coming - huge wind is coming, sitting and, no -

Ramakrishna: That's why you waited like when you did that thing with the fire, you waited the right moment, then you stuck your hand in the fire, it's not burning, then cutting.

**Swami:** No need to wasting of the energy, no need to wasting of the time, no need to wasting of attention, no need to play with the games with the Five Elements. Even Shirdi Baba, it's a funny... even you read the story of his life... one of his devotee lady having a baby and she's working. Unfortunately she stands up, the baby started to fall down into the fire. In Dwarkamai... she shouted in her village, "Baba, help my baby!" That baby's going to fall in her home, in fire! Baba, he's in front of fire working... He recognized, then he putted in his fire, then he pulled out, he pulled out with that energy. That baby, in her home, that baby came out again in her hands!

You read the story? It means that same fire it is here. That's the same fire is in her home, the same energy. He got injured, all his hand with the crazy and having bandage, suffering for few days, few weeks and he helped her, he got that pain. All students is asking, "Hey Baba you are avadhoot, avatar, how got you burn?" Oh yeah, yeah, simply I have to accept the Five Elements, simply I have to accept the God energy, I'm a son of the God, he's a great, he's incredible master. The karma is natural to anybody, he has to take it, he has to burn it. Just he took this form of the pain - it's fine.

But the same Baba when the food is cooking, huge terrible heat, he putted his hand, making twinkling in the hand in the hot pot. To the understanding the people definitely he's crazy, he's playing lot of tricks and games to misunderstand the students. You have to understand very carefully. In the terrible hot pot, putting his hand, same time he got the injuring with the fire, isn't it crazy? You accept that? I never think on him to understand. Why I got wasting of my time, you are there, you are great, fine, you're the big boss, I'm so

happy, no more tricks on me, be happy, simple one word, one commitment.

Suppose he's got little angry on me, sometimes giving lot of chhhhht - hot energy. Sending lot of devotees, lot of up and down balancing... Oh God! (laughing) Simply goes in my side, in my room, close my door taking hot shower something bath, then I open my refrigerator, "What is inside?" whatever is there, taking fruits cutting simply two or three hours simply thinking nothing, eating, calling some beautiful friends and talking, flirting... After two hours coming out, still energy's like there or settle down, serious. Suppose Ramakrishna came with the huge angry, "Hey Swami you da, da, da..." even it's very hard to him to convince, to solve his problem, huge pain he came. Baba sending him, through Baba energy, through him to a revenge on me, you understand? Sometime it comes like a hundred people at a time attacking on me to take care... huge problem comes. Now on the top of construction, according the Vaastu, it's deadly wrong on top of the building. I told before the engineer, "Hey it's wrong!" He said, "No problem we can fix it."

Then I call the Vaastu man, the masters on the Vaastu, like thirty, forty years experience. They seen many, many, thousands of houses, they said it's complete wrong. Today, complete I have huge hard day, hard time. I never think on that, simply I'm seeing him, "Hey, you are the main person staying here, I don't care, you have to take care your business. Why you are taking revenge on me, thinking too much, going on crazy - it's your business!" Totally I'm screaming on him today, "Hey that's your business you have to take care this."

Ramakrishna: You mean the very, very, top floor?

**Swami:** Top of floor with beams coming on the, like pots, like tanks... Its not good to the tanks coming, like up and downs, I have to make it settle down. Finally I got the one solution on that to fix it. With the tents, with the rakes, with the fiber sheets, using like a decoration fiber sheets. Not to sunrise coming, sunrays have to come equal, water has to come flow to the northeast. Northeast has to come water flow. I told to my students, northeast has to come down. All the water has to go either northeast or it has to be slope - I told. At the time when they are making the slab, where I am?

Anya: In US.

**Swami:** I'm in US?

Ramakrishna: There's another way you can fix that.

**Swami:** I'm in US, I told before, "When you are making, try to put that iron top of on the beams, try to put little top from the flooring, then you can take that again irons, you can make it. They didn't put the iron angles on the top, they cutted it, and they put it like a plane, like a tanks, and tanks. Even though they are making there the beams, I am there.... I can't fix it. Finally I took my chance, putting all the fiber sheets. It's a crazy and funny to me. Baba is torturing me, completely! Yeah he is he is torturing incredible. He's so bad. I believe one hundred percent Vaastu, that's why I break all the walls changing my bedroom, taking all high, changing bathroom, everything.

Ramakrishna: Was the bathroom in the wrong place?

**Swami:** It's good now. Before it's good, but I'm using that bathroom before. Bathroom room is good now, spacious, devotees... somebody can stay in case. Two time there is two bathroom here, and there. One is using Philip, one is using me, here. That old room also wasting, now I made it like a beautiful – chhhhht, like one year before, office room. Like everybody children's use it – crazy. Now it's like a beautiful office room.

Ramakrishna: Can we see your bathroom?

**Swami:** Why?

Ramakrishna: I hear some beautiful things, I just want to see it. I won't touch anything.

**Swami:** You sure?

Ramakrishna: Yeah, I'm not taking any soaps.

**Swami:** No, no if you touch, if you sit on that toilet, it will break! Please – no...thank you so much no way. If you want to sit on that, definitely it go breaks. (*Swami is laughing*)

Ramakrishna: Like a throne.

**Swami:** I know you have huge love on everybody, you are handling on the top of toilet very delicately, you have huge kindness on them. Hey your like seven feet... like hey, it's like that much high!

Ramakrishna: How? When your German girl friend comes to stay with you....

**Swami:** Who? Who is? German girlfriend?

Ramakrishna: His huge girlfriend is coming...

**Swami:** No, she wrote on you to please make me, please introduce to him....

Ramakrishna: I thought she wrote on you?

**Swami:** She wrote, "Oh master please, I'm very thankful to you da, da, da..." How come seven feet woman talks on me, five feet person?

Ramakrishna: Because she wants to use your bathroom.

**Swami:** We'll see what happens. It's on my Birthday, definitely you are going to find a beautiful girlfriend here, it's my feeling.

Ramakrishna: Hopefully someone I don't already know.

**Swami:** You are bored with them?

Ramakrishna: I'm not bored, but it's not good.

**Swami:** I got it.

Ramakrishna: I can talk to you later.

**Swami:** Sure, I got it. It's not your business girls. Please don't think too much, don't waste you time.

Anya: We're just listening...



**Swami:** Just he makes everybody minds to think wrong direction, but he does whatever he wants.

Myuri: We know him.

**Swami:** You know him? He's a big 'confusing creating' master. Ok, what is the Air? Go ahead.

Myuri: Just one more point about drinking the water. Do not drink at all?

**Swami:** It's a strict advice, not like one hundred percent saying like that, not advisable, just you put not advisable.

Myuri: Not advisable to drink when you're healing or charging.

**Swami:** Not advisable.

Ramakrishna: What about if people do that in their swimming pools? It's ok to like swim in the pools after, no problem?

**Swami:** That's fine, I told everything, the rules and regulations.

Ramakrishna: Ok.

**Swami:** Can you go the Air? Is the Fire final element?

Ramakrishna: You have the tapes ready?

Myuri: I have one.

Ramakrishna: This one has awhile, but don't worry. (*Ramakrishna starts reading*) The element of air is very subtle, invisible and all pervasive. It is the breath of God. It can be gentle and creative or powerfully destructive. Like the breath that gives life to the body, the air gives life to all of the Elements.

The Water is like the blood of the Earth, the body structure and the air, the breath. It carries sound, and smell, light, and touch, and also the vibrations of our thoughts, which are carried through the air to any part of the universe. In India there is a God called Hanuman who is the deity of the air. He is half man and half monkey. He is

the king of the monkeys. He only meditated on the Air mantra. He became so powerful, that he surpassed his great master Rama, in skill. He was invulnerable to negativity because he embodied the elusive quality of the Air. And he could travel through the sky using the subtle air qualities, throughout the universe in the twinkling of an eye because of the power of the air and it's all pervasive carrying qualities.

Hanuman served his master Rama beyond the capabilities of Ram and became great himself in the realm of the Gods. Hanuman represents the Air element in its most positive and controlled aspects, the result of mastering the Air element. Hanuman, as a monkey, represents what needs to be mastered, what is called, "The monkey mind," that quality of our minds, which is out of control, negative and causing pain to ourselves. The more agitated our thinking, the less restful we are, and more vulnerable to stress. As the mind goes down in activity, becomes quieter, our soul rises, our true self becomes more discernable and its reality more apparent.

To master the air, master the mind, and this makes anything possible. Hanuman could be as tiny as a mouse or as huge as a mountain - he could fly through the air. His master Rama had to walk on the rocks to cross the water. One who masters the Air element, which is the mind, has the capability to put into action any combination of the Five Elements and becomes equal to the level of the creator. In the same way Hanuman became equal to his Master.

The Air is our most basic connection to life. We begin to breath as a baby and begin to live. Without that interaction, we do not exist in this world. Our breathing, sucking in and expelling out, in and out, in and out, is a basic rhythm of life, intimately connected to our heartbeat, which circulates the oxygen from the air into our bloodstream. Our whole life depends on this intimate process and if anything interferes with any part of it, we are in deep trouble. Our breathing and heartbeats are directly related to our level of health and our level of stress. The calmer we are, the more relaxed and happy, quieter and calmer, then the more efficient our breath and heart. Whole systems of Yoga are based on breath control as a means to quiet the body and mind.

**Swami:** Prana Yoga.

Ramakrishna: Prana Yoga.

**Swami:** Pranik Yoga... Prana Yoga is only on the breath system. It depends how to make the balance, their energy.

Ramakrishna continues reading: In order to quiet the body and mind, in order to experience more subtle and powerful levels of ourselves, and eventually to know our true selves in its completeness. The Air is the mind. To quiet the mind, to bring it to stillness, to bring it under control opens the door to that other part of creation, the silence which underlies everything. Experiencing that silence brings great peace and happiness.

The Air is a huge circulation system on the Earth. It puts into action, into process, the qualities of the elements. The Air has the ability bring all of the qualities of the elements together in such a way that it sucks supernatural energy like a tornado. It carries weather systems around the world, some violent and terrible, some soft and sweet. The air carries water from the oceans to make the clouds and then it carries the rain back onto the earth. When it is combined with water and warmth, it nurtures and feeds the life on this Earth. When it is only linked to the fire or heat element it can be devastating with drought and the creation of deserts, dry wind that sucks life from the earth.

The air goes into the blood and the prana organizes the elements to sustain the body. Prana is the life force. Even throughout the universe connecting the different planetary systems and galaxies, nebula, dust, solar wind bringing the energies of different systems together. Without the air element, all the other elements are lifeless and useless. It is the most important element to master.

**Swami:** Good, that's beautiful. Any need to talk on that?

Anya: Yes.

**Swami:** Why?

Anya: Just a little.

Myuri: Can we talk about the different winds, how some winds in the universe...

**Swami:** Yes, I think I will talk when I left my soul through the Pranic process, how I control my breathing system, it will come there, air element. Just leave it here like this. It will be wonderful... When I talk my personal story, when I took my Samadhi, how do I control my breathing system, how I depend on the air element...

Myuri: Are you going to tell your secrets?

**Swami:** Yes, I'm going to talk.

Myuri: Exactly how you did that?

**Swami:** God - yes, yes.

Myuri: We can all learn?

**Swami:** Why not guys?

Myuri: We all have tickets, you remember?

**Swami:** Um-hum. We'll see, we'll see, maybe your ticket is expire... You have to make renew that. *(Everybody laughing and laughing)*

Myuri: Oh, new rules suddenly.

**Swami:** God, I never promised when it going to expire. Yeah you have to renew it. For to anything there is expire date to entire universe, even this plant, there is the expire date one day.

Ramakrishna: Even the milk.

**Swami:** Yeah, everything there is expire date. You already expire the ticket - sorry. I checked now just your tickets - it's expired. It's too late I'm so sorry.

Anya: Ok, we're making a new application.

**Swami:** We will see, I will think on that.

Ramakrishna: That's a lot of paper work, a lot of applications.

**Swami:** Lot of paperwork, lot of paperwork, lot of money, lot of my time, lot of love, lot of service... When you did a lot of service ohhhhhh, then we have to see. Well...

Anya: Bribery.

**Swami:** It's not bribery.

Nancy: You get the fastest results.

**Swami:** How much weight you put?

Nancy: We should eat a lot it takes away the paperwork.

**Swami:** You can makes less paper works with bribery ah?

Anya: What would you like?

**Swami:** No problem. It's a beautiful subject how to...

Ramakrishna: At least they make you some curd. (laughs).

**Swami:** No, this one is enough. I can talk on the different type of the winds, how it affects on the human beings, think it's a good idea to talk different types of winds?

Nancy: Just the basic.

**Swami:** Ok, we'll talk later, no problem... How the tornados will happens, lets talk from here, how the tornados will happens, what is inner side secrecy in the tornados. If you talk in the scientific terms, the air from the north to south, south to north, east to west, west to east - from the four angles... When it started the air circulate, when it hits in the four angles, one angle when it started to little weak, the wind, then it started to rotating, you know rotating? That rotating energy - it sucks automatic highest cosmic energy. When it started to turn like hundred times, two hundred, three, five hundred, six hundred times - it started to suck huge magnet there, energy from the earth, from the sky, from the wind.

Ramakrishna: Water?

**Swami:** No, it started everything, it forms the little heat. It started like huge energy that one type of wind - air energy. But sometimes the holy saints and the black magic people, how they receives at a time the energy, the black magic people, tantrics, the type of tantrics, that's why I want avoid it. They suddenly, if there is a big tornado is there, suddenly they goes inside.

Anya: Inside the tornado?

**Swami:** Inside the tornado. There is some tantric bijaksharas - words and they started to chant that. Some, they go mostly in the deserts, in the open huge spacious on the wind season and they're waiting for the tornados and they sits there and they makes the tornado. There is a simple logic Indian tradition says, "If you sit in front of the tornado, that wind keeping on turns, it never moves, you are holding that energy there." The tornado going, circulating, circulating, it goes, it destroys itself. If you are capable to controlling that tornados on the wind... they'll go and they'll sit in front of the tornado, they chanted the certain bijaksharas, prayers. It's a natural cosmic energy, a form of the huge cosmic and they chanted, they started to levitate or they receive highest power at a time. They goes little unbalance in their mind, emotionals, and whatever their enemy, they use... Simply they're taking that energy through that... there is a different channels, they sends that tornado energy, that wind energy, to their enemies to make the destroys their lifes.

Ramakrishna: Maybe we better not put that in there. Don't put that in there.

**Swami:** No.

Virginia: This is inside of a hurricaine?

Myuri: Tornado.

**Swami:** Tornados, that's one type of wind. Second, some persons, they started to meditate, and meditate, and meditate, and meditate, and meditate, in the open nature. Natural angels, divine angels, they come... the tornados, there is energy still there - hold on. When you meditate, the angels it comes in the form of the wind like a tornado -

like a flowing with like horse, like a bird, creating like a huge pot of the energy, light, then it comes and it makes you hit. It only, it happens when you are in highest mountains. Why is the Mount Kailash is so powerful? Why the highest mountains have the huge energy? Because of the wind capacity, the wind energy is highest powerful there the vibrations in the wind. Natural from the earth, from the sky, it comes to the air through the wind. It started to creating lot of vibrations. That vibrations circulates in the form of the energy circles, they call like angels, that energy turns like different, different type of the angels. That's why highest mountains wind is so powerful. In the desert winds there is no grass, there is no greenery, there is no flowers, complete the huge desert, that is like evil, like negative tornado, negative wind, it brings up huge crazy energy, like a mountains of the sand - destroying nature. Sometimes in the ocean it makes the huge wind, then it brings the water, some millions of the weight of the water, litres, millions of litres...

End of Talk